

The Acknowledgement Game

In this experiment only comment on what went well; what you learned, changed and are proud of. Any emotions you released, the time when you didn't eat all the biscuits in the tin because you plucked up the courage to say what you need to say, or you sat with a feeling for a few minutes longer than you ever have before, or you challenged your Food Cop and scraped some food into the bin, or you started walking three times a week, anything at all that marks a shift forward counts.

Even if so far, you have managed to read just a few pages of one chapter praise yourself for that. The list of possibilities is endless. Own every success, little or large, and you will build your self-esteem and self-worth every time.

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Three things I changed in my eating behaviour during this process that I am extremely proud of, delighted by, happy about:

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2.

3.

Three things I am extremely proud of that I have changed in my non-eating behaviour (e.g., how I speak up for myself now, how I exercise for pleasure now, how I talk to myself now, how I ask for help)

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