



Session Notes

Name: Lyndsay Lusnia

Session 1

Date: 6 Oct 21

#1 FOCI (Plural for focus)

What do you want to change from doing this work?)

#1 Eliminate sweets/sugary foods. You have tried moderation but this is too difficult.

#2 Have a structure for eating, both in meal planning and for when to eat.

#3 Increase proportion of wholefoods in diet.

#2 Success/Failure Audit

It's 3 months from now. What has to have happened to help these statements come true?

...And what has to have happened to encourage failure?

FOR SUGAR

SUCCESS -Find other stress relief mechanisms, journalling, find other sources of happiness

FAILURE - not coping with stress, not standing up to the voice of pain

FOR EATING STRUCTURE

SUCCESS - develop trust in yourself. Gamification, accountability and support

I suggest these will also support the sugar experiment

#3 Chaotic eating As An Expression of I am Not Enough

We discussed this. It is important to understand that self sabotage often has a element of perceived usefulness: it fulfils some perefived need within you. The human mind cannot stand conflict, and when you think "I am not enough" part of you also longs to feel like you ARE enough. The mind must have one concept win. Expressing I am not enough via chaotic eating is the tool to do this.

What we will do in this coaching is find ways to not use food to express this belief. We will starve it of oxygen and explore "I am enough" - or if that feels too much (as it did for me) - explore being neutral about your self.

The Resilience Toolkit is a good place to start exploring this, with some fun homework!

#4 Intake

You start the day pretty well with a solid breakfast. One cup of coffee (not an issue) . You do eat lunch, but often miss it and replace lunch and dinner with lots if processed snacks: granola bars, junk food etc

The first step is to make lunch a proper event in your day, including protein and healthy fat to give you MNB (see below). This will help you to stop snacking. Often carbs are emergency energy as a low grade replacement for proper nutrition.

The last section of <https://www.theshiftinside.com/is-macronutrient-balance/> has ideas for meals, and I encourage you to seek out recipes.

#4 Macronutrient Balance (MNB) and Eating Rhythm

<https://www.theshiftinside.com/is-macronutrient-balance/>

<https://www.theshiftinside.com/is-sumo-eating-rhythm/>

In a nutshell the two link above can be boiled down to: eat more protein and healthy fat in the first half of the day, up to and including lunch

Action Steps

Eat a proper full lunch as many days as possible.

Do not start a sugar elimination experiment until next session, but feel free to try out the sugar replacements

<https://www.theshiftinside.com/ffs-replacements/>

and

cravings busters

<https://www.theshiftinside.com/ffs-cravingsbusters/>

Check ins – focus this week?

Having a proper lunch

Call link for every session is <https://zoom.us/s/6277249095>

To schedule or reschedule: <https://hmorris.as.me/>

Session 2

Date: 12 Oct 21

UPDATE

You ate bread and this seemed to trigger more chaotic eating before and during your son's party. It is important to understand that social occasions where overeating junk is a bonding ritual is a bit like asking a recovering alcoholic to attend a wedding where wine is compulsory. This was very challenging, and nobody understands your struggle in the way that many will empathise with the ex drinker.

How were the previous few days between the session and the party?

Acknowledge your success. You said that they had gone well.

BREAD AND SUGAR AS FALSE ESCAPE ROUTES

These act as

#A Numbing agents for the pain you feel

#B A way for your cavebrain to experience the pleasure it is trying to reclaim for you (pleasure is a survival mechanism)

#C A way for you to express I am not enough, shame that doesn't belong to you and self attack.

This way these foods are doing double duty as pleasure provider (evolutionarily necessary) and expresser of I am not enough (see last week's notes). You are trying to resolve the cognitive dissonance of the pleasure /pain that eating them eats.

ALTERNATIVE

Actions change beliefs, and the way to stop this process which keeps you stuck in compulsion is to

#1 not eat bread or sugar, or start reducing them

#2 start to be present with food. (see below)

You decided on sugar and specifically: cookies, cakes, ice cream, chocolate, corn cake. We brought down the length of the experiment to 3 days to reduce pressure. You can continue if you feel it is worth it at the end of the 3 days.

Strategies for #1 - not eat bread or sugar, or start reducing them

Cold turkey? Gradual withdrawal? We didn't get a chance to discuss,

Cravings busters

Sugar replacements

Macronutrient balance

Remove from environment – see below

Short term experiments

Rewards

Focus on the real importance of this withdrawal – disrupting the double duty and therefore your low self esteem

REMOVE JUNK FROM ENVIRONMENT

This is really important. Do not try to start this experiment while still having the sugar junk in your environment.

BEING PRESENT WITH FOOD

You disrupt the numbing function of food by eating slowly.

SLOW EATING GAMES.

See

<https://www.theshiftinside.com/is-eating-slowly/>

<https://www.theshiftinside.com/slow-eating-games/>

Please note the video for Ross Face is here <https://youtu.be/T6Wf6-Da6Dk>

We did box breath

<http://www.theshiftinside.com/breathing/>

More or less (different sized pieces)

1 minute mouthful

You really enjoyed these and were very slow! Amazing

MEAL PLANNING

Here are 2 methods I created

<http://www.theshiftinside.com/menu-process/>

<http://www.theshiftinside.com/menuboard/>

I have had another idea for meal planning which I am about to try out tomorrow, involving suiting days' menus to different factors: need to not cook/nutrition/kids cooking etc . I will share this with you

I will say that it is a good idea to try the above ideas out before spending time and energy creating Velcro labels etc! These methods may not work for you.

ACTION STEPS

Do a 3 day experiment

Clear home of sugar junk

Research and try out sugar replacements

Play around with meal planning

Call link for every session is <https://zoom.us/s/6277249095>

To schedule or reschedule: <https://hmorris.as.me/>

Session 3

20.10.21

UPDATE

As usual you have been exploring all the ideas we discuss in sessions.

You have gone beyond the three day experiment you set yourself, and there was a relaxed air about you as you said it. This is wonderful and means it is

very copeable with (if that is even a word!) You also looked generally happier and more at ease in this session.

DAY MENU PLANS

See attached document. You enjoyed co creating two day menus with me . There are lots of permutations on these and you do not need to stick rigidly to each day - unless that gives you a helpful structure.

STRUCTURE

We spoke about the double edged sword of spontaneity with food. Russell Brand - need to accept structure. I talked about how I still have that pull to not plan because it gives me a fake excuse: Oh now I am hungry, I better eat processed carbs or I will explode.

Structure is the solution your compulsive self does not want, AND it is what you need.

PRINCESS TO QUEEN

See <https://www.theshiftinside.com/jung/>

We had a long discussion about this and you said it resonated with you. If you can try this lens on - about food issues being a positive alarm call to help you move into the queen programme - it takes a lot of the power off food itself.

MENSTRUATION/WEIGHT

You said that you still have the urge to weigh less

You are on medroxyprogesterone for five days to restart your periods. No period for 12 months, we discussed that this could well be due to low fat and over exercising. You have increased your fat intake in the last three months.

Stress may also play a part in this.

NEXT SESSION

Body Confident Project

Next session Tuesday 26 Oct 10am PST

Call link for every session is <https://zoom.us/s/6277249095>

To schedule or reschedule: <https://hmorris.as.me/>

Session 4

Date: 26 Oct 21

UPDATE

Meal planning has been going mixed. You are sounding happier in your check in messages. But you also said in the session you are already sick of some of the dishes. I suggest having more variety and freezing leftovers instead of eating the following day.

new element - add in the question: *What am I willing to do to make this day go well with eating?*

eg

Willing to spend time the night before cooking and in return don't want to cook on the day

Willing to set 30 min aside to eat lunch, no distractions.

Greater appetite and desire for sweet foods than normal due to the medication to jumpstart your period. You said you feel guilty.

You talked about the rebel energy around not sticking to the food plan. What I think about this is that we always need to include a food plan as much as possible.

AT THE SAME TIME that planning is there to help us, and if other factors such as this medication enter the picture, we need to be flexible.

The structure of the food plan is there to support you and be something to return to, but it must never be something to weaponise against yourself.

<https://www.forbeck.com/2006/10/11/no-plan-survives-contact-with-reality/>

We need neutrality - not the inner critic - when things stray from the plan.

Useful Questions For When You Make Sub Optimal Choices:

Why did I eat differently to what I planned?

What would I do differently next time?

Is there anything I can put in place to support myself behaving differently?

eg theta - if i feel tired at work I will have coffee and have.....

GUILT = My guess is that this is your inner critic trying to keep you safe by trying to revert to the old way (see notes from session 1 - I am not enough)

OTHER SOURCES OF PLEASURE

You said that food is too major a source of pleasure for you. We discussed other areas to devote attention to. You have just had a break up, so dating is off the table at the moment. You said that you have two friends and great relationship with your son's grandmother. There is definitely opportunity for greater social contact we can explore.

SWEETENER IN COFFEE

For future sessions – look at phasing this out

DISTRACTION

Some funny/interesting podcasts

<https://www.thisamericanlife.org/699/fiasco>

<https://www.thisamericanlife.org/recommended/funny-stories>

<https://www.everythingisalive.com/>

<https://podcasts.apple.com/gb/podcast/species/id1334821500>

THETA

<https://www.theshiftinside.com/is-theta/>

You can use theta to prevent chaotic eating at work. For example
“If I am tired at work today I will have green tea or coffee or an apple”

GAME OF LIFE

We can discuss this in further sessions. Have a read/listen and tell me what you think

<http://www.theshiftinside.com/game-of-life/>

Call link for every session is <https://zoom.us/s/6277249095>

To schedule or reschedule: <https://hmmorris.as.me/>

Session #5 of 8

Wed 3 Nov

UPDATE

Cravings for sugar but used social support to help Text salvation. You talked about “my door closed” describing the times that you do not have cravings. You have ingredients in the house for sugar replacements but are not interested in eating them. Excellent!

COGNITIVE DISSONANCE

The fact that some of your choices are sub optimal shows that you are going through very natural cognitive dissonance . It is important to be Ok that this is a process. The best response to a sub optimal choice is the questions from last session (what could I have done to prevent this etc) and understanding that each time you make an optimal choice you resolve cognitive dissonance (CD) by aligning with the belief you want to have. Watch the Resilience Toolkit course bonus for more on this

MANAGING DISCOMFORT

Part of the process of CD is taking an action to manage discomfort that does not involve eating. We brainstormed some ideas:

window shopping
massage
talking to friends
message me
remind yourself the feelings will go away.

FRIED FOODS - RULES AND STRUCTURE

Wants to limit . 2 servings per week. Nature of motivation. Culturally command and control is acceptable, but how well does that work (cue inner food rebel) ?

Note that meal planning can FEEL like command and control because compulsion is trying to take you away from structure. Compulsion feels like no control, or the food is controlling you.

Solution = elbow room within meal plans - swap meals around . Gives you autonomy without falling into compulsion

Compulsion hates deliberately imposed discomfort and it FEELS liberating, but it brings its own discomfort.

WIZARD OF OZ

<https://youtu.be/aopdD9Cu-So>

When Dorothy kills the witch with water, this is a great metaphor for the fake power of compulsion/cravings. They SEEM so strong but can be dismantled with the strategies we are using. Just like the witch seems scary but something as harmless as a bucket of water destroys her

MEAL PLANNING

Resistance (see the CD notes). We discussed your relationships with rules. It is important to acknowledge that you partially follow them. This is a great springboard and you can adapt. If you know you might swap meals around you can shop ahead to cover that possibility.

Other forms of motivation

experiment, what works best?

Discover , cultivate a good process to deal with cravings. Keep optimising

FLATMATE

New flatmate moving in , discuss what rules to lay down. She likes ice cream. We discussed whether to getbher her own freezer. Although you said it is not a big deal, you said that this food is #5 on your compulsive list. This is a great reason to get an extra freezer.

WEIGH INS

Experiment with removing the scales.

Scales = command and control

Next Session Wed 10th November 0945am your time

Call link for every session is <https://zoom.us/s/6277249095>

To schedule or reschedule: <https://hmorris.as.me/>

NEXT WEEK

BCP

GAME OF LIFE

Session 6 of 8

10 Nov

UPDATE

You have been having a hard time with moderating sweet foodstuffs

BARS

These are designed to mimic the concentrated sweetness of processed sugar and it seems really clear that these are a crutch. It is time for you to do the work of changing your taste buds.

EATING PRESENCE

There are two main ways that food compulsives use food to manage their life:

#1 They choose foods that change their brain chemistry. For you sugar is your major tool for this

#2 They eat without presence, and numb themselves. This is via fast eating and distracted eating.

We want to develop eating presence which is acting out of alignment with food as the life manager, or should i say 'lie manager'

LIE MANAGER

Both #1 and #2 spring from a belief that you are not enough. This is the lie you are managing with food.

Here is the liberating truth:

You make the lie more believable by acting in alignment with it. To even be with yourself, you need distraction (fast eating, distracted multi tasking) and getting high on sugar.

By acting out of alignment with the lie, you show yourself that you ARE enough. You are Marty sitting in the canteen with George.

EATING PRESENCE

This is the opposite of 1 and 2 above

OPPOSITE #1 = avoid sugar in your case AND concentrated sweet foods.
Experiment . Cold turkey may be too much

We had a long discussion about this. I said that you need some time to decide how to tackle reducing sweet foods. Cold turkey or gradual reduction? One day with no bars, but fruit is Ok? No sweet foods at all til 12 noon? What effect would eating dinner for breakfast have on your cravings?

I also floated the idea of setting yourself quests instead. Which character could you role play being? Can you make one up? My character for quests is Lyra Belacqua from His Dark Materials.

OPPOSITE #2 = Slow undistracted eating.

We discussed the issues of your son being at home and eating at work.

#A When JJ is home, listen to theta or lo fi beats or classical (not too strident!) with headphones. The Lark Ascending by Vaughan Williams or Spem In Alium by Thomas Tallis are lovely.

#B Work. First off, have a big lunch before you go to work. At work, when you have a mouthful of food, develop a rule that you must be standing still if food is in your mouth. Next, do a deep breath before you put anything in your mouth.

ALSO start planning in dedicated meal times. This shows your whole self you mean business!

At the risk of mixing my cinema analogies(!) this clip from Close Encounters is a metaphor for testing the I am not enough belief via eating presence

https://youtu.be/n_rvE_8naJI

Eating presence is not always easy. I have had major sobbing fits doing it, especially when I am taking on ambitious projects. But it is THE most powerful thing I have ever done in my recovery from compulsive eating.

This is more effective than all the talk therapy in the world, although that has its place.

WIZARD OF OZ

This clip where Oz is revealed as a pathetic old man is a metaphor for how your fear of being with yourself is unwarranted

<https://youtu.be/YWyCCJ6B2WE>

GAME OF LIFE

Eating presence as a training module. Who are you if you can sit with yourself more?

NEXT SESSION

Mon 15 Nov

9am your time

Call link for every session is <https://zoom.us/s/6277249095>

To schedule or reschedule: <https://hmorris.as.me/>

Session #7 of 8

15 Nov

UPDATE - Some future changes announced that mean members of your family will be further away from you.

You said that stopping eating sugar has meant that there seems no point to binge eating. This is fantastic. It also means that in the game of life your character has uplevelled to deal more directly with discomfort and pain. This is important to be aware of.

One concept we never got on to was the sun gap, but this will be quite useful. We can discuss next session

SUN GAP

Accepting that reducing chaotic eating and being happier do not always happen simultaneously.

<https://www.theshiftinside.com/sun-gap/>

REDUCING ANXIETY

We spoke about filtering the media you consume, especially Russell Brand. I urge you to minimise consuming anxiety producing “worry content” because I think it is too much. In a nice sync as I was going to bed I thought I would listen to a bit of Michael Singer’s “The Untethered Soul” which is on youtube, and guess what video I stumbled across searching for that!

<https://youtu.be/ub-MIDhQcAc>

So why not seek out more of RBs less newsy content like this?

STRATEGIES FOR WHEN YOU ARE STRUGGLING

Talk to anyone you can

Journaling

Ask “What’s great about this?” eg in the game of life, challenges help you uplevel your character

Message me “I’m struggling. What I am going to do for the next five minutes is.....I will message you back”. NB super important not to guve details (see unstory your pain below)

Go outdoors, hiking

Dancing

Zen type moments

Spa - as well as visiting one, think about things you can buy to use at home eg a face mask and body scrub. You want easily accessible things.

Meditation

(see below)

UNSTORY YOUR PAIN

I recently interviewed a very interesting artist called Catherine Rains and the interview will be out on the podcast soon. She has coped with some very challenging experiences in life and has developed an amazing resilience. One of her strategies is when she notices she is dwelling on hurts, regrets etc, she does not give that pain words. She accepts her feelings but releases them faster this way.

This has led me to think about unstorying our pain. When you notice yourself dwelling on problem X, say STOP and have a stock phrase such as "This feels hard". Then possibly a channeling activity (eg short burst of physical activity, graffiti writing, accept and allow) then a distracting activity or meditation. I will try this out myself and see if I can develop it further.

You do NOT go over the details, as this will put you into a victim position, and the victim always requires a rescuer. Nobody is coming to save you from your pain, and it is vital that you do not ask food to do that.

MEDITATION

I want you to start doing this every day, even if for just a few minutes. Forget about accessing insta bliss or any crap the gurus might spout. It is to help train yourself to be present, something you have avoided with food. Meditation does the the same work as the eating presence work we talked about last week, and it will be uncomfortable initially. It helps you stop compulsive thinking. Accept that. The lies your compulsion tells you "It's boring" are trying to save you from being with yourself . But if you listen to those lies you will never be OK with yourself.

Resources to help

<http://www.theshiftinside.com/meditation/>

Meditation course:

<https://members.robscott.com/backtobreath/>

The Untethered Soul audiobook is also quite helpful
<https://youtu.be/63BBwUOzSaw>

GAME OF LIFE

If this is a simulation, problems are there to help you uplevel your character.
For example with family members moving away:

To get you to be more proactive socially

To challenge victim thinking

To be free (you talked about feeling relieved)

To experience compersion

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FOR FUTURE SESSIONS

Uncomfortability

In the game of life, who are your guides?

NPCs

Sun gap

Session #8 of 8

24 Nov

UPDATE

Some problems with a friend who is not supporting you around sugar. You cannot expect this and it is best to treat this as part of your heroine's journey and do it alone. Sugar is a problem to a certain degree for most people. As you loosen the ties of your dependence on sugar, this will be less and less of an issue.

Some overeating of a few dates and bananas, but this is such a massive improvement on how things were. Keep going. You have had a lot of nut butter this week but I would relax and remember it is a challenging situation, not just with junk food around but with emotional stress.

We spoke about how you are now moving into unconscious competence at certain times which is awesome.

<https://www.toolshero.com/personal-development/four-stages-of-competence/>

In my experience the progression is not smooth and linear so you may well find that you have unconsc competence one moment (you hated that sweet yoghurt) then half an hour later you struggle with a craving and need to apply conscious competence. Maybe learning to drive was like this, it certainly was for me!!!

IMPERFECTIONISM

I would like to do an exercise on this, because if you can develop neutrality around short deviations off the path with freeing yourself from sugar, you are set to get there faster and more easily.

Most people subscribe to control and command (C&C) motivation, which is the stick in carrot and stick. This will not work for you, because of your inner food rebel, which is very reactive to the internal C&C you have done over the years.

A negative reaction to a minor deviation off the path is calling up C&C. Let's disrupt that by a) proving to yourself that change is possible even with deviations and b) reminding you how to implement thus neutrality

A - prove to yourself change is possible with deviations

Cycle of change google it, re read it

Discussion. Say 3 things you are good at . For each say three times you messed up. Did those deviations impact your skill at this?

We did this with running, creativity and making recipes.

B - Neutrality implementation strategies

Meditation

Heroine's journey

eating presence

Hey reality! exercise

EATING PRESENCE

How is this going?

How to make this more consistent

We spoke about the Dopamine Nation book and how she recommends radical honesty - no more white lies. It struck me that this is another form of presence, because white lies allows us to not align with reality 100%, to make life easier in the moment . Interesting!

STRATEGIES FOR THANKSGIVING

Secret competition - pace yourself to eat one mouthful for every two you see others eat.

Beat the clock backwards. Set yourself eg 30 mins to eat dinner. Divide your plate mentally into 4 and make sure you wait 7.5 mins to start on the second quarter. Or variation: set yourself non eating periods in the meal eg 3 mins .

Box breath : in for 4, hold for 4, out for 4, mouthful. You can do this without anyone noticing .

The 7.30 eating cut off point is working really well for you.

WELL DONE YOU NOTEBOOK

For acknowledging successes

SELF PEP TALK

You have been reminding yourself of the better decision to make in the moment when you get cravings, and this is great . You could add some of these pep talks as journal entries in the WDY notebook. You may find you extend these talks and they get better.

HEY REALITY

This is a fun game of life type exercise, talk to reality, to build trust and increase your power.

For when things get challenging

Hey reality! I don't know why you sent me that message via X. I know that it will be ultimately helpful in some way. I want you to know that I accept this. Can you send me a clue to help me process and use this experience.

When good things happen

Hey reality! Thank you for the awesome sauna this afternoon. I really appreciate it.

When you are making a change

Hey reality! Let's co-create my shift at work so that I manage any challenges like a demon. Bring it!

Hey reality! Let's work together and actually appreciate not being able to work out

An example for this week in Seattle

You said: Hey reality. Give me some ideas to deal with the stress when it gets too much. I will do my bit by following through and acting on them.

I said: Hey reality, thank you for giving me this opportunity to see how my tastebuds are changing with that horribel yoghurt. Thing will be easier next week and I am grateful in advance for that.

TO FOLLOW ON - SCRIPTING

INTERMITTENT FASTING

You asked about starting this and we will discuss it next week. IF for recovering compulsives is all about developing eating presence in tandem, and going slowly, step by step.

Call link for every session is <https://zoom.us/s/6277249095>

To schedule or reschedule: <https://hmorris.as.me/>

Next session

Wed 9.24 am 1st Dec

Session 9

Date: 1st December

UPDATE

You ate some granola and it was disgusting! Hurray! Your tastebuds are changing. You still have times when things are a struggle but notice that you are going in the right direction.

NOT ENOUGH AND PERS DEV

Personal development is sometimes a way to embed the idea of not being enough. If we constantly are looking to improve ourselves the danger is never resting in I am enough. Ask yourself: is self help a hobby?

Solutions: Meditation, eating presence (slow eating and being Marty), theta affirmations, ringfenced times where you are NOT reading or consuming self help materials (eg a week at a time)

INTERMITTENT FASTING

Cautious beginnings. This is uncharted territory, so let's take it slowly.

Experiment with extending your eating window. And experiment with timings of the eating window, because I have found that everyone is different.

You need to be aware that IF may feel like it is undoing some of your hard work with food.

You need to be prepared to feel like you are going two steps backwards and be prepared to pivot and consciously manage your feelings, turn failure into optimisation.

IF must be developed hand in hand with eating presence. How is the slow eating going?

You tried one day of IF , but got a stomach bug at the same time.

We discussed having milk in coffee during your eating window, and how much you want this. I reframed it as an experiment. The gains to be had through making the experience easier are huge compared to the minimal effect the milk will have on your insulin.

Also insomnia: we decided that if you sleep badly, then the rule is that you do not attempt to IF the following day. Fasting must be flexible and fit round your life.

TRAUMA AND COMPULSIVE EATING

Trauma can trigger compulsive eating (c/e)

Discussion of what trauma you experienced - your mum died when you were 5 and JJ's father 4 years ago. Also your stepmum bullied you when you were a child, verbally and physically.

You said that you have always had a feeling of unworthiness, of not being good enough for people. You have a lot of defences up around men, but do want a relationship.

History of people pleasing. Nowadays you will leave a situation before it gets confrontational. BUT I have noted that you are assertive, eg with your lodger, settling down ground rules re food.

I see people pleasing and boundaries as continuums. You have better boundaries than you think, and we just need to move you along the continuum.

Trauma itself is not the problem, it is that it is not fully processed.

Food is often a way to manage the hypervigilance and state of being stuck in stage three. And sexual fear.

Stuck in stage three = see Me Too episode

<https://www.theshiftinside.com/podcast-me-too-release-your-trauma-and-put-food-out-of-a-job-it-was-never-meant-to-do/>

Best thing right now is listen to that and talk with me and/or journal about

"If food has had a job to manage my unprocessed trauma, what was that job?"

Also Peter Levine Healing Trauma download

<https://www.audible.co.uk/pd/Healing-Trauma-Audiobook/B01ACJ706A>

Well done, this was an intense session

UPDATE FOLLOWING DAY

You said that it was overwhelming listening to the Me Too episode. I feel strongly that your subconscious needs to process this, so if you do not feel like thinking about it, don't.

Session 10 of 12

Date: 15th December

UPDATE

I was off ill for a week, during which time your things were up and down for you. You had more sugar than recently, with varying results. I don't think the "that junk did nothing for me" times are enough to rely on. Because there were also times when you reacted badly to it.

On the call you had regained a lot of your positive attitude, which was wonderful to see!

INTERMITTENT FASTING UPDATE

You said that it is going really well. We talked about you trying a fasting window later in the day (currently it is until late AM), which you feel a bit reluctant about. However I think it is A_ really important to compare and B_ involves very little commitment. There is no failure, only data.

ACKNOWLEDGING SUCCESS

You underplayed your success yesterday (seeing friends). We practised saying "I wasn't perfect, but I am proud of how well it went"

Return of the success journal tomorrow. Send me some pictures if you like.

MOVING AHEAD

#1 Your compulsive side sometimes resists the work on eating presence and meal planning you have been doing, as well the deep self enquiry of this work. This is not failure, it is understandable. *Therefore you need to*

THE HORSE

Keep getting back on the horse. Meal Planning and eating presence . This way you tell your resistance: we are doing this.

The War of Art - Steven Pressfield – on its way!

NEW SLOW EATING GAME - 5 Second Ross Face

Try this :

1 min mouthful

precede by 1 deep breath

instead of just putting the food in your mouth

a - wait 5 secs

b - slo mo filmstar - bring your food veeeery slowly to your mouth and take 5 secs to remove fork or spoon from mouth

c chew v slowly for 5 secs

d- Ross Face for 5 secs, let food sit in your mouth

now alternate between c and d until food is gone

wait til 60 secs is up for second mouthful

reminder – here are the games <http://www.theshiftinside.com/slow-eating-games/>

BOUNDARIES

- let's look at these in your life.

My guess is that you are an empath. What do you think? YES

You talked about focusing on other people 's acceptance of you. Better to focus on if you are being drained by them.

Actions change beliefs - by setting boundaries you prove to yourself it is safe to not please

YOUR SISTER

Problem of her repeating herself. You zone out which makes her do it even more. Solution: explain about being an empath and mirror neurons (see below).

Suggest when she says something you can affirm "I understand" and she doesn't repeat herself.

Often people do not understand when I talk about being an empath but it helps ME both take responsibility AND honour my needs.

You mentioned: Not forming an opinion until after you have been with people . This can happen to me and my guess is because you, like I, have overactive mirror neurons . (MNs)

MNs are activated when we see others do an action or feel pain or fear or any other strong emotion.

It is said that empaths have more active mirror neurons than neurotypicals

My guess is that when others are being difficult our MNs are so activated that we cannot form a proper opinion until the stimulus of that person has been removed.

SOLUTION: manage your interactions with others and manage stimuli like phone use . In my experience, you cannot see how triggering the world is until you experiment with dialling that stimulus down

With acquaintances "Call the police!" piss take when they moan. Or with your boss, picture a ludicrous scene where you call 911 and the police arrive

How are people McGuffins?

= "...the thing that the characters on the screen worry about but the audience doesn't care about."

See <https://nofilmschool.com/2016/09/hitchcocks-macguffin-explained-what-it-how-do-you-use-one-your-film>

How are people NPCs?

See

<https://www.businessinsider.com/npc-meaning?r=US&IR=T>

This is an interesting one. If people are too passive and victimy, they turn themselves in to NPCs. It is the opposite of asking: what is great about this problem ? etc .

NEXT SESSION 22 Dec 10am

Call link for every session is <https://zoom.us/s/6277249095>
To schedule or reschedule: <https://hmorris.as.me/>

Session #11 of 12 22 Dec 2021

#1 CHRISTMAS

Ideas for the week ahead. Challenges and workarounds

Dessert on Xmas day. You are going to explain to your family that you will leave the table when they have dessert. At the time, come and leave me a message.

Also we spoke about you telling your MIL not to offer you cakes etc. We discussed the importance of doing this even if people do not take you seriously. What you are saying to yourself about who you are through your actions is more important than others' reactions.

#2 WEED

Any substance that creates a powerful feeling of uppers or downers is a way not to sit next to George McFly.

You said you use it every 6 months or so to relieve anxiety, so it is not too much of a problem. Two questions to ask yourself with any substance you ingest that gives you a feelgood hit:

#1 Is it worth it?

#2 How often do you take it?

#3 MANIFESTATION

Things I have manifested

£7000

Weed burner for patio at 66% off

Ridiculous amount of syncs

Your intention: to have a fun conversation with an attractive man

Things to remember

#1 - often people fail to manifest because they are not taking actions consistent with the intention. EG if you never go anywhere new, you block the chances of your intention manifesting

#2 - intentions fuelled by curiosity to find things out work really well

#3 - playfulness and lightness are powerful.

#4 - things not going to plan = an invitation to ask yourself how you can align better, or modify the intention.

Intentional tracers game. Let's both play this week!

<https://stevepavliina.com/blog/2010/04/intentional-tracers/>

You intended a fun conversation with a man and something translucent, and I intended a ticket to something fun and a pink gun.

Great video on manifesting and how the ego blocks it

<https://youtu.be/k7ibck1SVZg>

Next session

Mon 27th Jan 10am your time

Plus feel free to message me this weekend, I will reply!

Call link for every session is <https://zoom.us/s/6277249095>

To schedule or reschedule: <https://hmmorris.as.me/>

Session #12 of 12 27 Dec 2021

UPDATE

Christmas day was difficult but you avoided dessert. Very well done, and I loved the video you sent if dumping the junk in the wheelie bin!

You also committed to no more edibles ever!

LETTING GO OF THE DEMAND FOR OTHERS SUPPORT

This is hard but it has dropped up alot in your messages, this pain over lack of support. How about if you agreed to lack of support from (insert names of people who will not give it to you). You spoke about your sister making a nasty comment at dinner. We also spoke today over WhatsApp about your need to be quite assertive with clear boundaries with your lodger, and you were. Well done!

I would like to see you proactively email or speak or everyone who has ever given you cake etc to never do that again.

Who does support you? Can you strengthen those relationships, show your appreciation to them? A better way to channel that energy. Babysitter, Lily, Auxona, Maria.

NEW YEAR EXPERIMENT #1

I loved your message today (27 Jan) stating your commitment to not escape your feelings

Experiment:

Feel your feelings on new year,s day

What does this involve not consuming? You said: processed sugar, anything processed, edibles , alcohol

How can you support yourself (eg endorphins from exercise)?

Who can you talk to or message that day who supports you? Can you support them in an area that is not a challenge for you?

can you practise from today ?

Jan 2nd - I double dare you to repeat Jan 1st experiment.

There is no reason why you can't have say alcohol sometimes as long as it is planned in advance. January can be an exploration of what you can have without it being a life manager

Another experiment - test this hypothesis from Harriet

"the more you practise feeling your feelings, the easier it gets to feel your feelings"

How much is this correct?

INTERESTING ARTICLE

<https://stevepavlina.com/blog/2008/07/tolerance-is-resistance-to-love/>
Think about tolerating others giving you sugar

NEW YEAR EXPERIMENT #2

Scripting to see how well it works

See

<https://www.theshiftinside.com/scripting/>

It is important for you to be thinking about how you can proactively change things in your life, because you are experimenting with removing food as a life manager. Scripting is a great reward for the initial discomfort of eating presence.

Don't stress about year long intentions.

EATING WINDOW

I would like you to do two more experiments

Observe your appetite /cravings on days when you are not IFing

Repeat for an eating window earlier in the day

Call link for every session is <https://zoom.us/s/6277249095>

To schedule or reschedule: <https://hmmorris.as.me/>

Session #13 of 16

29 Dec 2021

30 mins

(30 mins to be used another time)

GENERAL THOUGHTS

Make January a month of extra conscious attention – “Miss the wedding” attitude (I missed a wedding reception once because I was too vulnerable to eating sugar in my first 6 weeks off it). This involves a certain sacrifice but the gains in confidence will be worth it. You can loosen up your self restriction as you progress.

WHAT PLANNING DO YOU HAVE TO DO?

Thinking ahead for your upcoming week.

Food planning

Other people – lie or open up. Lying is far less important than reducing opportunities to eat junk

SUPPORT MECHANISMS

Theta

Meditation

Food planning (mentioned again on purpose!)

ENVIRONMENT

What can you do to control your environment so you are not within arm's length of junk?

WHAT CAN YOU DO IF FACED WITH JUNK

In the garbage – send me a video

Message me

REHAB JAN

This may or may not work as a motivation.

Session #14 of 16

5th Jan 2022

(Plus 30 min session to be used at some point)

UPDATE

A difficult day this week with a chaotic episode , but we discussed how very stressful it is withhJJ isolating. You have started to create a daily self time list to cope. Apart from that, it's the old double solution of eating presence and meal planning.

BODY CONFIDENT PROJECT

We discussed the power of the She Looks Great date

<http://www.theshiftinside.com/rum-great/>

I sent you the sign up link

<http://www.theshiftinside.com/rum-start-here/>

Do not feel you have to do these dates every day

TRANSMITTERS AND RECEIVERS

I will make this into a webpage . Here is the idea:

Interacting with other people, imagine we all have a transmitter and a receiver

Transmitter - is about what we broadcast to the world, everything from : *I want to watch X on TV, to I have a life changing idea I want to put out to the world.*
Our transmitter is important to put boundaries in place.

Receiver - is how we receive other people's ideas, feelings, energies

For empaths our receivers are overused and, unmanaged, it is automatic to have a stronger receiver than transmitter. This leads to us not standing up for ourselves, putting others needs before our own etc

The image of a broken receiver I find helpful in certain situations , eg if someone is having a pity party and I am feeling overwhelmed or triggered. It helps me

Call link for every session is <https://zoom.us/j/6277249095>

To schedule or reschedule: <https://hmmorris.as.me/>

Session #15 of 16

12 Jan 2022

(Plus 30 min session to be used at some point)

UPDATE

You have a lot going on at the moment with JJ isolating and a month off school.

Also the possibility of a relationship with Curtis

Boredomwith food planning

UNCONSCIOUS SABOTAGE

In your messages I can hear you contradicting yourself : a few days ago you said that you were not going to drink then you had an alcoholic drink. Also mindless snacking and feeling you have to justify this with low calorie count and vegan origins.

Instead of trying to stick to the perfect way of eating, I suggest consciously relaxing things. It is much better to say OK I allow myself this and this eg a alcoholic drink because then you can consciously put limits on it. It was great the time you described about not snacking after a drink but you cannot rely on that. Better to say OK I'll have X and make sure there are no snackables at home and/or I have a clear plan to go straight up to bed when I get home.

LOWERING THE BAR

We discussed using the metaphor of a high jumper who has some issues with their knee for example. They lower the high jump bar while recovering (not a great metaphor for athletes as I'm sure in this situation they should rest! But useful for our purposes)

We are lowering the bar while everything is as it is. This is not an excuse to follow your urges, but an opportunity to be more conscious about less than ideal circumstances.

TV EATING

One way of lowering the bar ATM while JJ is at home is to allow yourself to snack in front of the TV. I suggested a frozen banana thinly sliced. If you divided it into four sections and separated them into bags or containers you could have one section every half hour.

Also cup of tea.

Also an adult colouring book to give your hands something to do. This may channel the desire to do something with your hands into creativity.

INTUITIVE EATING

You mentioned INTUITIVE eating . What does this mean to you? Does it mean no rules?

I have found that many recovering compulsives need to focus on eating presence and food planning in order to eat intuitively. It is much more a description of the ideal than a prescription of how to eat. Not obvious at all.

We discussed this and were in agreement on it.

CALORIES

I would like you to defocus on calories as they disempower you - they turn food into something to be restricted which your food rebel will fight tooth and nail

How much are you calorie counting? Do you use low calorie as a green light for mindless eating?

You talked about how you are in the main defocused on calories, but you can use them as a reason to eat sub optimally (metaphor: keeping the high jump bar at old height and using a stepladder while denying there is any stepladder and putting undue pressure on yourself to perform as if life did not have any extra stressors)

Good rule of thumb - defocus on calories and focus on planning, eating presence and less processed carbs.

INTERMITTENT FASTING

You said that you feel it is working for you right now because you do not have time to eat in the morning.

Although it needs a close eye kept on it, because a fasting window ending at lunchtime can be a breeding ground for cravings and overeating later in the day, at the moment it is more important to do what is easiest for you. Let's review it in a few weeks.

SCALES

We did not discuss but next session to talk about...

You weighed yourself in the last week. When was the last time? Can you commit to not weighing yourself for a certain time?

CURTIS

Let's look at some ways to deal with this situation so you do not turn to food

You said that you are unsure if you want a relationship with him, mostly pessimistic, but you did say part of you wants to give it time. You have not committed to anything anyway, so nothing has to be settled definitely. Can you live in the uncertainty. If you think about it, all potential and new relationships have a high degree of uncertainty about them. I wonder if that makes you anxious. Are you looking for some certainty via deciding a definite NO when the situation does not merit it?

A question to think about:
What is scary about this?

EATING PRESENCE/PLANNING

At the moment, let's commit to one meal a day planning and one meal a day eating slowly. I love that as I write I can see you have sent me a full day's plan in whatsapp!

Call link for every session is <https://zoom.us/s/6277249095>
Passcode 4321

Session #16 of 16

19th Jan 2022

(Plus 30 min session to be used at some point)

UPDATE

A lot of positives with an increase in meal planning. Your consumption of sugar is affecting you and I feel you are trying to deal with the emotions around this in an unhelpful way.

VICTIM -HEROINE

VT - victim thinking

See

<https://www.theshiftinside.com/victim-thinking/>

You can deal with any problem either with victim thinking VT or with heroine thinking HT

Everyone uses a certain amount of VT. Useful in short term but untenable for food issues

VT - asks other people to rescue you Eg roommate

See victim to heroine page

<https://www.theshiftinside.com/victim-to-heroine/>

I was really impressed to see how you accepted this framing. The work is to keep challenging VT when it crops up. Remember how I told you about clicking my left hand fingers whenever I have a VT thought. What can you create , a physical action to increase awareness and track progress.

SUGAR

I think you need to ask yourself what the price of a negotiating attitude to sugar is

Is you negotiate access to it at certain times and always feel worse afterwards

Experiment

Try a zero tolerance policy for a certain amount of time you choose

I suggested starting this on Monday and you decide ahead if time how long for

I would also like to see the list of what you are having zero tolerance for
You asked me about nuts in your message then my phone died so I think nuts
are fine . If we can have sugar off the table it will make a big difference

How To Implement A Zero Tolerance Experiment

Food planning extraordinaire - rewards or at least something to make you feel
things are different

Rituals?

Cravings Busters

See <http://www.theshiftinside.com/ffs-cravingsbusters/>

Radical Acceptance - I agree that this has happened

BOUNDARIES

Shame dismantling via boundaries see victims heroine page .

We spoke about a boundary of telling people not to talk to you about recipes

You said you can do this with your friend Lily

We also spoke about the need to have other topics of discussion. For
example start planning a trip for next year :-)

SUN GAP

Just a last note following your message _ you were quite anxious about
Kurtis. The work is not somehow getting rid of of that anxiety in order to not
have food issues around it, but to allow yourself to feel your feelings .

Sun gap page

<https://www.theshiftinside.com/sun-gap/>

Does something in you feel it is not safe to take a risk with him? In that case it
is a case of showing your fear centre it is safe to open up to him

NEXT SESSION

Do you want to use the left over 30 mins from Xmas or have an hour session
and keep that 30 mins for if you ever need an extra session ? let me know

Can we do 945 next Wed?

Session #17 of 20

26th Jan 2022

(Plus 30 min session to be used at some point)

UPDATE

alot of sugar consumption this last weekend before zero tolerance experiment started 24 Jan. I feel that this s your resistance attempting to get you to throw in the towel. There was a lot of victim thinking (VT) in your message on Mon 24/1.

As we discussed last session, VT requires someone or something else to be the rescuer. I think your resistance is trying to legitimise sugar as the rescuer.

You have a choice: A - to either go along with that or B - to stand up to your VT

What are the consequences of each choice?

A - downward spiral of feeling worse, with brief respites of numbing yourself out with sugar. Sugar will never do the rescue job you crave and you continue to feel helpless and down on yourself. Your fear of feeling difficult emotions stops you flourishing.

B My prediction is: - initial feelings of loss without a rescuer. Possible sharper emotional pain at times as you sit with your feelings instead of eat them but then you realise that the pain passes. Thus may take a few passes but as time goes on you start to feel better and realise you can tolerate your feelings

You have been through B already, for example Xmas day. It is a case of doing it repeatedly to prove to yourself that this is safe

I was super impressed with how well you accepted all this.

CONSCIOUS VICTIM TO HEROINE PIVOTING

We agreed that you are going to pivot whenever you Start victim thinking

Process

#1 Conscious complaining - see victim thinking page

#2 now send me a message which reframes what you were upset about.

Use the following sentence starters:

This apparent problem is an opportunity to encourage me to....

Life is asking me to upgrade my character . I think it wants me to....

I agree to this happening and I allow myself to choose the best thing for myself which is...

LOWERED COMMITMENT

I suggest we reduce the zero tolerance commitment from two weeks to a day by day commitment in order to take the pressure off.

You said that this was really helpful. Since we talked about this on the messages, You have been

Saying really positive things about meal planning and enjoying slow eating. Loving how less pressure allows you to feel that is safe. Very rebel Calming.

THE PARADOX

There is an apparent paradox with this approach that we need to be aware of

On one hand it feels like being hard with yourself . The pain you feel is no longer a reason to seek solace. You have to accept it . I can tell you that this is very liberating once you have done it a few times. The pain lessens when you don't make it the reason to eat chaotically.

On the other hand you are NOT using harshness when you make a mistake. You develop neutrality . I messed up yesterday so what? Back on the llama.

This feels like a paradox because part of you will be super pissed off that you can no longer soothe yourself with VT and self pity, but self attack is ALSO off the table. You solve this seeming paradox by understanding that both new approaches are fuelled by neutrality. Developing neutrality around your pain and about mistakes = an equal opportunities mistress!

LESSER OF TWO EVILS

This is not a great way to phrase it, but the point is about sometimes there is no comfortable solution. You don't want to stand up to someone but the alternative is itself painful.

In these situations, always choose the path that has will upgrade your character – give you more courage etc.

Call link for every session is <https://zoom.us/j/6277249095>
Passcode 4321

To schedule or reschedule: <https://hmmorris.as.me/>

Session #18 of 20

31st Jan 2022

(Plus 30 min session to be used at some point)

UPDATE

A mixed week with getting on the zebra and then suboptimal choices. This is your inner food rebel having a tantrum.

We are going to gamify eating presence

GAMIFICATION INFO

Gamifying Eating Presence

Gamifying the changes around your eating is a great motivator.

You stop struggling against your Inner Food Rebel but also important is what you are saying to them about change by gamifying it. You are saying : the stakes are low, we can do this, it is safe.

Below are some suggested strategies and games that I have found worked for me and clients. I urge you to adapt them according to what lights your particular fire. For example, I really like setting the bar for minimum points to earn at really low and give myself tons of opportunities to earn extra points - but you might get a kick out of a greater challenge or varying the minimum points .

Behaviours and Habits To Gamify

#1 Meal Planning

It is best to have a set routine for this. The more frequently you have to repeat the routine, the faster it embeds into your subconscious and your IFR (Inner Food rebel) will stop protesting.

What I have found works is: do it daily and do it as part of your morning routine. Write it down in the same place (I write it in a space in my big appointments diary, because I use it so much I never lose it ! You may prefer digitally or in a separate book).

It works best when I plan a week ahead when I do my food shop, then revisit the plan daily, 48 hours ahead and note down when any food prep needs doing in my diary. I need to make appointments with myself for this. Revisiting is always good because sometimes I get resistant when doing the big shop food plan and write any meal down without any details (eg 'pasta') and 48

hours ahead is a good time to get real and add 'with pesto, edamame beans and salad,' - and make sure I have all the ingredients

How To Gamify Meal Planning

Create a points system. I create a bare minimum points baseline that is super easy to beat eg 10 points for planning one day, 20 points if I do it 24 hours ahead and 30 points if I do it 48 hours ahead. On day one (say it's Monday), grit your teeth and plan Mon Tues and Wed - or do Mon and Tues on Sunday night. So you earn 30 points straight away . In this way, on day 2 - Tuesday - you are already set up to get 30 points because you are planning Thursday (48 hours ahead).

#2 Slow Eating

Eating very slowly for every mouthful of each day is **too big a goal to set**. Set goals and get points for the scaffold of slow eating, for anything that allows you to be Marty and sit by yourself in the canteen of life. I advise against trying to earn minimum points for slow eating. The only time I would ever do that is on a retreat in Tibet.

You CAN however award yourself **bonus points** for slow eating . For example, if you use one of the games eg one minute mouthful for a meal, you get say 5 points. Even if you do not each each mouthful perfectly, *you get your points for just attempting it*. But you can guess timate your % slowness and if you were say 70% adhering to the rule, you award yourself extra points.

You can also create an event like a 30 minute meal where you must take that amount if time to eat and get a huge bonus, depending on your resistance eg 50,points! It is your games so do what you like as long as you respect your own rules.

#3 Meditation

This will support eating presence so give yourself points for that . You choos how many .

#4 Theta Affirmations

Ditto #3

#5 Saying No To Junk

NB Support with replacements if necessary and make sure they are available eg frozen banana slices are great, but are there actually any in your freezer?

Cravings Busters

<http://www.theshiftinside.com/ffs-cravingsbusters/>

Support with avoiding situations if necessary and removing the ability to access the junk. For example if meeting a friend for coffee who always eats sugary junk with her drink, take only the cash you need for your drink. Or avoid the coffee date if it is too hard to see your friend eating the junk. In my first month off sugar I avoided attending a wedding reception for this reason and I am glad I did

Put the money in a smashable money jar

See the section below on bigger rewards.

Fillm yourself throwing junk out and send it to me and give yourself loads of points.

Post on social media how great it is to say no

See this James clear article about marginal gains

[Marginal Gains: This Coach Improved Every Tiny Thing by 1 Percent \(jamesclear.com\)](http://jamesclear.com/marginal-gains)

Other Concepts and Tools

Beeminder

Beeminder.com is a website that you can use to track the points. To note:

#1 It creates a graph of your progress showing how far above your minimum you are. Can you see why I love the minimum being low? Everytime I see the graph I think "I am really good at this" because I massaged the truth , in a really good way. Remember that your IFR is scared by all this eating presence he is trying very, very hard to massage the truth so you believe you are no good at eating presence. Play the IFR at their own game!

#2 there is an option to bet money on yourself. This a very personal choice. You wager whatever you like (I think the minimum is \$5) I would only ever get money on habits that create a positive structure eg meal planning and never results eg avoiding food X on the no list for a week. Ask for clarification if this is unclear.

You can always have a practise go and set a money goal that lasts a week.

Also be aware that Beeminder has a system where if you fail at one check in, it will double the money taken at the following fail point - but you CAN disable this option and I think have a week's grace with no money lost.

#3 Beeminder is not the most intuitive of websites. While setting my first goal up (writing a book) I did furrow my brow a few times - there were a few terms to learn. Because I have an impatience with lack of clarity, I kept it simple. Write for 10 hours a week with a \$5 fine if I wrote less than 13% of 10 hours a day. ($13 \times 7 =$ roughly 100%) I know others have found YouTube tutorials helpful, and I will add in any links I come across that makes it simpler. That graph is so motivating I think a bit of a learning curve is worth it. Ask me in a session if there is anything unclear.

I really liked the checking in daily and seeing my graph get better and better.

Playing The Bigger Game - Making Your Points More Meaningful

This is where you can really have some fun and create a momentum that has a greater pull than the fear that IFR is trying to use to get you to revert to compulsion.

When I wrote my book, the graph wasn't enough. By the second week, the project had taken on its own momentum and the convos with my editor became more engaging than the graph.

That kind of momentum cannot apply to gamifying eating presence, so what else is there?

What can make the points more meaningful?

You can link them to rewards. I have found that two very different rewards work for me: things I take for granted and super exciting new experiences.

For example, at the moment it is winter and I really like going to be early and listening to an audiobook while doing the crossword (ah yes, life in the bus lane!). For some reason making this habit into a reward is something very satisfying for me.

So if it was lunchtime and I really didn't feel like eating slowly, I could double my points if I did 70% well on the one minute mouthful (so 14 instead of 7) AND make my audiobook /crossword time dependent on my getting those 14 points.

Now for super exciting rewards.

Small frivolous rewards are good to encourage individual actions - so you could replace the audiobook/crossword reward with buying say a piece of jewellery (my Achilles heel are silver rings!). You could even take a screenshot of the item and make it your phone wallpaper for the time you are eating slowly to earn it.

Jewellery. A book. A download. Buy a friend a gift voucher. You choose.

Then you can create a bigger reward. For example if you are gamifying a month of eating presence as an experiment, you could spend some of that time planning a reward like a weekend away, a day at a spa. I would avoid setting one big points goal at the start, that you earn over weeks or a whole month. For me rewards have always worked best when I got a feeling of immediate success. Compulsion calls to you with urgency so you need immediate rewards to divert yourself at these times.

So for example, I might say *OK I can afford a break away to X for X days. I will allow myself to book accommodation and travel at the end of week one if I get (insert minimum points or minimum plus 30% more)*

On day three say I am having a bad day, super stressed. I want to eat junk food Y. I promise myself I can book a trip to Z attraction if I can eat a replacement instead. This is worth X points. When you know you are no longer in a position to have the junk or your desire has passed, update Beeminder and look at the graph!

An Example Points System

DAILY

FOOD PLANNING

10 points for planning a day's food on the day

20 points for planning a day's food the day before

30 points for planning a day's food two days ahead

Routine to support this: first task of day is to write out meals in A4 diary and also if any shopping needs doing and when any food prep must be done. Do this task with HOAM planning

SLOW EATING

Select your favourite slow eating game or rotate them

<http://www.theshiftinside.com/slow-eating-games/>

<http://www.theshiftinside.com/slow-eating-2-point-0/>

5 points for eating using any game

10 points for 50% success or more

20 points for 100% success

Session #19 of 20

9th February 2022

(Plus 30 min session to be used at some point)

UPDATE

You have discovered you have PCOS. Still in isolation

Here is what I have found

Recommended resources (I have not read these myself)

Book *Woman Code* - Alisa Vitti

Reviews very split. Some were rave and others said it took until the last few chapters to give any useful info. The author cured PCOS naturally and really milks the 'hear my story' angle. Be careful because mucho snake oil has been sold off one person's transformation story. Worth getting and skim reading I think

Her website is

<https://www.floliving.com/>

Another coach recommended bioidentical progesterone and diet low in refined carbs

Another coach recommended Clare Goodwin ("the PCOS nutritionist").

<https://thepcosnutritionist.com/>

The coach is also a clinical nutritionist and said the idea that you need to remove everything that people say is a misconception. Says that there is alot of incorrect info out there

Looking at Alissa and Clare s websites I would start with Clare because it is PCOS focused and also Alissa has a big product stack on the homepage

MY THOUGHTS

I still have a lot to learn but the piece about high levels of insulin leaps out at me . I am going to make a prediction that many people who can help you with PCOS naturally will advocate for a therapeutic diet . A therapeutic diet is one where the only consideration is a short term health goal.

Many women with PCOS will be trying for a baby and if they are in their mid 30s or older then they will want relatively fast results . Anyone who is setting themselves up as a business will be very aware of this, and I imagine they will have created their message to cater to infertility fears.

This is not an immediate worry for you, and my focus is to help you continue to eat a diet that reduces insulin levels LONG TERM. I would place good money On PCOS programmes promoting a very stringent, perfectionist diet. This would be a disaster for you and undo all the good work you have done with eating presence.

I feel quite excited for you because fasting or intermittent fasting can now be a viable option, as long as You keep working on eating presence, especially the slow eating part. To repeat and I know I am getting boring! ... Eating presence is how you can access fasting without rebelling against the restriction...and fasting is the best way to reduce your insulin levels.

AFTER ISOLATION ENDS

I what you to experiment 4 times over two weeks with an eating window from breakfast til 3pm or thereabouts with protein and healthy fat And very slow conscious eating. Combining all of these I have had ZERO APPETITE in the evenings.

This experimental series will give us some mor information about how we can lower your insulin and how suited Intermittent fasting is to you personally.

LONG TERM AIMS

Marrying playing the inner game
(= shifting from a focus on weight and other external considerations to using diet to manage PCOS)

With

Imperfectionism (= neutrality towards your mistakes)

COFFEE

Coffee does not help PCOS so we looked at alternatives

We discussed your idea of putting dates in macha tea. Really we want to aim to keep the sweet taste to a minimum but a couple of dates lightly sweetening the macha is not going to impact insulin too much. Also: vanilla pods, cut up and add , cinnamon

We discussed the 'not as good, but good enough' principle (vaping man) – that you can replace the taste of coffee with better alternatives . For example:

Cocoa made as if it is coffee

Half and half instant coffee and cocoa

Lyonsmane

Here in the UK we also have coffee alternatives made with chicory. See if you can find anything like that.

I would like you investigate all of these possibilities.

Also allowing yourself a real coffee sometimes if you are out with friends etc

Future Sessions Ideas

BODY CONFIDENT PROJECT

How do you feel about your body?

Weigh ins?

DEALING WITH STRESS

What traditional methods work well (eg yoga, exercise)

Is exercise a challenge? Does it actually stress you?

GREATER SOCIAL CONTACT

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