

Food Reintroduction Workbook

The workbook will help you deepen your understanding of the concepts in the online learning program.

Here's a suggested order for completing the workbook:

- work through each topic (1-4) in chronological order
- review the reflection questions for the topic (in blue below)
- read the online articles and watch the videos for that topic
- come back to the workbook and fill in the outline with your "take home messages" from each section.
- use the reflection questions as a guide and put the information in your own words
- move on to the next topic

If you think of changes that you would like to make, there's a table on the last page of the workbook where you can record them.

You don't need to send the completed workbook to me, but you can share your "ah, ha moments" with me in your second appointment.

1) Fight-or-Flight and Food Sensitivity

1a) Stressful Lives Keep us in Fight-or -Flight

Do you have a stressful life?

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1b) Intensified Physical Reactions to Food

Which circle represents most of your symptom reactions?

1c) Increased Vulnerability to Food Sensitivity

The Amygdala Remembers Danger

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Digestive and Immune Dysfunction

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2) Change How You Respond to Symptoms

2a) Observant-Responsive Mindset

What is an Observant-Responsive Mindset?

Think about how you are feeling right now? Where are you on the observant-responsive vs. impulsive-reactive mindset spectrum. What about a few hours ago?

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Ask Yourself- “Are My Thoughts About This Event Accurate?”

Can you recall any potentially inaccurate food-related thoughts that you’ve had? How did they impact your feelings and actions?

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What is a “Pause”?

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Calm Your Body and Mind When You Experience Symptoms

Are you currently using any tools to calm your body and mind?

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Pause, Observe Realistically and Then Respond

When you experience symptoms, does your mind get trapped in worrisome thoughts? Do these thoughts lead to impulsive actions (e.g. making treatment changes)?

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Scrap Paper Journal

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2b) It May Not be Food

Internal vs. External Triggers

What other external and/or internal events trigger your symptoms? Internal triggers are often hidden, so this would be just a guess.

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Why Do We Focus on Food So Much?

Do you think you focus on food too much?

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Digestion Can Lead to Symptoms (regardless of what is eaten)

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2c) Symptoms vs. Normal Body Sensations

Is it possible that you interpret some normal body sensations as the beginning of symptoms?

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2d) Positive Visualization to Ease Symptoms

Would you like to discuss this with me further? (let me know if you do)

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2) Relax Food Fear

Does food related fear impact your life? Have certain events made the fear worse? Is there anything that helps you relax the fear?

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3a) Consider Speaking to a Psychologist

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3b) Rational & Irrational Fear

If you experience fear, is it an intuitive, protective voice or does it come from worrisome, negative thoughts?

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3c) Let Go of Negative Food Messages

List three negative food messages that you have been impacted by.

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Extreme Information Increases Suspicion about Food

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Orthorexia is a Preoccupation with Healthy Eating

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Food Restriction Lists and Diet Plans Are “Educated Guesses”

Do you follow food plans or restriction lists? How strictly? How do these “rules” impact your decision about what to eat? What does “listen to your body” mean to you?

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Health Professionals Often Give Inappropriate Negative Food Messages

Have any health professionals that you’ve worked with given you negative health messages?

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Food Sensitivity Tests are Misleading

Have you had food sensitivity testing? How has this affected what you eat?

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3d) Reduce Your Search for Exact Answers

Are you looking for an exact diet to control your symptoms? How does this search affect you?

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Inconsistent Reactions are the Norm

Are your food sensitivities inconsistent?

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Overflowing Bucket Theory

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Natural Food Compounds

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Everyone Has a Different Opinion about a Healthy Diet

Are there any diet/nutrition controversies that have caused confusion and frustration for you?

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You Are an Exception!

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Honor Your Observations – Even If They Don't Make Sense

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3e) Nurture an Observant-Responsive Mindset with Mindful Practices

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The Benefit of Breathing

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Mindful Moments During Everyday Life

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Meditation Misunderstandings

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3f) Test Drive a New Approach

3g) Positive Visualization of Food

Do you feel that positive visualizations would help you reduce food-related fear?

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4) Reintroduce Food

Have you tried reintroducing food? Has it been successful? What were the difficulties?

4a) To Expand or Not to Expand – that is the question

Is it a Good Time to Expand Your Diet?

The title is a good question to answer 😊.

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Why do you want to expand your diet?

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4b) Food Challenge or Gradual Reintroduction

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4c) Challenges on Your Reintroduction Journey

The Only Way Out is Through

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Choose Foods to Reintroduce

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Mindfulness or Distraction

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Overeating

Has overeating been a concern for you?

