

The Mindful EATING GAP

There is a momentary gap between bites. In that moment, do the following

GAME-CHANGER!

G

Recognize that this moment could change everything. You have the opportunity to choose your next move right NOW!

ASK YOURSELF

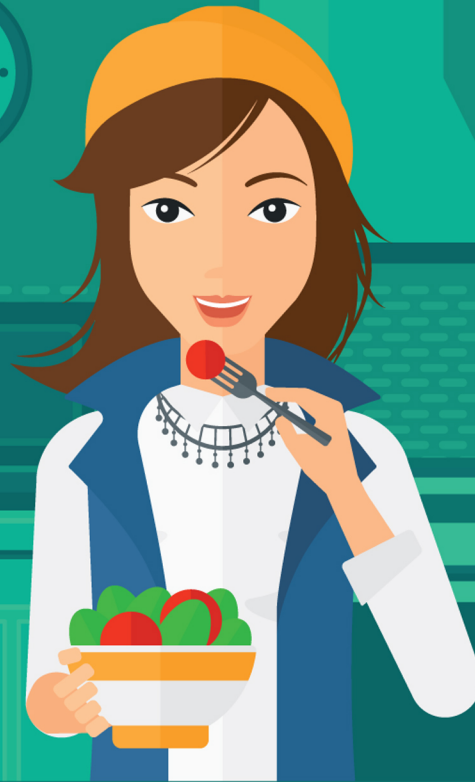
A

Am I satisfied?
Am I no longer hungry? Why am I eating?

POWER!

P

You have the power to make a choice. Continue to eat or stop right here. If you are physically hungry, eat! If not, choose another option (distraction,



www.eatingmindfully.com @Susan Albers PsyD