

Looking Downstream

- my habit takes over when I'm alone
- stress makes me overeat
- I was neglected / bullied as a child so I compensate by overeating
- I comfort and soothe myself with food
- I have an internal ache that can't be satisfied
- potato chips are my downfall
- portion control is my downfall
- I need food to relax at the end of a long day
- will-power will solve this problem

Looking Upstream

- cravings let me know I am caught up in insecure thinking
- the drive to overeat is a signal that my thinking is revved up
- cravings let me know that my mind is not settled
- cravings let me know that I have forgotten about my innate well-being and resourcefulness
- the drive to overeat is not a problem, it is simply feedback about my state of mind