

30 INTUITIVE EATING & FOOD ANXIETY JOURNAL PROMPTS



THE DIABOLICAL DIETITIAN

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HEY THERE,

Welcome to my latest free resource creation, which consists of 30 journal prompts related to intuitive eating and food anxiety! I'm so glad you're here!

I am a firm believer in the power of journaling, especially when given a deep, thought-provoking question. Journaling has helped me identify why I do the things I do, which allows me to come up with interventions to change the areas of my life that need improvement.

In the context of intuitive eating and food anxiety, journaling can be a wonderful way to explore everything that's going on in our noggins and hearts. It can feel therapeutic to get all those thoughts and feelings out of ourselves and onto a page, while giving us a deeper understand of who we are and what we value.

I highly recommend you focus on just one prompt per day. They're open-ended, and they are ripe with possibility, so get as much as you can out of each prompt before moving onto the next one.

It's okay if you don't journal every single day for 30 days in a row, but you'll get the most out of this if you do at least three per week. Skip around, and don't feel like you have to do each and every one if there are a few that don't speak to you.

I hope you learn something valuable about yourself by the end of these reflections. We are always changing, so it might be fun to come back and write about these prompts a few months from now to see how things are different than they were the first time.

Good luck and have fun,

The Diabolical Dietitian

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1. LIST 3 THINGS THAT YOUR BODY DOES FOR YOU EVERYDAY THAT YOU RARELY STOP TO APPRECIATE. HOW WOULD YOUR LIFE BE DIFFERENT IN THEIR ABSENCE?

2. WHAT FOODS DO YOU AVOID OR HAVE YOU AVOIDED IN THE PAST. WHY? HOW WOULD IT FEEL FOR YOU TO EAT THEM NOW?

3. WHAT ARE SOME NON-EXERCISE-RELATED ACTIVITIES THAT MAKE YOU FEEL STRONG, SMART, OR FULFILLED? WRITE ABOUT HOW YOU COULD INCORPORATE THESE THINGS IN YOUR LIFE MORE OFTEN.

4. LIST 3 THINGS THAT DIET CULTURE AND FOOD ANXIETY HAVE TAKEN FROM YOU, THEN DISCUSS HOW YOUR LIFE HAS BEEN/COULD BE BETTER IN THE ABSENCE OF DIET CULTURE AND FOOD ANXIETY.

5. THINK BACK TO HOW YOU ATE AS A KID AND WRITE ABOUT WHEN YOU STARTED FEELING THE NEED TO RESTRICT FOOD AND/OR INCREASE PHYSICAL ACTIVITY.

6. THINK OF A PERSON IN YOUR LIFE THAT SEEMS TO HAVE A HEALTHY, NON-RESTRICTIVE RELATIONSHIP WITH FOOD. WHAT DO THEY DO THAT YOU WANT TO?

7. HOW DID YOU FIRST HEAR ABOUT/LEARN ABOUT INTUITIVE EATING AND DIET CULTURE? HOW HAS YOUR LIFE CHANGED SINCE FIRST LEARNING ABOUT THEM?

8. WHAT ARE SOME OF YOUR GO-TO MEALS AND SNACKS? WHY ARE THEY AMONG YOUR FREQUENT FOOD CHOICES?

9. IN GENERAL, HOW DO YOU TALK TO YOURSELF? ARE YOU KIND AND COMPASSIONATE OR MEAN AND MENACING? WHY?

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10. WHAT WOULD YOU DO WITH THE TIME YOU WOULDN'T HAVE TO DEDICATE TO FOOD DECISIONS, ADHERING TO FOOD RULES, OR COUNTING CALORIES IF YOU DIDN'T DO THOSE THINGS ANYMORE?

11. WHAT ARE YOUR EARLIEST MEMORIES OF HEARING DIET TALK? WAS IT FROM ADULTS IN YOUR LIFE, ON THE PLAYGROUND OR CAFETERIA, OR SOMEWHERE ELSE?

12. IF YOU HAVE EVER STRIVED TO CHANGE YOUR BODY, WHY? WHAT DID YOU HOPE YOU WOULD GET OUT OF IT? IF YOU ACHIEVED YOUR GOAL, DID YOU GET WHAT YOU WANTED?

13. WHAT IS SOMETHING THAT HAS BEEN ON YOUR MIND A LOT LATELY? ARE THERE ANY STEPS YOU CAN TAKE TO REDUCE YOUR PREOCCUPATION, OR IS IT OUT OF YOUR CONTROL?

14. WHAT ARE YOUR FAVORITE SELF-CARE ACTIVITIES, OR WHAT THINGS DO YOU DO WHEN YOU ARE STRESSED? HOW CAN YOU DO MORE OF THEM THIS WEEK?

15. WHAT DO YOU WISH YOU COULD TELL PEOPLE, LIKE FRIENDS OR FAMILY MEMBERS, THAT COMMENT ON YOUR BODY OR YOUR EATING HABITS?

16. DO YOU WEIGH YOURSELF REGULARLY? IF SO, WHY? HOW DOES IT MAKE YOU FEEL? IF NOT, WHY NOT? HOW DOES NOT WEIGHING YOURSELF FEEL?

17. WHAT WOULD YOU SAY TO A FRIEND WHO MAKES NEGATIVE COMMENTS ABOUT THEIR BODY? HOW IS IT DIFFERENT FROM WHAT YOU TELL YOURSELF WHEN YOU HAVE A NEGATIVE BODY IMAGE DAY?

18. HOW WOULD YOUR LIFE LOOK IF YOU WERE ABLE TO EAT THE FOODS YOU WANTED WHEN YOU WANTED THEM?

19. HOW DO YOU THINK TELEVISION, MAGAZINES, OR THE INTERNET HAVE AFFECTED YOUR RELATIONSHIP WITH FOOD AND YOUR BODY?

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20. LIST 3 THINGS THAT ARE UNIQUE ABOUT YOU. NOW TALK ABOUT WHY YOU ARE GRATEFUL FOR THOSE PERSONAL ATTRIBUTES.

21. WHAT DOES YOUR RELATIONSHIP WITH EXERCISE LOOK LIKE? DO YOU DO IT SIMPLY BECAUSE IT'S FUN AND YOU ENJOY IT? IF NOT, HOW COULD YOU GET TO THAT POINT?

22. TALK ABOUT A TIME SOMEONE MADE YOU FEEL LOVED AND COMPLETELY ACCEPTED. HOW CAN YOU MAKE YOURSELF OR SOMEONE ELSE FEEL THAT WAY THIS WEEK?

23. WHO IS YOUR HERO? WHAT DO YOU ADMIRE ABOUT THIS PERSON AND WHAT ARE SOME VALUABLE LESSONS YOU HAVE LEARNED FROM THEM?

24. WHAT DOES YOUR IDEAL RELATIONSHIP WITH FOOD AND YOUR BODY LOOK LIKE? HOW CAN YOU GET 1 PERCENT CLOSER TO THAT EACH WEEK?

25. WHAT DO YOU WANT PEOPLE TO SAY ABOUT YOU AT YOUR FUNERAL? IN OTHER WORDS, HOW DO YOU WANT TO BE REMEMBERED?

26. WHEN WAS THE LAST TIME YOU CELEBRATED SOMETHING OR SOMEONE? ARE THERE ANY BIG OR TINY REASONS TO CELEBRATE IN THE UPCOMING WEEK?

27. WHAT FOODS MAKE YOU FEEL YOUR BEST, NOT JUST PHYSICALLY, BUT MENTALLY AND SPIRITUALLY AS WELL?

28. WHEN WAS THE LAST TIME YOU HAD A GOOD LAUGH WITH A FRIEND OR FAMILY MEMBER? WHAT COULD YOU DO TO LAUGH A LITTLE MORE IN THE UPCOMING WEEK?

29. WHAT IS YOUR FAVORITE RECIPE TO COOK OR BAKE? WHAT MAKES IT SPECIAL TO YOU?

30. TALK ABOUT YOUR PROGRESS REGARDING INTUITIVE EATING AND FOOD ANXIETY. WHAT ARE SOME ACCOMPLISHMENTS YOU ARE PROUD OF?