



ARE YOU
DIETING DIANA OR
BALANCED
BIANKA?

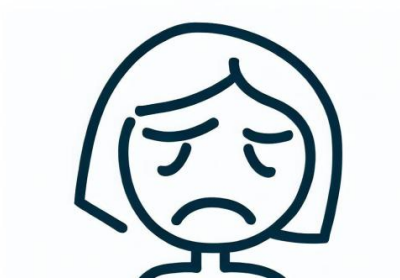
RITA MAY

LET ME INTRODUCE YOU

Dieting Diana

&

Balanced Bianka



HOW THEY EAT



DIETING DIANA



100 % ON



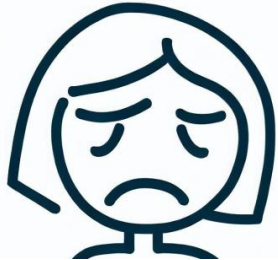
or

100% OFF



DIETING DIANA

100 % ON

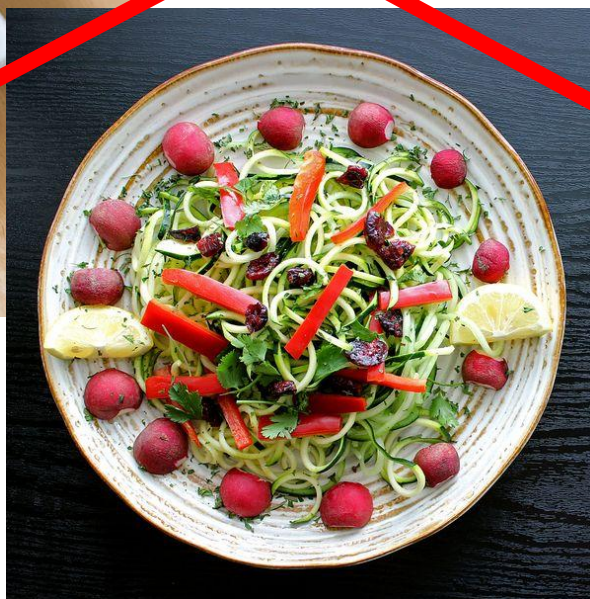
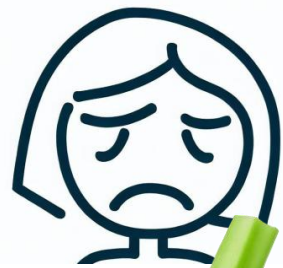


or

100% OFF



DIETING DIANA



DIETING DIANA



She is still searching for the perfect DIET.

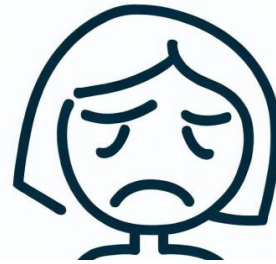


DIETING DIANA

Her thoughts:

I ate too many cookies; my day is ruined! ☹️
I might as well eat whatever I want today
while I can. I'll start the diet again tomorrow.

Tomorrow I'll eat even less and will exercise
more to burn off the extra calories.



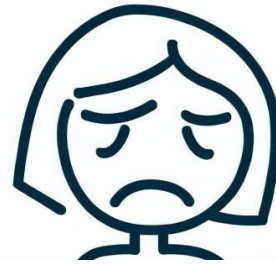
DIETING DIANA

Her thoughts:

From tomorrow I can't eat cookies, I need to eat as much as I can now.

Actually, I can never eat cookies and chocolate ever again. I'm addicted to them!

I need to eat all that's in the house now, so I won't be tempted tomorrow to eat them.



DIETING DIANA

Her thoughts:

I need to work out 7 days a week. I can't skip a day!

I need to find exercises that burn the most calories.



DIETING DIANA

Her thoughts:

I gained 1 pound this week so this stupid diet doesn't work.

I'll stop doing it, it's exhausting anyway.

Finally, I can eat whatever I want and I don't need to sweat in the gym.

I'll find a BETTER DIET and I'll start it on Monday.



BALANCED BIANKA

ON



OFF



Sustainable health habits.
Foods & activities that satisfy her body & soul.



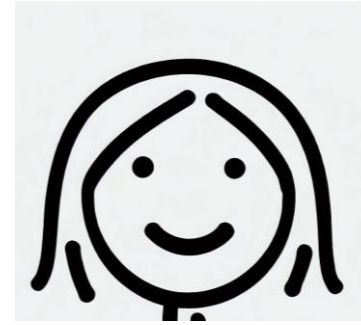
BALANCED BIANKA



BALANCED BIANKA



BALANCED BIANKA



BALANCED BIANCA

Her thoughts:

I can eat cookies whenever I want to.
Cookies are just food; they have no moral values.

Do I really want a cookie now?

How many would satisfy my craving?



BALANCED BIANCA

Her thoughts:

Do I want cookies or something else would also satisfy my craving?

Is there an emotion I'm trying to avoid by eating cookies?

Am I procrastinating a task I don't want to do?

Am I tired and need to rest?



BALANCED BIANCA

Her thoughts:

I move my body regularly because I feel better when I do so.

I choose activities I enjoy doing.



BALANCED BIANCA

Her thoughts:

I gained 1 pound this week - it's probably just water weight and only a small fluctuation in my lifelong journey.

Did I eat something salty yesterday, is my period approaching, have I built muscle...?



BALANCED BIANCA

Her thoughts:

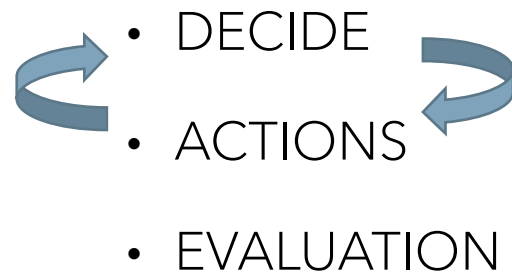
I ate too many cookies - no problem, the next meal is another chance to make a healthier choice.

Also, let's evaluate what happened. Why did I eat so much? What triggered me? What do I need to pay attention to next time?

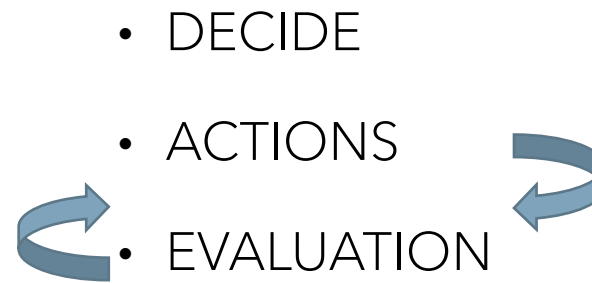


DIFFERENCE

Dieting Diana



Balanced Bianka



HOW THEY THINK



DIETING DIANA

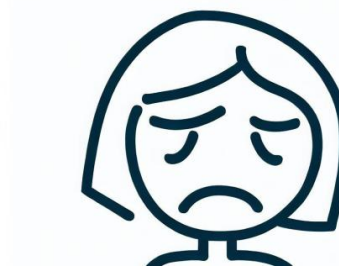
- She believes that all her thoughts are true (especially the thought that she's doomed to stay like this forever) and she acts on them.
- She doesn't evaluate the results of her actions (sticks her head in the sand).

BALANCED BIANKA

- After overeating she doesn't believe that she's doomed to stay like this forever.
- She writes down all her thoughts and feelings related to her overeating process.
- She evaluates her feelings related to every step of her actions and questions her thoughts.
- She makes plans how to act differently in the future and takes every craving as an opportunity to practise her new skills and every "failure" as a lesson to learn from.



THEY HAD A HARD DAY



What happened:

- She starts to make dinner.
- She takes the ingredients out, opens a bag of tortilla chips and places them on the counter next to where she's cooking.
- She puts a portion of chips on a napkin but doesn't put the bag away. It remains open on the counter.
- While cooking she mindlessly refills her napkin and eats for comfort until she feels full.
- Then she eats dinner with her family too.
- After eating, her reflux flares up and she feels miserable and needs to take an antacid.



DIETING DIANA



Her thoughts and feelings after overeating:

- I'm broken,
- I'm doomed to be like this forever,
- I'll be overweight forever so might as well enjoy my TV time with a bowl of ice cream.
- What does it even matter anyway?
- It's a losing battle.

She eats a bowl of ice cream in front of the tv.

She repeats the whole process again another day.

She also starts a new diet the next day to compensate for her overeating the day before making herself even more prone to overeating in the future.



BALANCED BIANKA



- After overeating she doesn't believe that she's doomed to stay like this forever.
- She writes down all her thoughts and feelings related to her overeating process (before, during and after eating).
- She evaluates every step and questions her thoughts and feelings.
- She makes plans how to act differently in the future and figures out solutions to prevent this happening again.



BALANCED BIANKA



- She writes down all her thoughts and feelings related to her overeating process (before, during and after eating).
- She evaluates every step and questions her thoughts and feelings.
 - I'm so hungry.
 - I've been able to not snack all afternoon but now it's so late and I'll never make it until dinner is ready. It's such a long time from now.
 - I'll just have this snack so I make sure I don't get a headache and to tide me over.
 - I don't want to be in the kitchen cooking. I just want to relax. I wish I could just eat the chips and be done but I need to feed my family too. (I left the chips open on the counter.)
 - I feel quite full but I don't think these few chips can really fill me up. I should eat with my family too.
 - I feel proud that I managed to stop eating before I had an empty plate even though deep down I know that almost the entire meal was an overeat because I was already full from the chips.
 - I feel overstuffed and lethargic, my reflux flared up again, I need to take an antacid.

BALANCED BIANKA



She makes plans how to act differently in the future and figures out solutions to prevent this happening again.

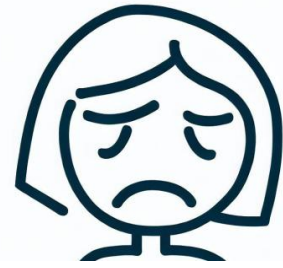
For example:

- She makes sure she's not overly hungry before dinner by adding a nutritious snack mid-afternoon.
- She puts the bag of snacks away after taking out a portion.
- She drinks a nice cup of tea while cooking.
- She does something relaxing while cooking, e.g. listens to her favourite music, or an interesting podcast or watches a YouTube video or Netflix while cooking.
- When the urge to eat more snacks appears she reminds herself how awful she felt last time after eating too much.
- She reminds herself that she still wants to eat with her family and she will be overly full if she fills up on chips before dinner.
- When she has some free time, she searches for easy, quick recipes that she can make when she is in a hurry. She prints them out, have them easily available in the kitchen and puts the ingredients on the weekly shopping list.
- She makes larger portions so they can have leftovers when she has a long, busy day.
- When the leftover is not needed, she freezes it so she will have a quick meal available when she is short on time.

EMOTIONAL SIDE



DIETING DIANA



Avoids intense emotions:

Stress, overwhelm,
anxiety,

frustration, anger,

sadness,

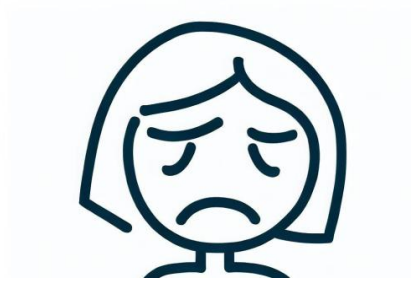
loneliness,

feeling inadequate,

hurt,

celebration...

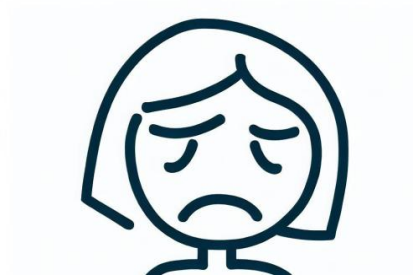
DIETING DIANA



Food is comfort



DIETING DIANA



Food is reward and
„me-time“



DIETING DIANA



Food is entertainment
when she's bored.



DIETING DIANA



Eating is procrastination
when a task is too difficult
or she doesn't want to do it.



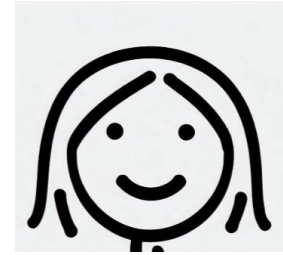
BALANCED BIANKA



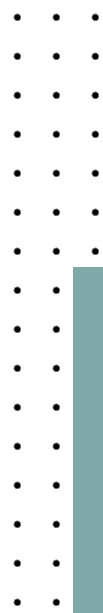
She is aware of her triggers for overeating and she knows how to process her emotions without eating.



BALANCED BIANKA



She also worked hard to recognise her triggers and discovered new, more effective ways to react to these situations.



BALANCED BIANKA



She takes care of her body -
an unbalanced body craves
High-energy foods





r
of pleasure.



BALANCED BIANKA



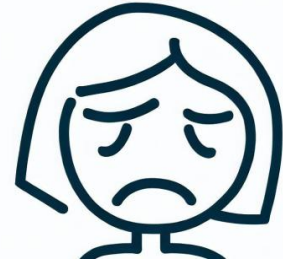
She connects with people she likes regularly.



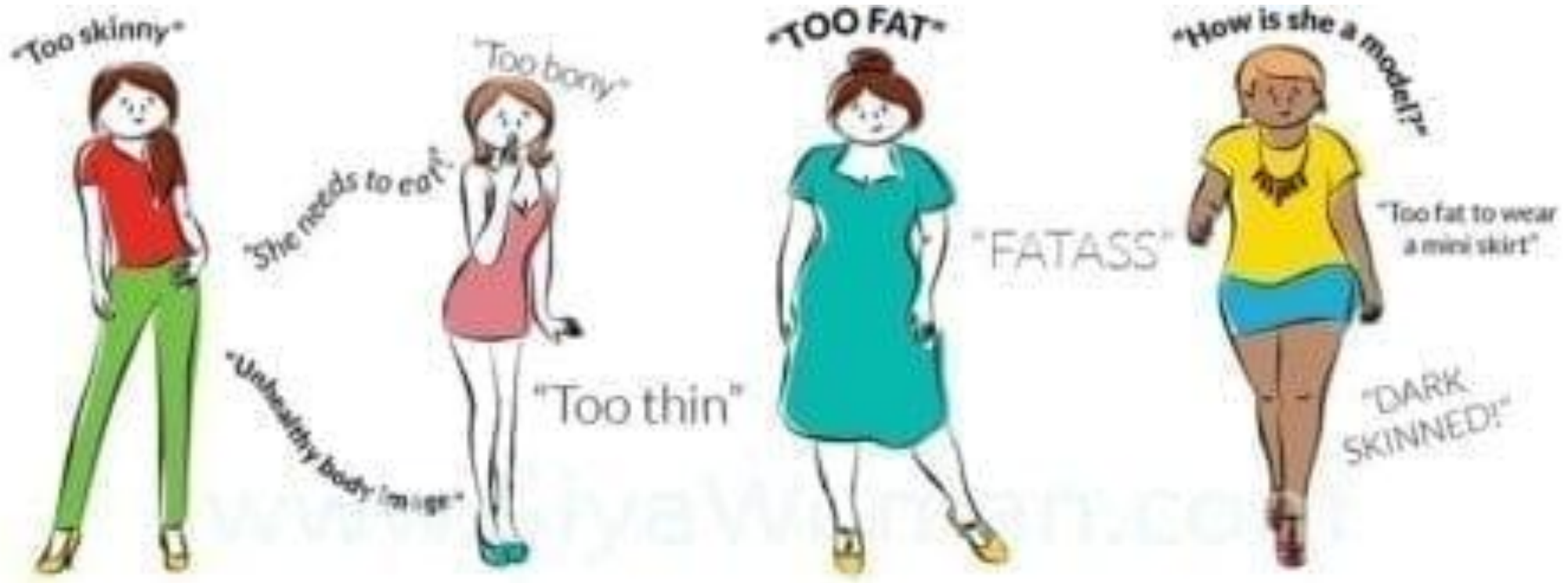
THEIR RELATIONSHIP WITH THEMSELVES



DIETING DIANA



She hates the way she looks, she judges her (and others') body, constantly compares herself to others.



DIETING DIANA



She also doesn't trust herself; she expects others to tell her exactly how much and what to eat and how to exercise.



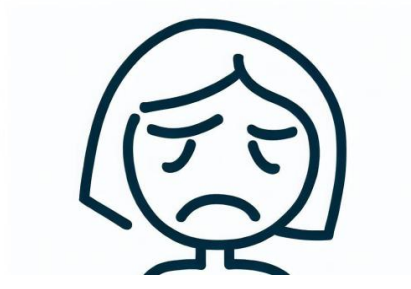
DIETING DIANA



She wants to change her body as quickly as possible because she can't live in this body, she hates what she sees in the mirror. So she tries all the fad diets, fasting, detox teas, diet pills, extreme exercise regimes and other quick-fix solutions.



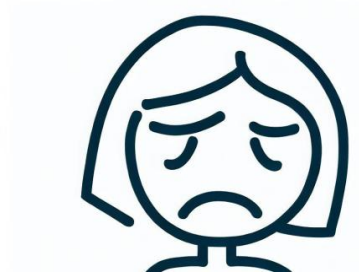
DIETING DIANA



Consequently, she gives up and eats everything that she wasn't allowed to eat during her diet and gains weight.



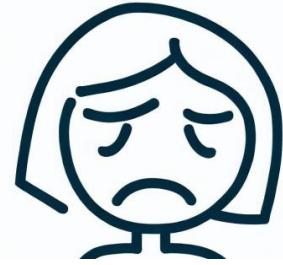
DIETING DIANA



Now she hates her body and herself even more because she thinks that she's fat AND she's weak and un-deserving.



DIETING DIANA



To comfort herself
she eats some more.



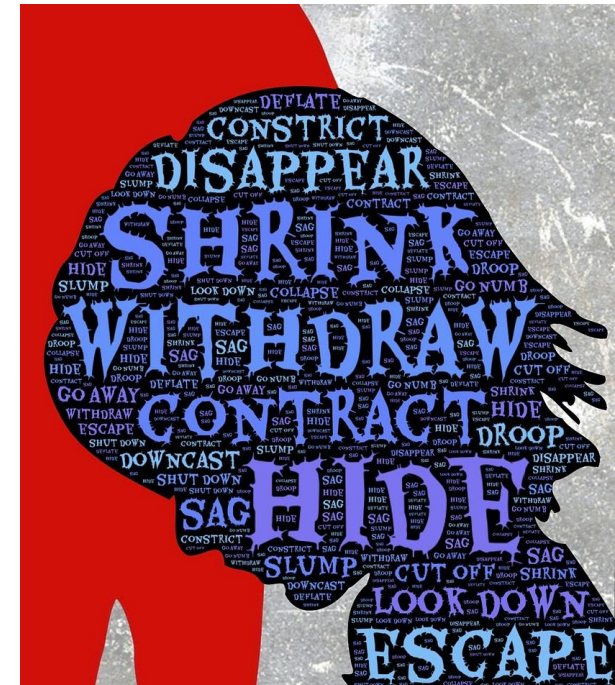


DIETING DIANA

She hides at home, doesn't go to social events because everyone will see that she gained weight.

Also she's afraid that she will eat even more if she goes out.

Her world is shrinking.



DIETING DIANA



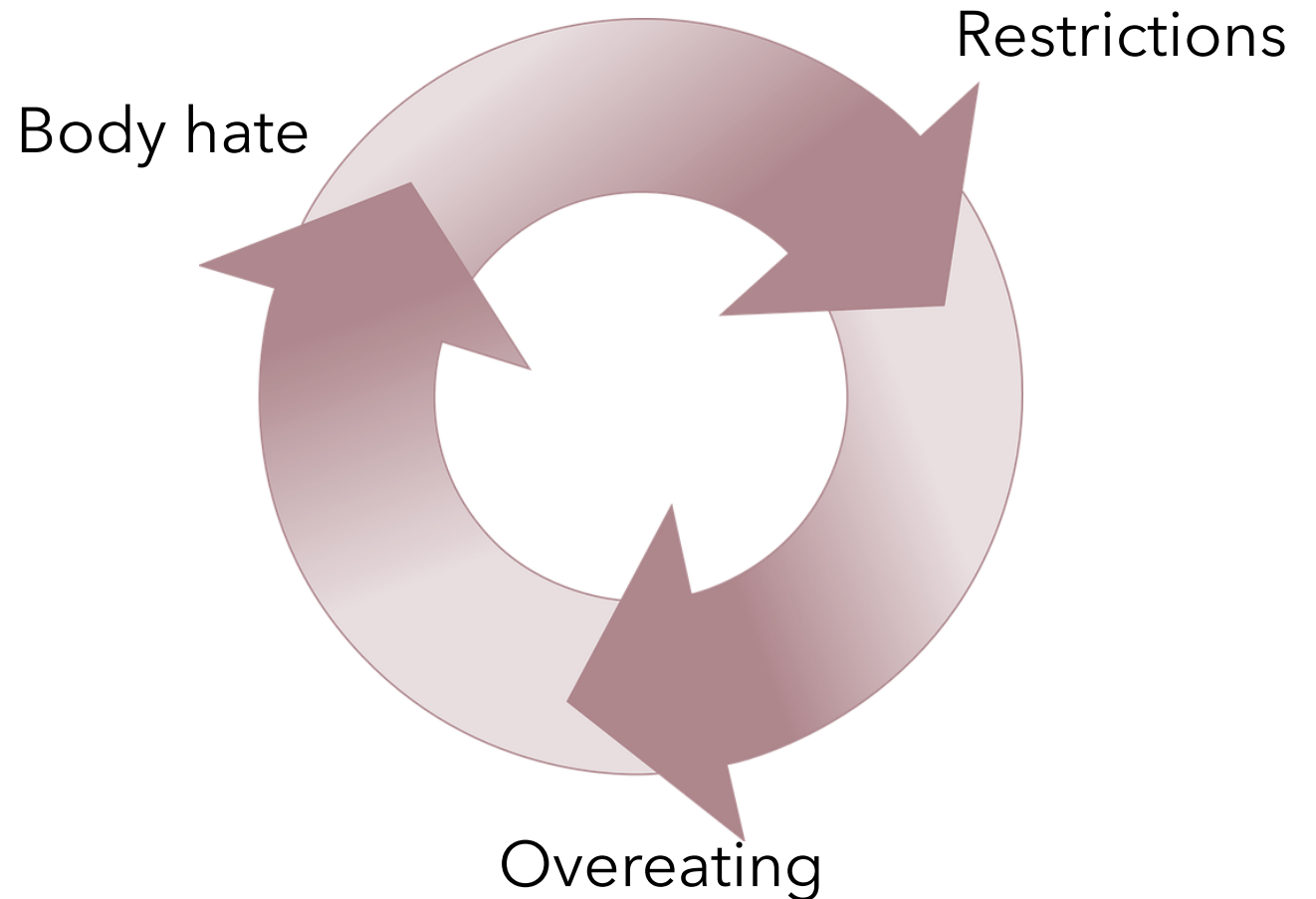
She can't stand the way she looks anymore and starts another fad diet that she found on the internet or what her friend or colleague is doing.

This must be the secret to finally achieve her goal!

DIETING DIANA



She starts to believe that she is hopeless and nothing works for her.



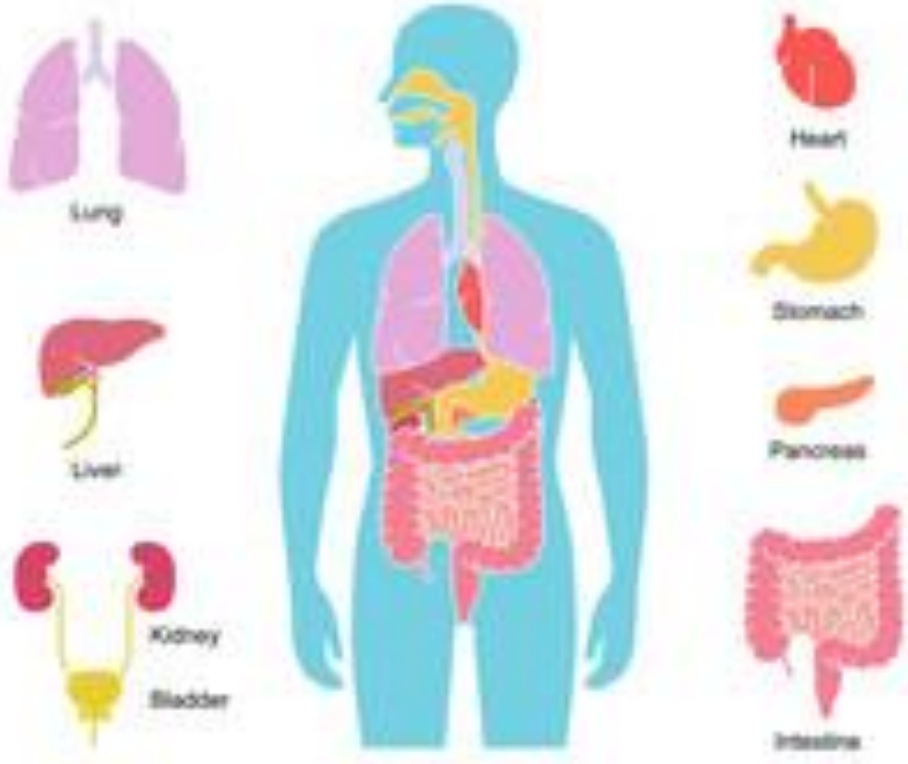
BALANCED BIANKA



She accepts the way she looks now, but she firmly believes that she can improve her appearance.



BALANCED BIANKA



She loves and appreciates her body that works so hard every single day.

BALANCED BIANKA



She knows that **quick-fix** protocols don't work.
She accepts the fact that **it will take time**
to build a healthy relationship with food
and her body and to lose weight if necessary.



BALANCED BIANKA



She's learned to trust her body and listens to its signals instead of someone's diet advice.



BALANCED BIANKA



She eats what she wants and not what her urges tells her to eat.

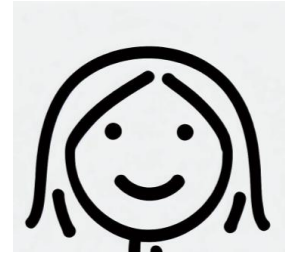
She also doesn't eat what she doesn't want to eat.

She can also adjust her eating in response to circumstances and her biofeedback without anxiety or getting emotionally involved.

She is in the driver's seat.



BALANCED BIANKA



She doesn't torture herself by eating foods or doing exercises that she hates.

She chooses foods and exercises that she enjoys and can stick to in the long term.



BALANCED BIANKA

She goes to social events and enjoys herself.

The more fun she has the less she think about food and her weight.

