



# Secular Overeaters **Sample** Food Action Plan

**Identify a challenging food event or situation:** *Thanksgiving at my cousin's house*

**Goal(s):** *Stay on my food plan, don't eat anything with added sugar, stop when I feel full, spend time with people I really enjoy*

**Events to Cope with** (List challenges and solutions for each situation. Go to page 2 to do your own!)

**Specific Challenges** (include feelings):

**Solutions:**

*The long car ride to my cousin's house with my husband, daughter, and mother. My mother will talk the whole time without stopping, telling stories I've heard a million times or complaining.*

*Feelings: Extreme annoyance, boredom*

- \* Consult with daughter and husband ahead of time to choose an audiobook or podcast to listen to*
- \* Play mom bingo on my phone*
- \* Practice deep breathing and grounding (find 5 each of black, white, red, gray, silver, blue, and green cars; the road sign alphabet game, etc.)*
- \* Text one of my sisters, who will be extremely supportive and funny*

*There will be lots of appetizers on their center island when we get there. Everyone stands around and eats continuously.*

*Feelings: Deprivation, sadness, boredom*

- \* Take one small plate of appetizers and bring it to wherever my daughter and nephews are hanging out. Have a nice talk with them about how they're enjoying college, what's challenging for them, etc.*
- \* Play with the dog*
- \* Remind myself that I hate feeling too full*
- \* Text my sponsor or another fellow*

*There will be delicious desserts and I don't eat anything with added sugar*

*Feelings: Deprivation, sadness*

- \* Bring a dessert that is on my food plan*
- \* Offer to take the dog for a walk*
- \* Help to clean up in the kitchen*
- \* Look at photo albums on the coffee table*
- \* Praise myself for how long I've been off of sugar*

*People are talking about politics that I don't agree with at the table*

*Feelings: Disappointment, anger*

- \* Anticipate that I will want to use food to manage my anger and decide ahead of time what I'm going to eat. Call a fellow and commit to that plan*
- \* Remember that arguing about politics is unlikely to change anyone's mind*
- \* Be gently curious about others' opinions and don't get drawn into a debate*
- \* Have a statement ready if someone tries to draw me into a debate. "I never talk politics at the table."*
- \* Remember that everyone is doing the best that they can at any one moment in time.*



# Secular Overeaters Food Action Plan

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**Identify a challenging food event or situation:**

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**Goal(s):**

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**Events to Cope with** (List challenges and solutions for each situation and draw a line after each section. You can print this out and use a fun pen, or click and type in the fields below.)

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**Specific Challenges** (include feelings):

**Solutions:**