



# Secular Overeaters Fact or Fiction Worksheet

Permission-giving thoughts can drive unwelcome food behaviors like bingeing or restricting and leave us feeling out of control. You can use this worksheet to delve into the facts and fictions of your own food voices and learn how to talk back with messages that serve your well-being.

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## Directions

On this page we include examples of permission-giving thoughts and an example of how to use the form. On page two you can use the left column to write some of the permission-giving thoughts you have experienced recently. Write your rebuttals in the middle column. In the right column, write the alternative action you intend to take to reinforce recovery. You can print out this pdf or click on the interactive boxes on the back side and type in your responses.

## Sample Permission-Giving Thoughts

### Wishful Thinking

- It will make me feel better.
- I haven't had it in a long time.
- This is the last time I'll eat it.
- It's just one bite; I can walk it off.
- I don't need to weigh and measure; I can eyeball it.
- This little change in my plan isn't a big deal.
- I'm not as big as I used to be.
- I don't binge the way I used to.
- At least it's not [drugs, alcohol, cigarettes].

### Denial

- Everyone in my family is overweight; it's a genetic problem.
- This time will be different. Just a little won't hurt.
- It's OK, I didn't gain weight overnight. I got away with it.
- I'm not eating sugar or flour, so what's the big deal? I am still abstinent.

- What does "full" have to do with it? It's healthy food!
- My metabolism slowed down, it's not that I'm eating too much.

### Poor Me

- Food is my only friend.
- No one loves me, no one cares, so it doesn't matter.
- I'm not worth it.
- It's not fair; everybody else can have it.
- I just can't do abstinence.
- What's the use of resisting?
- I need to manage the pain.

### Capitulation (Giving In)

- I just want it.
- I deserve it; I'm entitled to it.
- It will make me feel better.
- I'm bored; I need a hit of something.
- I'm too tired; fast food/takeout is easier.
- It's my birthday; I have to eat it today of all days.

- I'm going to fail anyway, so I might as well eat it now.
- I messed up; I might as well eat it all.
- I can't waste it. I won't buy it again, but I need to finish it.
- My clothes don't feel tight anymore, so it's OK. I can eat it.
- She brought it especially for me, so I have to eat it.
- That's all that's in the refrigerator.

### Keeping Secrets from Myself and Others

- No one will see me; nobody knows I have this stash.
- I'll eat it in the store, I won't take it home.
- If I throw away the wrapper, it didn't happen.
- It's for my child/spouse/friend.
- I'll eat one and freeze the rest for company.
- I can eat it, but I won't tell my sponsor/my journal.

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## Fiction: Permission-Giving Thought

**Example:** *This is the last time I'll eat it.*

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## Fact: Rebuttal Statement

**Example:** *I've said that to myself for years, yet I'm still eating it. I will not eat it this time. I'll feel better when I eat a healthy option.*

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## Alternative Action: Instead, I will . . .

**Example:** *Remove the food from the house/step away from it in the store. Reward myself with a 20-minute walk outside.*

***Fiction: Permission-Giving Thought***

1.

2.

3.

4.

5.

***Fact: Rebuttal Statement***

1.

2.

3.

4.

5.

***Alternative Action: Instead, I will . . .***

1.

2.

3.

4.

5.