

GAP TIME

A C T I V I T Y

STIMULUS

GAP

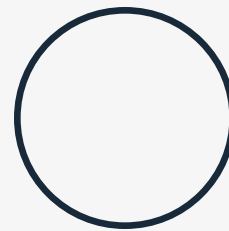
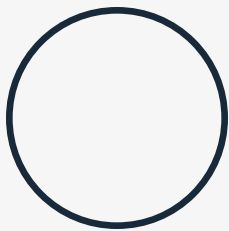
RESPONSE

What questions can you ask yourself during the gap between stimulus and response with food?

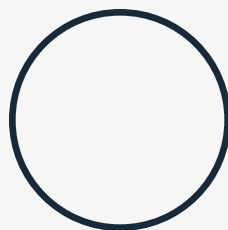
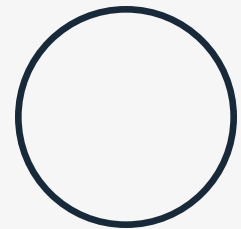
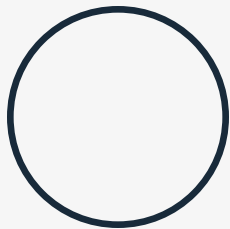
What questions can you ask yourself during the gap between stimulus and response with body image?

CAUSES & CONDITIONS

A C T I V I T Y



DISORDERED
EATING



SUFFERING

A C T I V I T Y

| Event | Natural Suffering | Self-Inflicted Suffering |
|-------|-------------------|--------------------------|
| | | |

VALUES

A C T I V I T Y

| | | | | | |
|----------------|---------------|-------------|---------------|------------------|----------------|
| Acceptance | Confidence | Equality | Humility | Originality | Serenity |
| Accomplishment | Connection | Ethical | Imagination | Passion | Service |
| Accountability | Consciousness | Excellence | Improvement | Patience | Sharing |
| Accuracy | Consistency | Experience | Independence | Peace | Significance |
| Achievement | Contentment | Giving | Individuality | Performance | Silence |
| Adaptability | Contribution | Exploration | Innovation | Persistence | Simplicity |
| Alertness | Control | Expressive | Inquisitive | Persistence | Sincerity |
| Altruism | Conviction | Fairness | Insightful | Playfulness | Skill |
| Ambition | Cooperation | Family | Inspiring | Poise | Skillfulness |
| Amusement | Courage | Famous | Integrity | Potential | Smart |
| Assertiveness | Courtesy | Fearless | Intelligence | Power | Solitude |
| Attentive | Creation | Feelings | Intensity | Present | Spirit |
| Awareness | Creativity | Ferocious | Intuitive | Productivity | Spirituality |
| Balance | Credibility | Fidelity | Irreverent | Professionalism | Spontaneous |
| Boldness | Curiosity | Focus | Joy | Prosperity | Stability |
| Bravery | Decisive | Foresight | Justice | Purpose | Status |
| Brilliance | Decisiveness | Fortitude | Kindness | Quality | Strength |
| Calm | Dedication | Freedom | Knowledge | Realistic | Structure |
| Candor | Dependability | Friendship | Lawful | Reason | Success |
| Capable | Determination | Fun | Leadership | Recognition | Support |
| Careful | Development | Generosity | Learning | Recreation | Surprise |
| Certainty | Devotion | Genius | Liberty | Reflective | Sustainability |
| Challenge | Dignity | Goodness | Logic | Respect | Teamwork |
| Charity | Discipline | Grace | Love | Responsibility | Temperance |
| Cleanliness | Discovery | Gratitude | Loyalty | Restraint | Thankful |
| Clear | Drive | Greatness | Mastery | Results-oriented | Thorough |
| Clever | Effectiveness | Growth | Maturity | Reverence | Thoughtful |
| Comfort | Efficiency | Happiness | Meaning | Rigor | Timeliness |
| Commitment | Empathy | Hard work | Moderation | Risk | Tranquility |
| Common sense | Empower | Harmony | Motivation | Satisfaction | Transparency |
| Communication | Endurance | Health | Openness | Security | Trust |
| Community | Energy | Honesty | Optimism | Self-reliance | Truth |
| Compassion | Enjoyment | Honor | Order | Selfless | Understanding |
| Competence | Enthusiasm | Hope | Organization | Sensitivity | |



VALUES

A C T I V I T Y

Circle all the values in the previous page that you feel you do well with, and those you wish you embodied better. Then, go back through the ones you circled and pick your top three values that are most important to you.

List your top three values:

Reflect on why you chose those three values and how you're currently doing with fostering congruence between what you value and how you treat yourself when it comes to food and self-talk. Reflect on action steps you can take to embody your values in how you care for yourself.

BEGINNER'S MIND

A C T I V I T Y

Get out in nature or somewhere you love to be. Practice observing things as they are, attempting to avoid adding meaning. Practice seeing things with a beginner's mind.

Where did you choose to go to practice this?

What did you notice about observing things as they are, devoid of meaning?

How did this practice make you feel? What thoughts, emotions, or feelings came up as you reflected on viewing reality like a blank canvas, bare until the painter comes and creates something?
