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actYOUlization worksheet



The Thin Woman's Brain

Re-Wiring The Brain For Permanent Weight Loss

By Dilia Suriel

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"This program is not something that you can commit to halfway and still expect to return to eating like a naturally thin woman. If these concepts speak to you, you must commit yourself wholeheartedly, and your investment will eradicate overeating once and for all." Dilia Suriel

Tip: Check out
YOUreka Video
"Brain Child"

The 4 Steps to Overcome Brain Hunger

Brain Hunger or Physical Hunger?	Observe Brain Hunger	Name the Real need & address it.	Measure Success & Progress.
<ol style="list-style-type: none">1) Do you feel physical symptoms of hunger?2) Will a variety of foods satiate you or are you craving a specific food?	<ol style="list-style-type: none">1) Pay attention to your craving. Sympathize with it. Pretend your brain is a child throwing a fit & confidently stand your ground.	<ol style="list-style-type: none">1) What feeling is causing the craving? Are you stressed, bored, angry, self-loathing?2) Pick an activity to the address feeling.	<ol style="list-style-type: none">1) Take note of how often you are eating mindfully, your weight, how you feel, etc.2) Recognize your eating habits & make a plan. Habit: Binge Eat at night; Plan: go to bed earlier.

Tips to Eat Mindfully:

- 1) Choose a place to eat that has limited distractions. Focus on the eating experience; don't eat while working, watching TV, or driving. **Distracted Eating, leads to overeating.**
- 2) Take small bites. Try and use as many of your sense as you can with each bite. How does it smell, taste, feel, look, and sound? Chew slowly and thoroughly.
- 3) **Between every bite put you're eating utensil down and take a breath before the next bite.**
- 4) **Stop eating when the food loses its taste.** Our body takes some time to realize it is full. So when the food starts to lose its taste, you are full!

Youtilize Dilia's Site!

Take the assessments at: <http://www.thinwomanbrain.com/>