

5-Minute Ritual

TAKE A LOVING PAUSE

TiashaSlana.com

Date & time: _____

Food craving and what's so special about this food? _____

Is this food still on the forbidden foods list or do you fully allow it?

If yes, can you give yourself full permission to wait it out and eat it when you're truly hungry?

What's going on right now? Describe the situation.

How do you feel? *Circle a few of the emotions you are currently feeling.*

afriad	embarrassed	upset	guilty	bored
panicked	self-conscious	fatigued	sad	tense
annoyed	shy	burnt out	hopeless	sick
frustrated	disgusted	exhausted	depressed	weak
impatient	jealous	sleepy	disappointed	worried
angry	uncomfortable	tired	discouraged	stressed
resentful	restless	heartbroken	helpless	nervous
confused	shocked	hurt	insecure	anxious
ashamed	surprised	lonely	sensitive	

Anything else?

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Anything else?

If you could have anything right now, what would you need?

Circle the needs below.

PHYSICAL WELL-BEING	acceptance	creativity
fresh air	affection	learning
water	appreciation	inspiration
sunshine/daylight	communication	challenge
safety	cooperation	self-expression
movement/exercise	trust	clarity
touch	openness	awareness
sexual expression	belonging	to matter
comfort	community/companion-ship/partnership	AUTONOMY
warmth	respect	choice
sleep	consistency	freedom
HARMONY	nurturing	independence
peace	support	HONESTY
relaxation	to know	authenticity
beauty	seeing (see/be seen)	integrity
order	hearing (hear/be heard)	transparency
predictability	understanding (understand/be understood)	PLAY
stability	MEANING	fun
justice/fairness	purpose	celebration/mourning
CONNECTION	contribution	humor/laugh
care	hope	adventure
love	self-confidence/self-esteem	passion
closeness	empowerment	spontaneity
intimacy		lightness
compassion		variety/diversity

Can food give me that? _____

What can I do to satisfy my real need? *Schedule it if you can't do it now.*

How would the 2.0 version of myself proceed now?

If you could have anything right now, what would you need?

Circle the needs below.

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