



PRE-OP VIDEO THREE HOMEWORK

Your Relationship With Food

In this video, I talked about people having an emotional relationship with food. For some, the relationship is healthy, and for others, the relationship is not so healthy. I encouraged you to think about what food means to you – other than a source of fuel for your body. I also talked about the CTR... the CHANGE THE RELATIONSHIP talk with food.

Your emotional relationship with food needs to be explored so you can begin to change that relationship to a healthier one prior to having weight loss surgery.

Homework:

- 1. It's important to learn more about your emotional relationship with food. Take some time and write a letter to food. Be sure to let it know how it has been a good thing in your life and how it has been a harmful thing in your life. Be sure to let yourself put the letter down if it becomes too emotionally difficult. You can come back at a later time and resume writing. When you are finished with the letter, if it feels safe enough to do so, read it out loud to someone who is supportive of you. Allow yourself to have whatever emotions arise. (Again, if, at any time you feel emotionally overwhelmed, make an appointment with a counselor and talk about what you are experiencing. If you ever feel like causing yourself injury or are having suicidal thoughts, then immediately seek professional help by calling 911 or going to an emergency room.)**

Begin your letter with “Dear Food...”

- 2. After you have written your letter to food and are more familiar with what your relationship with food has been in the past, it is time to write a “CHANGE THE RELATIONSHIP” talk to have with your food. After you write the CTR talk, do as I suggested in the video and go into the kitchen and out loud, say the things you have written to food about how your relationship with it is going to change for the positive from this day forward.**

If you determine there are any foods for which you need to have a funeral, then by all means, do so! You can make it as simple or as elaborate as you want to. Invite your friends and family or hold a private ceremony! Whatever works best for you as you say “good-bye” to any food that may cause problems for you in the future.

Has food been a source of comfort from sadness, loneliness or frustration for you? Have you used food as a reward or to celebrate? Is your relationship with food more of a bad habit than a reaction to feelings? Do you eat unhealthy foods because you were raised eating unhealthy foods? Do you use food as a source of self-punishment or abuse?

3. Make a list of at least 10 healthy things you can do instead of eating in order to deal with feelings, instead of eating to celebrate, instead of eating out of habit, etc.

Remember – it's not enough to identify healthy alternatives to getting your needs met. You have to follow through and DO them!

In the video, I ended the CTR with this statement, "In summary, I am redefining my relationship with you as of this moment. You are now the source of fuel and energy for my body. I look forward to our new healthy relationship." Repeat this phrase whenever you need to! It's a great reminder for yourself that you are in charge!

Also, remember the importance of the word EFFORT in this video. How much effort are you going to continue to put into your healthy new lifestyle? Putting forth effort on a consistent basis will keep you a successful post-op. Consistent effort will result in maintaining a healthy weight for the rest of your life.