

Teach sheet

Diet Mentality Thinking and Alternatives

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|------------|--------------------------|---------------------------|-------------|
| live well | guilt | shame | fancy |
| relaxed | try | spend calories/ points | share |
| enjoy | obsessed | preoccupied | praise |
| free foods | freeing | abandonment | give up |
| count | save calories/ points | limit | restrict |
| tune in | full | satisfied | good for me |
| treat | indulge | taste | pleasure |
| mustn't | ought to | enjoy | should |
| have to | must | sins | naughty |
| couldn't | I wonder | being good | healthy |
| unhealthy | good | bad | fattening |
| slimming | low carb | allowed | junk |
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