

## REWRITE YOUR RITUALS

Sometimes we overeat because of a ritual we have created, not because we are hungry. The best way to avoid this is to recognize what your food rituals are, then REWRITE them. Breaking these rituals and creating new ones can help you avoid overeating and making poor food choices. Let's do this!

*Example:*

*My Current Ritual Is...*

*Mindlessly eating chocolate covered almonds when opening the mail each night after work.*

*My New Ritual Will Be...*

*Make a cup of herbal tea, and take at least 5 slow sips while opening the mail. After the 5 sips if I still want a snack I can have one.*

My Current Ritual Is...

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My New Ritual Will Be...

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My Current Ritual Is...

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