

Worksheet 9: Snacking

The odd feeling everyone gets, nobody wants, but could be incredibly useful.

Your brain has two parts:

Thinking Brain

- conscious
- complex
- where thoughts happen
- deals with NEW things
- manages unfamiliar situations or tasks

Automatic Brain

- unconscious
- straightforward and repetitive
- feelings, instincts and impulses
- deals with FAMILIAR things
- manages automatic tasks and habits
- no attention needed

automatic at a very early age.		
Identify one habit or automatic action involving food or eating you would like to target:		
Describe how you will change this behaviour over the next 6 weeks:		
You will need to ensure you pay conscious attention to your chosen behaviour in order to control and change it, deliberately. Refer to Worksheet 4 for more information about attentive eating. Record your reactions and feelings during the behaviour change exercise:		
Day or date:	Feelings I noticed:	Thoughts I had:

Eating is usually managed by the automatic brain. Your eating habits became