

## Intuitive Living: 10 Principles That Can Nurture Recovery from Eating Disorders and Bring Peace and Joy Into Life

Center for Change Clinical Training Webinar Presentation

Michael E. Berrett, PhD

Psychologist, CEO, Co-Founder  
Center for Change, Orem, Utah

December 8, 2016

---

---

---

---

---

---

---

---

## 10 Principles of Intuitive Eating (Tribole & Resch, 2010)

1. Reject the diet mentality
2. Honor your hunger
3. Make peace with food
4. Challenge the food police
5. Feel your fullness
6. Discover the satisfaction factor
7. Cope with your emotions without using food
8. Respect your body
9. Exercise – feel the difference!
10. Honor your health – Gentle Nutrition

---

---

---

---

---

---

---

---

## 10 Principles of Intuitive Living (M. Berrett, 2010)

1. Reject pretend, band aid, quick fixes
2. Honor the messages of the heart
3. Make peace with you and others
4. Challenge the perfectionism police
5. Embrace your feelings without self judgment
6. Discover and embrace your passions and purpose
7. Cope with emotion without using any addictive process
8. Respect you: Mind, Body, and Soul
9. Avoid avoidance – just do it!
10. Honor yourself: The Intention of Love

---

---

---

---

---

---

---

---

## Research and Intuitive Eating

1. "Can Eating Disorder Patients learn to eat intuitively? A two year pilot study, Richards, Crowton, Berrett, Smith, Passmore, accepted and in final revision, *Journal of Eating Disorders: Treatment and Prevention*
2. Tribole, E., & Resch, E. *Intuitive Eating: A Revolutionary Program That Works* (2<sup>nd</sup> Edition), New York, St. Martin's Press, 2003
3. Van Dyke, N., & Drinkwater, E.J., (2014) Relationships between intuitive eating and health indicators, *Public Health Nutrition*, 17(8), 1757-1766
4. Tylka, T.L. & Wilcox, J.A. Are intuitive eating and eating disorder symptomatology on opposite poles of the same construct? *Journal of Counseling Psychology*, 53(4) 474-485
5. Cole, R.E., & Horacek, T. (2010) Effectiveness of the "anybody knows when" intuitive eating pilot program, *American Journal of Health Behavior*, 34(3), 286-297

---

---

---

---

---

---

---

---

## Research and Intuitive Living

1. "Spiritual Approaches to the Treatment of Women with Eating Disorders," P.S. Richards, R.K. Hardman, M.E. Berrett, American Psychological Association, Washington DC, 2007 (pages 98-104 on the "heart")
2. "The Role of Spirituality in Eating Disorder Treatment and Recovery," Berrett, Hardman, and Richards, in "Treatment of Eating Disorders: Bridging the Research Practice Gap," by Maine, McGilley, and Bunnell (Eds.), Academic Press, New York, 2010
3. Childre, D., & McCraty, R. (2001) Psychophysiological correlates of spiritual experience, *Biofeedback*, 29(4), 13-17
4. McCraty, R., Atkinson, M. & Tomasino, D. (2001). Science of the heart: Exploring the role of heart in human performance, Heartmath Research Center, Boulder Creek CA: Institute of Heartmath, Publication No. 10-001
5. McCraty, R., Atkinson, M. & Bradley, R.T. (2004a) Electrophysiological evidence of intuition: The surprising role of the heart, *Journal of Alternative and Complementary Medicine*, 10(2), 133-143
6. McCraty, R., Atkinson, M. & Bradley, R.T. (2004b) Electrophysiological evidence of intuition: A system wide process, *Journal of Alternative and Complimentary Medicine*, 10(2), 325-336
7. McCraty, R., Bradley, R.T., Tomasino, D. (2004-2005). The resonant heart, *Shift: At the Frontiers of Consciousness*, 5, 15-19
8. Miller, Lisa., *The Spiritual Child: The new Science on Parenting for Health and Lifelong Thriving*, Book, St Martins Press, New York, 2015

---

---

---

---

---

---

---

---

## Reject the Diet Mentality

- Diets are often an attempt to do an external fix on an internal problem
- Good food/bad food dichotomies is a set up for feelings of guilt, deprivation, and consequent eating behaviors
- Reject and fight the media myth of the thin ideal

---

---

---

---

---

---

---

---

### Reject Pretend, Band aid, Quick Fixes

- Pretend, denial, minimization, and avoidance don't work (BEDNAR: avoidance maintains)
- Micro management of the body and over control doesn't work (SERENITY prayer) (INTERNAL prob)
- We best solve problems by getting to the core of the matter
- The only way to recovery and healing is straight through not around (MODEL: confusion vs. face)
- (STORY – Ben), boating accident, nightmares, distraction, dreaming the whole dream (PECK: attempts to avoid worse than orig prob)

---

---

---

---

---

---

---

---

### Honor Your Hunger

- Learn to once again listen to your hunger and then honor it by following what it says
- Learn to tell the difference between emotional cues to eat and hunger feelings
- DO look to trustworthy loved ones and professionals to help you know when it is time to eat while you are learning to be an intuitive eater

---

---

---

---

---

---

---

---

### Honor the Messages of the Heart

- MILLER/BOOK: can extinguish nurture child spirituality
- Impact of eating disorder on listening to the heart is devastating over time
- Thoughts, Feelings, and Heart are different and distinctly separate experiences
- Thoughts and Feelings important and helpful information
- MCCRATY/RESEARCH
- Messages and Impressions from the heart are critical information especially in decision making
- The symbolic and literal heart represents the individual beliefs and has different meaning for each person. Whether is it for you, providence, sensibility, sensitivity, unconscious mind, the best self, guru within, real me, God talking to me.
- How to know if it's Heart ? "If it's not... it's not the heart"
- ACTIVITY – Thoughts, Feelings, Heart this morning: SHARE
- STORIES – crumpled piece of paper, Kenya boy with apple, Reggie Kilimanjaro socks, gloves, and care for parents, bike shop keeper, taxi driver, girl & survival trip, Charlottesville bathroom, Palestinian

---

---

---

---

---

---

---

---

### Make Peace with Food

- Deprivation – eat – guilt cycle is a set up for failure
- We have to quit making food and our desires and our bodies the enemy
- Learn what you like, allow yourself to eat food you enjoy
- Moderation is a natural consequence of permission for food
- Moderation is a core principle and guideline

---

---

---

---

---

---

---

---

### Make Peace with Yourself and Others

- Begin to notice and become a witness to your thoughts, feelings, and desires
- Give yourself permission to feel what you feel without any judgment
- Be on your side !
- Learn about self deception – the process of ignoring moral imperatives, and impressions of the heart and the creation of a heart at war (STORY: father & TV BOOK: Anatomy of Peace)
- Actively define our own step by step process of forgiving others and take another active step (STORY: Grant & Lee)
- Apply our model of forgiveness to ourselves
- Learn to give yourself good intent (HUMANS rely on Beh vs. intent)
- When revisiting difficult past experiences and/or decisions – then look honestly and you will find compassion
- ACTIVITY/IMAGERY: Upset at self try: in shoes, see you, truth, intent)

---

---

---

---

---

---

---

---

### Challenge the Food Police

- 1) The term “Food Police” is not meant to describe or refer to family members
- 2) Challenge the food police in your mind (ED mind)
- 3) Challenge the social food police
- 4) Defy peer approval driven “fashionable” eating behavior

---

---

---

---

---

---

---

---

### Challenge the Perfectionism Police

- Challenge the trap of perfectionism
- The trait is not the downfall – it is the mismanagement of it that can hurt us (EXAMPLE: Jenni S help W/ books)
- Recovery from an eating disorder requires overcoming the eating disorder and properly managing perfectionism (Jenni Schaefer)
- TEACH TWO SIDES: when in perfectionism, we comes from a place of not good enough with need to make up for perceived deficits
- Striving for excellence comes from a place of understanding capabilities and living them
- ASSIGN: without compromising any values - make a few mistakes
- ASSIGN: sit around and do nothing
- Learn to find joy in presence rather than accomplishment
- ACTIVITY: watch out for the ED and cultural model of self worth (ACTIVITY: what is yours)
- Other indicators of value: intention, principled living, hard work, following the heart, love, presence, sharing, giving, receiving, talents, gifts, uniqueness, connectedness

---

---

---

---

---

---

---

---

---

---

### Feel Your Fullness

- Listen for body signals which tell you are no longer hungry
- Learn to discern the true hunger signals from emotional eating cues
- After noticing fullness then respect your fullness
- Learning hunger fullness increases conscious eating
- Eat without distractions so you can pay attention to messages
- Honor your conscious decision to stop eating
- Consciousness increases power, choice, and success
- Once full – look for other ways to fill your perceived emptiness

---

---

---

---

---

---

---

---

---

---

### Feel and Embrace Your Feelings Without Self Judgment

- Pay attention to your feelings
- Feelings are only feelings
- We can influence and change our feelings, but cannot and need not rigidly control them
- Keep the judgment out of it. Be a witness only – not a judge (DBT, EXAMPLE: when anger = ungrateful)
- STORY – Kids, angry at their anger – reject their anger and reject them. Later – able to embrace and validate “I can see why you are mad. I am hard to live with sometimes.” Need to do this with ourselves too!
- Feelings: notice, validate, curiosity, learn from, move on (EXAMPLE: anger = integrity emotion: deserve better, BOOK dance of anger by Harriet Lerner)

---

---

---

---

---

---

---

---

---

---

### Discover the Satisfaction Factor

- Satisfied now often leads to eating less later (leads to less overeating later)
- Ask yourself what you really want to eat
- Provide yourself with a great variety of food (breadth of choices accelerates recovery)
- Reclaim your right to pleasurable and satisfying eating

---

---

---

---

---

---

---

---

### Discover and Embrace Your Passions and Purpose

- Roger Allen HDI: success versus fulfillment
- BOOK: Ira Sacker: Reclaiming Yourself
- When we are involved in our passion there is not as much room in our lives for the eating disorder
- Figure out what you really enjoy doing and do it (EXAMPLE: Jenni S guitar "What's in your closet")
- ACTIVITY/PONDER – How much of your life do you spend doing what you really love doing? Reflection or sharing with partner about something you really love to do that you are not doing much of.
- ACTIVITY/PONDER: Reflect/share what you know about the purpose/calling of your life

---

---

---

---

---

---

---

---

### Discover and Embrace Your Passions and Purpose (Continued)

- Do only exercise that you enjoy doing
- ACTIVITY reflect, write, share: What do you want to: have, receive, see, learn, feel, experience, teach, give, share in your life?
- ACTIVITY reflect, write, share: Who do you want to become, how do you want to approach life, how do you want to live on the inside and the outside? How are you doing so far ?
- ASK: Passion: what makes you tick?
- ASK: Purpose and Meaning: what are the deepest desires of your heart?

---

---

---

---

---

---

---

---

### Discover and Embrace Your Passions and Purpose (Continued)

- STORY: MEB addiction and desire to help others – lead to life's work and CFC
- STORY: MEB: survival trip, vw, tears, love, spiritual experience, "You've gotta help ..."
- In the ED we too often stop dreaming
- ACTIVITY/ REFLECTION: What did you stop dreaming about? Unfulfilled dreams?
- ED as consolation prize. We end up settling for the consolation prize. Never settle for the consolation prize. Go for what you want.
- EXAMPLE: when ED becomes consolation prize "at least I have..."
- Resurrect and create rites of passage. Rites of passage vs. Rights through entitlement
- EXAMPLE: NG cover : 5 millennial women in Glacier Park (Red Tent)
- ED Recovery is a rite of passage: difficult and noble journey of growth in which victory is very possible

---

---

---

---

---

---

---

---

---

---

### Cope With Your Emotions Without Using Food

- Find ways to comfort, nurture, distract, resolve your issues without using food.
- We all experience anxiety, fear, loneliness, boredom, and anger
- Learn the continuum of emotional eating: sensory gratification, comfort, distraction, sedation, punishment
- Meet your needs without eating
- Other ways: rest, pleasure, expressing feelings

---

---

---

---

---

---

---

---

---

---

### Cope With Stress, Emotion, and Life Without Using Any Addictive Process

- Feelings are instructive, important, necessary
- Feelings will not destroy or ultimately hurt us
- We cannot choose to numb just difficult emotion
- Addiction is: "Any relationship with a person, place, substance, or process which continues despite life damaging consequences" John Bradshaw
- We can all look at compulsive, addictive process and overcome. Discuss ADDICTIVE/COMPULSIVE CYCLE
- Riding out the anxiety will be necessary
- Suffering and sacrifice will be necessary
- DBT skills etc. are not designed to get rid of difficult emotion, but can help us "take the intense edge off"
- Other: divert, distract, wait, list of alternative, 3 off list first, call someone, feel it, dance it, draw it, movement it, write it share it, express it
- PRINCIPLES: put it on the outside & what is unconscious controls us

---

---

---

---

---

---

---

---

---

---

## Respect Your Body

- Accept your genetic blueprint (frame, bone structure, height, build, natural set point, metabolic rate)
- The goal must be to get to natural ideal weight and natural set point
- Don't wait for weight loss before you take care of yourself EXAMPLES: buy wardrobe now, socialize now, take a risk now, give self permission now
- Get rid of clothes that don't now fit
- Take risks, have fun, and get socially involved now. Postpone nothing.
- Respect your body
- Dress your body comfortably
- Seek and allow physical touch according to your comfort level, needs, desires, and appropriate boundaries
- Find ways to allow your body to move
- Get off the pattern of constant body measurement with scales, clothes, etc.
- Quit measuring & judging your body – just enjoy it
- BOOK: Margo Maine "pursuing perfection"
- Treat your body as if you love it and you will eventually love it MODEL: Change inside out and outside in concurrently

---

---

---

---

---

---

---

---

---

---

## Respect You: Mind, Body, and Soul

- Accept you for who you are
- The goal is embracing oneself rather than sculpting yourself
- Don't wait for certain achievements to take good care of yourself
- Don't wait to feel certain ways about yourself before you take good care of yourself
- Get clear on your spiritual beliefs and live with them with Integrity and without perfectionism
- ACTIVITY: write/share one spiritual belief which guides your life daily
- ACTIVITY: reflect, write, share on part of life in which your integrity can improve
- STORY: MEB " then why don't you be home more?"
- Live a life of honesty with self correction as the key rather than perfect honesty
- Respect, honor, follow messages of the heart
- Get clear about your dreams and purpose and live with them
- Talk with yourself and affirm yourself with messages which are kind, encouraging, hopeful, and uplifting
- Cease the measuring of your character. Either have no judge or let God be the judge – not you or other people.

---

---

---

---

---

---

---

---

---

---

## Exercise – Feel the Difference

- Shift focus to moving your body rather than the burning of calories
- Assure nourishment so that will the energy needed to exercise
- Embrace exercise primary as a way to take good care of you
- Get active in daily living
- Make exercise a non negotiable priority – but not a rigid task master
- Remember Rest
- STORY: Kilimanjaro pole – pole slow and steady takes us to where we want to go. Western culture overdo then long rest, build big fire and move away from heat and get cold. Versus – listen to body, conserve energy, build small fire – get close and get warm.

---

---

---

---

---

---

---

---

---

---

### Avoid Avoidance: Just Do It

- No matter where low self esteem originates – it is avoidance which maintains it
- Avoidance is a pattern of ignoring impressions
- Eating disorders become illnesses of avoidance
- Eating disorders become the place to hide, wait, avoid
- Eating disorders become the consolation prize in the fear of failing at having what is truly desired.
- Therapy and life must be active – it must transcend talking
- We overcome fear by EXPOSURE & taking action – either baby steps or diving in
- Treatment must go the distance as not to reinforce phobia – including weight gain
- ACTIVITY: If not avoiding – then what would you do tonight – tomorrow? What would you try? What would you ask for? What would you give? What would you share? Where would you go?
- What are you waiting for?
- ENGAGEMENT just do it!
- STORY: meb “We do hard things” family reunion

---

---

---

---

---

---

---

---

---

---

### Honor Your Health – Gentle Nutrition

- You don’t have to eat a perfect diet to be healthy
- Progress – not perfection is what counts
- It’s about the direction we are going and which path we are on
- Self correction vs. perfectionism
- Moderation in all things is a safe guideline
- In physical self care guidelines are “stars to guide” vs. “Sticks to beat us.” Consistency vs. rigidity

---

---

---

---

---

---

---

---

---

---

### Honor Yourself: The Intention of Love

- Make choices in your life that are self respectful
- Learn boundaries in relationships that preserve self respect
- Remember that love and relationships are not the same thing. Love is unconditional while relationships are always conditional MODEL
- Treat yourself as you would your best friend, daughter, little sister – settle for nothing less
- During difficult times – memories of the past or a difficult present – find the truth about you and your intentions.
- Give of yourself. Don’t hold back. If you treat yourself as if you have a crappy gift to give – you will feel badly about yourself.
- Don’t refuse love. Staying alone, being superficial, focusing on the externals, refusing to ask for help, resisting offered help – these are all refusals of love.
- ASK: How do you resist or refuse love ?
- ACTIVITY: When is the last time help was offered that you turned down? When was the last time you needed help but would not ask for it? Why are you refusing love in your life? Make a change now.
- EXAMPLE: Create op’s: daddy daughter dance, Christmas sharing, soda drive

---

---

---

---

---

---

---

---

---

---

## Summary

- Full recovery is possible for the vast majority of those suffering
- Recovery depends on hard work and sacrifice – you get out what you put in
- Commitment means “every sacrifice necessary”
- Recovery comes better to those who do not give up
- Recovery takes time. It never goes as quickly as we want it to
- Listen to your heart – get in a quiet place and go inside
- When the heart speaks to you – follow it
- If it is not instructive, encouraging, hopeful, kind, and uplifting – it’s not your heart speaking to you
- Don’t try to do this recovery thing alone. You deserve better than that
- Recovery is not just a place to get to – it is in the moment – we can be in recovery in a moment – it is a choice. Those moments of recovery can add up.
- We honor you today and may God bless you in your efforts.
- Thank You!

---

---

---

---

---

---

---

---