

Intuitive Approaches to Eating and Living

10 Principles of Intuitive Eating (Tribole & Resch, 2003)

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 (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

Clinical Training Webinar: “Intuitive Living: 10 Principles That Can Nurture Recovery from Eating Disorders and Bring Peace and Joy Into Life”

Michael E. Berrett, PhD, 2016, Psychologist, CEO, Co-Founder Center for Change, Orem, Utah
michael.berrett@uhsinc.com, www.centerforchange.com