**YOUR NEW GAME**

**Rules: Why You Eat**

Aim of the Game:

To make sure that every time a player eats that they know why they have chosen to. Players must learn to understand where their eating habits fit into their coping strategies, and daily routines. And most importantly to be able to use food as a go-to strategy for any emotion, but make sure it is done mindfully and as a conscious choice.

Contents:

* Your body
* Your emotions
* The ability to recognise that eating cues are not always internal and not always ‘true’ hunger

Game Play:

*This is your opportunity to set some brand new rules. We don’t get told that we don’t have to follow the old, culturally acceptable way of doing things. “… because this is way we’ve always done things” is the stupidest reason to continue to do things that aren’t resourceful anymore. If you don’t feel like you’re winning at Your Game of Life then change the rule.*

**Rule 1: How am I going to deal with specific emotions when they arise?**

**INSERT NEW RULE HERE:**

*EMOTION 1 (name of emotion):*

*How to I know when I am feeling this way?*

*What strategy am I going to use to cope with this emotion (remember it’s OK to use food if you choose)?*

*What changes do you need to make in your environment to make it happen?*

*EMOTION 2 (name of emotion):*

*How to I know when I am feeling this way?*

*What strategy am I going to use to cope with this emotion (remember it’s OK to use food if you choose)?*

*What changes do you need to make in your environment to make it happen?*

*EMOTION 3 (name of emotion):*

*How to I know when I am feeling this way?*

*What strategy am I going to use to cope with this emotion (remember it’s OK to use food if you choose)?*

*What changes do you need to make in your environment to make it happen?*

**Rule 2: What are you going to do if you ‘mess up’ and don’t eat mindfully?**

**INSERT NEW RULE HERE: I am going to…**

*What changes do you need to make in your environment to make it happen?*

*Do you need to bundle it in with any other habits?*

*What new beliefs or affirmations do you have to adopt to make it stick?*

*What unique parts of your life or personality will make sure it works for you, forever?*

**Rule 3: What is the new value that you want to place on food?**

**INSERT NEW RULE HERE: I am going to…**

*What changes do you need to make in your environment to make it happen?*

*What new beliefs or affirmations do you have to adopt to make it stick?*

**How will future-you know when you’ve won The Game?**

*Describe exactly what it looks and feels like to be future-you?*