

NAVIGATING SOCIAL PRESSURE TO EAT



WHY THE PRESSURE?

food = love & belonging
social norms

preserves the status quo
maintains food identities

others feel guilty or threatened
lack of understanding

**Eating under pressure
results in guilt,
shame, self-loathing,
and detachment from
your true needs.**

STAY TRUE TO YOURSELF

Fully connect with your purpose

Engage your "cool" cognitive system

Give the benefit of the doubt

Get comfortable saying "no"

Take it *and* leave it

Be proactive

Practice visualization

Find positive support

Share your needs

Accept responsibility

COMMON TRAPS

"I made these brownies just for you!"

"Have you tried the 'fill-in-the-blank' diet?"

"You're healthy/skinny enough."

"Are you sure you can eat that?"

"Just a little bit won't hurt you."

"You're no fun on a diet."

"It's the weekend/holiday/vacation...loosen up!"