

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

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10 Principles of Intuitive Eating

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

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

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Research and Intuitive Living

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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
- Micro management of the body and over control doesn't work
- We best solve problems by getting to the core of the matter
- The only way to recovery and healing is straight through – not around
- STORY – Ben, boating accident, nightmares, distraction, dreaming the whole dream

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

- 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
- 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 it is for you, providence, sensibility, sensitivity, unconscious mind, the best self, guru within, real me, God talking to me.
- 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

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

Make Peace with You 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
- Learn about self deception – the process of ignoring moral imperatives, and impressions of the heart and the creation of a heart at war
- Actively define our own step by step process of forgiving others and take another active step
- Apply our model of forgiveness to ourselves
- Learn to give yourself good intent
- When revisiting difficult past experiences and/or decisions – then look honestly and you will find compassion

Challenge the Food Police

- Challenge the food police in your mind
- Challenge the social food police
- 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
- Recovery from an eating disorder requires overcoming the eating disorder and properly managing perfectionism (Jenni Schaefer)
- Perfectionism 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
- Make a few mistakes
- Sit around and do nothing
- Learn to find joy in presence rather than accomplishment
- Watch out for the ED and cultural model of self worth
- 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.
- 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!

Discover the Satisfaction Factor

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

Discover and Embrace Your Passions and Purpose

- Ira Saker: 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
- ACTIVITY – How much of your life do you spend doing what you really love doing? Talk to your neighbor about something you really love to do that you are not doing much of.

Discover and Embrace Your Passions and Purpose (Continued)

- Do only exercise that you enjoy doing
- What do you want to have, see, learn, feel, experience, teach and give in your life? 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? Are you living this?
- Passion: what makes you tick?
- Purpose and Meaning: what are the deepest desires?

Discover and Embrace Your Passions and Purpose (Continued)

- STORY: My own addiction and desire to help others – lead to Center for Change
- STORY: My spiritual experience in the VW – survival – tears – love – you’ve got to help the young people
- In the ED we stop dreaming
- ACTIVITY: What did you stop dreaming about? Unfulfilled dreams?
- We end up settling for the consolation prize. Never settle for the consolation prize. Go for what you want.
- Resurrect and create rites of passage rather than the new replacement: Rights through entitlement

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 Emotion 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, process, or substance which continues despite life damaging consequences” John Bradshaw
- We can all look at compulsive, addictive process and overcome
- 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 rather to take the intense edge off them.

Respect Your Body

- Accept your genetic blueprint
- 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
- 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
- Seed and allow physical touch according to your comfort levels and needs
- Find ways to allow your body to move
- Get off the pattern of constant body measurement with scales, clothes, etc.

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
- Live a life of honesty with self correction as the key rather than perfect honesty
- 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 your 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
- Focus on exercise 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 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?

Honor Your Health – Gentle Nutrition

- You don't have to eat a perfect diet to be healthy
- Progress – not perfection is what counts

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.
- 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.
- 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.
- STORY: Reunion mingling diads and getting to know each other. 8 year old granddaughter ignored my facilitator role and told me how much she loved me and appreciated me and the way I treat her. Spiritual moment.

Summary

- Full recovery is possible for most
- Recovery depends on hard work and sacrifice – you get out what you put in
- 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.
- 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!
