

MODULE **WORKSHEET**

THREE

2

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THE DI EAGURE	
THE PLEASURE	
PRINCIPLE	
Video One	
video One	
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	4
PRINCIPLE #6 DISCOVER	
THE SATISFACTION FACTOR	

6

When you eat what you really want, in an environment that is inviting, the pleasure you derive will be a powerful force in helping you feel satisfied and content.

-Tribole & Resch

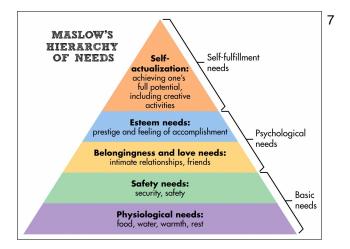
Honor Your Hunger

Make Peace with Food

Challenge the Food Police
Feel Your Fullness

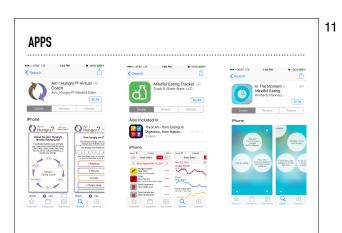
Satisfaction

Cope with Your Emotions
Respect Your Body
Exercise-Feel the Difference
Honor Your Health



Cravings become less strong if we have access to a food.

PAYING ATTENTION WHILE WE EAT ALLOWS US TO ID IF A FOOD IS REALLY ALL WE THOUGHT IT WAS	9
JOURNALING > Write down their experiences with food > Pen & paper journaling > Apps	10
The Pleasure Principle I Video One	



EXPLORATION!

12

EXPLORE FOODS	13	
➤ Browse recipes, menus		
What sounds good?Encourage them also explore the "why"?		
The Pleasure Principle I Video One		
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C Allowing yourself to be satisfied by		
what you eat will actually result in		
what you eat will actually result in self-limiting intake versus out of control intake.		
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REGAIN YOUR PLEASURE		
	16	
STEP ONE: WHAT DO YOU REALLY WANT TO EAT?		

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STEP TWO: DISCOVER THE		
PLEASURE OF THE PALATE		
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SENSORY QUALITIES	18	
	18	
➤ Taste	18	
> Taste > Texture	18	
➤ Taste ➤ Texture ➤ Aroma	18	
TasteTextureAromaAppearance	18	
➤ Taste ➤ Texture ➤ Aroma	18	
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	19
SENSORY QUALITIES	
Have your clients think about what qualities are important to them?	
✓ Taste: Savory, Sweet, Spicy, Garlicky, Lemony	
✓ Texture: Silky, Smooth, Crunchy, Soft	
✓ Aroma: Garlic, Yeast, Baked Goods, Lemon	
✓ Appearance: Colors, Textures, Garnish	
✓ Temperature: Hot, Cold, Moderate	
The Pleasure Principle I Video One	
	20
STEP 3: MAKE YOUR	
EATING EXPERIENCE ENJOYABLE	

EATING EXPERIENCE	21	
➤ Sit down		
➤ Start from a place of calm		
➤ Slow down		
➤ Taste each bite		
➤ Savor each bite		
The Pleasure Principle I Video One		
	22	
	22	
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STEP 4: DON'T SETTLE	22	
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	22	
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	23	
STEP 5: CHECK IN		
	24	
66 It's about progress, not perfection!		
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