



Taming (or Feeding) that Inner Rebel

We all have a part of us that does not want to be bossed around and tends to win out often - especially when we are feeling deprived or trying to be too strict. Notice we are not saying this is the bad part of you - this is the part of you that wants to make sure you have fun in life and the part that may scream "life is too short."

You need to listen to and nurture this inner rebel as much as you listen to the part of you what wants to eat healthy. You can't just shove down the part you might not want to hear because it will only grow stronger and rebel more.

The solution is to allow this inner rebel to feel heard. Listen to her and find other, nonfood ways to support her.

Make a list of other ways to feel rebellious other than with food. (dying your hair blue, blast music, get a temporary tattoo)

Ways I will "feed" my inner rebel

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

