



# Eating and Feeling Guilty

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- ▶ When negative thoughts arise, acknowledge them and treat them with compassion.
- ▶ Remind that you did not make a mistake and still deserve it.
- ▶ Replacing guilt with positive affirmations is a great way to change the mindset while eating.
- ▶ Some may find it helpful to write down their thoughts when they occur. It helps to adjust what is happening inside you and put the feelings into words.
- ▶ Talking to a relative or friend can also help. Sharing thoughts is the only great way to relieve anxiety and stress.
- ▶ **We can overcome guilt after overeating**  
As mentioned before, to overcome guilt after overeating, move on to positive thoughts. If going to negative thoughts and sentences (examples of these sentences and thoughts are given below), you will not overcome your guilt.
  - ▶ Give up the food or starve yourself to try to make up for it.



- ▶ Blame yourself or think you have ruined it all.
- ▶ Punish yourself by exercising too much But instead of saying positive sentences and thoughts, it can have a significant effect on overcoming guilt after overeating, such as:
  - ▶ Wait until he feels hungry.
  - ▶ Remind yourself that a small portion of food will not ruin your diet
- ▶ Exercise, but in moderation and principles, because exercising makes you feel good.



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### ► How to be more flexible with food

Instead of dividing foods into "good" and "bad" categories, try to remember that there are no rules unless you prepare them, and all foods can fit into your diet. A balanced and flexible diet is essential to maintain a healthy lifestyle.

For some people, food is a pleasure and good behavior. However, for many people, it is associated with feelings of guilt and negativity. Because there is a strong link between weight loss, attractiveness, emotional stability, and self-control, people put a lot of pressure on themselves to lose weight.

### ► Feeling guilty after eating

When we try to stick to a healthy diet, it can often become obsessive, like everything else. Limiting certain foods from our diet means that we fail to succumb to those cravings and eventually lead to guilt. Bad behavior we are the result of our punishment.



Allowing you to enjoy the favorite foods in moderation will also make you less likely to enjoy the favorite foods. It is commonly seen in restrictive regimes and is often accompanied by feelings of guilt.

### ► Stop the negative thoughts

If having felt guilty after "breaking the rules" of the diet plan and want to change your mood, here are some tips for creating a more positive mindset.

It is a sustainable way of life and a kinder way to heal the body and mind.