



## The Action Points

### 1. Realistically assess your eating habits

If you are truly questioning if you have a food addiction, explore having an assessment done with a professional who treats addictions. If you identify that you do some of the behaviors associated with a substance addiction but not to the degree that it impairs your functioning, identify the behavioral habits you have around eating or certain foods and focus on changing these habits.

### 2. Create Clear Food Rules

If you believe that you are not dealing with a diagnosable addiction, identify what behaviors or foods are addictive to you. Based on the habits and behaviors you engage in that prevent you from making consistent progress, create concise food rules that identify what you will do or will not do. These rules can proclaim things you will never do, will always do, or do only under certain circumstances.