



The Action Points

1. **Create Your New self-coach:** Take a few minutes to envision hiring a new self-coach. Imagine this coach as someone who is nurturing, knowledgeable, resourceful, and able to hold you accountable without any negative or harsh statements.
2. **Explore Why You Self-Sabotage:** Consider recent examples when you acted in a way contrary to your goals and ask yourself if there is anything about reaching the goal that brings up tension for you. Listen to your thoughts about whether your goal is possible, does it fit with how you see yourself, does it spark fear or reluctance, and what unknowns surface for you when you imagine reaching your goals.
3. **Start Building Self-Compassion:** Imagine a dialogue in which you are supporting a friend or family members that you love because they are struggling with their eating behavior or fasting efforts. Script responses you would say to them. Now begin to practice saying them to yourself.