

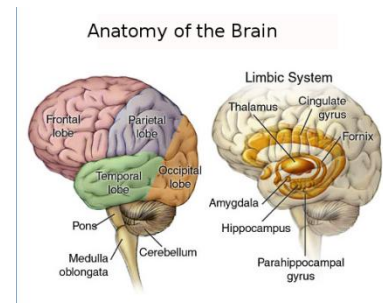
# The 4 D's

## D - Delay

Hit the PAUSE button and take a moment to do a mind, body and heart check. Let's put that decision/craving on hold and delay the choice until we know if this is hunger, a mood or situation that is driving the feeling.



It may even be helpful when you are not in the middle of a craving to practice what a full 10 minute pause or delay feels like.



## D - Distract

It's not always evident what your cravings or feelings are trying to tell you and a little time is needed. Finding things that will help to distract yourself to delay your decision can be helpful. Having a few options in your "tool chest" will allow time for your brain to move from the emotion/pleasure driven center to the more process and logical thinking based area. List a few things here that you can do to **distract** yourself \_\_\_\_\_

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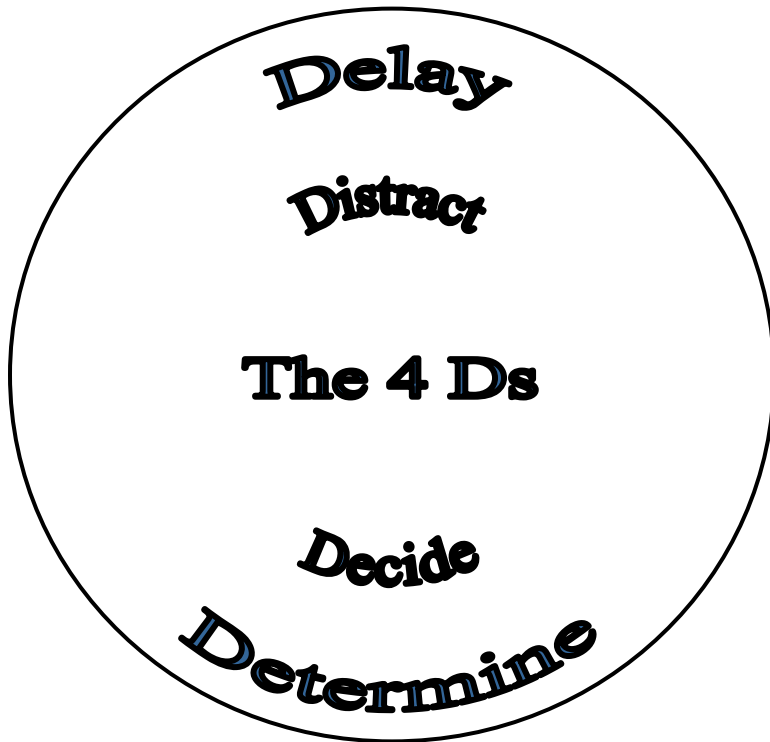
You may find that some of these distractions even help the **feelings** subside. This is a beneficial exercise as you move toward bariatric surgery as you will need non-food options to take soothe feelings.

## D - Decide

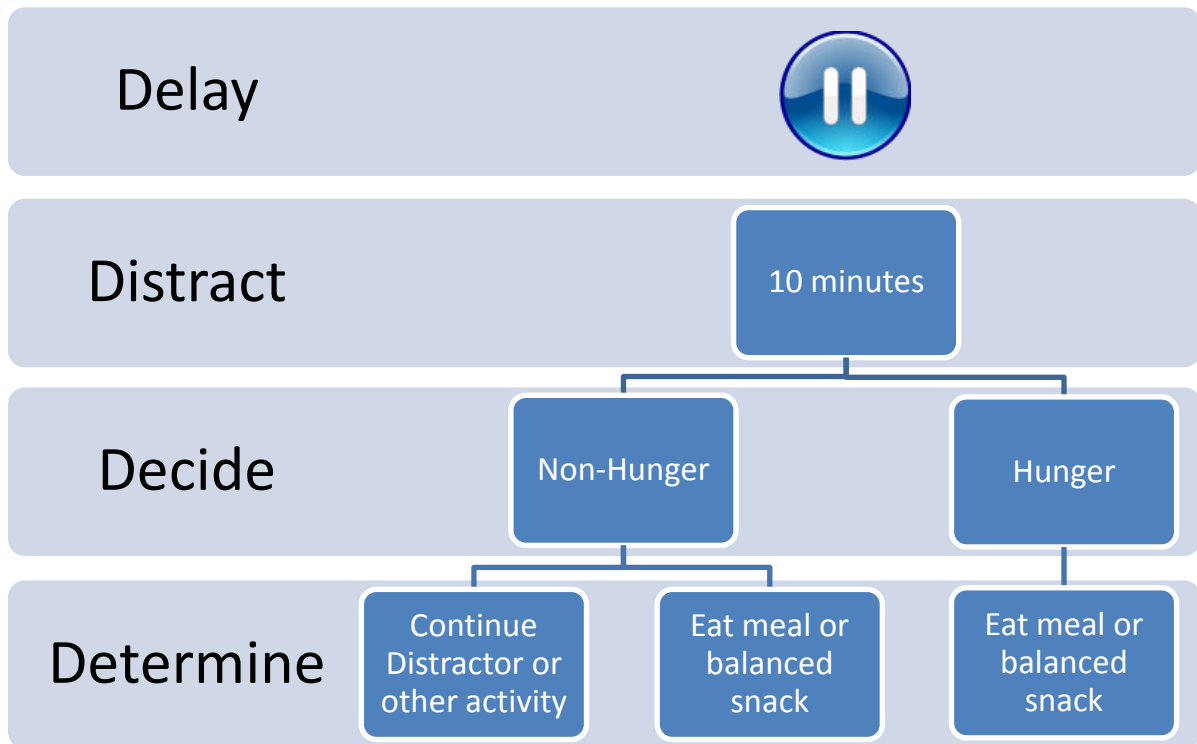
Now that you have taken some time, you can make a conscious decision if this is hunger or non-hunger, if you are going to eat or not going to eat. No it is not always black and white, but as you work through this process it will become more clear.

## D- Determine

If you have made the decision to eat, you can now make a conscious determination of what you will eat, when, where, and how much. Your eating can be more mindful and you can savor your food.



A decision tree of the above process it might look something like this.



Now it's your turn.....

