



# GET IT AWAY FROM ME!

**We all have those food items that call our name.** For me, it's buttercream frosting and Red Vine licorice. Use this worksheet to make a list of the things you KNOW you cannot resist if in close proximity. Think about the different environments you may be in and what stimulus exists in those areas. There may be different temptations at work than there are at home. If you are having problems coming up with things, ask your significant other or your children if there's anything they think you can't resist. Others may be able to see things a bit more objectively. I can see my kids saying, "yeah, mommy, when we have cake in the house, we know we should have a piece before you eat all the frosting off it." If you are hearing those kinds of statements, it may be an indication that particular food does not belong in the house.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

After you've identified any food you can think of that you know in your heart you cannot resist, make sure others know about it. Share this list with anyone that lives with you, asking for help when you are tempted to expose yourself to these things. If your children are at least 6 or 7 years old, they will LOVE policing you. And, showing your little ones how to make a commitment and stick to it is awesome.

If you've identified some things that may be outside the home – at work, for example – try to think of some alternative behaviors that can help you avoid being exposed. Do you have to eat lunch in the break room where that client brought donuts for the team? How can you politely decline an invitation to a restaurant where you are very likely to overeat on your absolute favorite entrée?