

Restoring Balance Restoring Balance from *Changing from the Inside Out*

By Christine Jensen Ph.D., RD

Feelings and Needs

Describe the **situation** (1-3 sentences):

As I think of this situation: **What emotions (not thoughts) and what physical sensations** do I notice? (Focusing on the sensation can help you become aware of the emotion.) **Name each emotion as it emerges. Let yourself sit with the feeling.**

When done, **check again: Are there any others?**

Ask:

What do I need to come into more balance **about this issue?**

What do I need to just feel better **in this moment?**

Do I need something **from myself, from someone/something outside myself? Or both?**

What do I need? If from outside: from where/whom?

What "first step" could I take toward getting this need(s) met?

What **emotions/sensations** do I notice **now? How in or out of balance** do I feel?

Do I want to **stop here, or explore my expectations and beliefs?**

Expectations and Beliefs

As I consider this situation, **what expectations ("shoulds"), am I aware of having, towards myself, others, the situation, life, etc?**

For each identified expectation:

Is it **reasonable?** Is it **realistic?** If not, **what expectations would be reasonable and realistic?**

What thoughts, attitudes or beliefs might be blocking me from:

-Taking **appropriate action** to improve the situation?

-Moving into **acceptance** of what I can't change?

For each identified thought, attitude or belief:

What thought, attitude or belief would help me move into action (if action is needed)/ acceptance (if acceptance is needed)?

How does it feel to imagine "trying on" that outlook?

What is the "hard reality" about the situation – the "unchangeable truth" that is painful to me?

Do you want to stay with the feelings/sensations that result, until they subside?

What emotions/sensations do I notice now? How in or out of balance do I feel?

Do I want to **stop here, or repeat the process?**

Pointers

As you lead yourself through the process:

-If your answer to any of the questions is "I don't know" (What I am feeling; What I need; What would be realistic, etc) just let yourself sit with the "not knowing"--don't rush yourself--and see if an answer comes to you.

-If it doesn't, go back to checking-in with your feelings/sensations and proceed from there.

Exploring Emotions Process from *Changing from the Inside Out*

I need to expose my feelings about...

I feel distressed ...

I feel sad ...

I feel mad (angry)...

I feel scared...

I feel self-critical...

I feel (any other feeling you are experiencing about the situation)...

I am having a hard time accepting...

As a result of writing this I realize...

Self-Care Plan from *Changing from the Inside Out*

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Physical Activity

"To be alive is to move. The unmoving water becomes a stagnant pool" (R. Ryan and J. Travis)

Realistic expectations lead to success. A realistic exercise program for me for this week would be...

Nutrition:

"I can resist everything except temptation" (Oscar Wilde)

I will focus on what I will do instead of what I will avoid doing. I will keep it realistic. This week I will...

Emotional Balance:

"There ain't much fun in medicine, but there's a heck of a lot of medicine in fun." (Josh Billings)

Being emotionally balanced can relieve my cravings. Fun needs to be a priority in my life, not something I do when I have time for it. This week I will...

Getting Support:

"You don't need help falling down but a hand up is sure welcome" (Ken Alstad)

I will develop and maintain a support system so that I can seek help from friends, support groups or professionals if I need it. This week I will...

Optional:

My current weight is _____pound, a gain / loss of _____ pounds.

I exercised a total of _____ minutes this week.

Over the past week, I noticed the following changes in my relationship to food:
