GOOD and BAD FOOD LIST

Do not put a lot of thought into this list. Just record the first foods that come to your mind. Be very specific in your descriptions. Don't just list cookies as a bad or good food - but rather list all of the exact names of cookies that you feel are bad or that are good for you.

"Good" Food	"Bad" Food

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DISLIKE and LIKE FOOD LIST

Put a lot of thought into this list. Record all foods that come to your mind. Be very specific in your descriptions. Don't just list cookies as a food that you like or dislike - but rather all of the exact names of specific foods that you like or dislike.

Foods I……. **DISLIKE**	Foods I ……...**LIKE**

After completing this list compare it to the foods on the **GOOD and BAD FOOD LIST. Most often people find the BAD foods are the ones they Like which sets up the Health Thought Cycle that eventually leads to OVEREATING. STOP the cycle by 'Normalizing Foods".**

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