



**Reject the diet  
mentality**

**Journal prompts /  
points of reflection**

## Some Journal Prompts

How did my last / current diet leave me feeling?

Do you think those who are thinner are better?

Our internalised views about weight can be hard to face. Try and be honest.

What are your fears holding you back from ceasing the diet?

## Some Journal Prompts

Am I pseudo-dieting /judging what I eat?

What do you want from your diet - what's the transformation you're seeking?

Imagine you're struggling to give up dieting in a few days or weeks - write yourself something to remind you of why you started.