



## REWIRE RESTRICTION

### Restriction List

**Action:**

Start by making a list of the most obvious to the least obvious ways that you restrict.

**Examples of obvious restriction:**

Not eating all the food on my plate.

Not allowing myself to eat when hungry if it's not a mealtime.

Not allowing myself to eat more than X calories a day.

Delaying eating breakfast until 9am.

**Examples of non-obvious restriction:**

Not responding to mental hunger.

Not admitting to liking certain foods.

Eating lower calorie food rather than higher calorie versions.

Claiming an allergy to certain foods when no allergy really exists.






## REWIRE RESTRICTION

Examples of <b>restriction</b> :	Examples of <b>goals</b> :
Delaying eating	Never delaying eating
Saving food until later	Eating throughout the day
Compensating after eating more than usual at one meal by eating less at another	See meals and snacks as independent events
Ignoring mental hunger	If thinking about food, eat food!
Restricting caloric intake	Never count calories and eat freely
Buying only discounted food	Buying the food you want




## REWIRE RESTRICTION

### Restriction redirects

Next step is for every restrictive thought or behaviour, make a goal that will help you change it. This is a redirect.

These goals are not quite as straightforward as nutritional rehabilitation goals.

Examples of <b>OCD-ED</b> :	Examples of <b>goals</b> :
Eating with same cutlery/utensils	Be able to eat with any cutlery
Having to clean the kitchen before and/or after eating	Relax and stop the cleaning
Compulsive exercise	No exercise
Eating in a certain order	No food rituals
Counting calories	Never count calories
Measuring food	No measuring, no food limits




## REWIRE RESTRICTION

Brainstorm where your resistance comes up and have pre-planned responses to that restriction.

BEHAVIOUR	GOAL	OBSTACLE	REDIRECT/TOOL
Measuring food	Stop	Will I get enough? Fear of going "over"	Eat more. There is no such thing as too much food.
Pacing	Stop	Pure anxiety/movement compulsion	Breathing/mindfulness/text someone for help.
Delaying breakfast	Eat earlier	Fear of hunger later	You can eat more later too!
Cleaning kitchen before eating	Stop	Anxiety/OCD ED	5-min meditation before eating rather than cleaning
Only allowing one bread item a day	Eat bread unrestricted	Anxiety/fear	Eat a bread item as soon as you get restrictive thoughts





## REWIRE RESTRICTION

### After eating: DRR

1. Be prepared for the feelings of guilt, shame, disgust, and regret. Don't be surprised that they show up.
2. As soon as you detect any of these negative feelings, reject them. They are only the anorexia mindset trying to stop you from eating. You do not need to pay attention.
3. Redirect. Distract yourself and refuse to give those negative emotions space.

### Setting up for mealtime success

#### **Action:**

**Answer the following questions.**

1. Are you going to pre-plan your main meals?
2. Who is in charge of stocking the kitchen?
3. What are you doing in terms of scheduling eating times and accountability for eating?
4. Who are you going to contact for support if you are alone and having thoughts about restricting or skipping a meal?
5. Who is going to be responsible for grocery shopping?
6. If you are grocery shopping, what is the plan for helping you make pro-recovery choices and not getting stuck with indecision.