

Eating Rights

1. I have the right to take charge of my eating and exercise.
2. I have the right to not feel hungry no matter what my weight is.
3. I have the right to ask for (not demand) reasonable accommodations from others that will help me to exercise and eat based on my own needs.
4. Not exercising my rights can be hurtful in the long run, both to my sense of self and to my relationships with other people.
5. When I don't let other people know what could help me, it is really a form of selfishness. I am denying them the opportunity to experience a more mutually rewarding relationship.
6. I have the right to set boundaries and to limit my relationships with other people when they are not able to support me appropriately.
7. I am responsible for my behavior and my feelings. I am not responsible for how others choose to feel when I am appropriately assertive about taking care of myself.
8. I will be happier in the long run if I exercise my rights appropriately.
9. _____
10. _____