

— *First* —  
**WORKBOOK**

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ESSENTIAL PRACTICES BEFORE  
BEGINNING

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## Workbook 1: Essential Practices Before Beginning



*“You can search throughout the entire Universe for someone who is more deserving of your love and affection than yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire Universe, deserves your love and affection.”*  
~ Buddha

### Some essential basic practices before you begin

Before we begin addressing an area of our life that could be potentially challenging, we need to keep in mind some basic principles to practice (and practice, and practice!).

- A sense of curiosity
- Self-compassion
- An open mind

It can be very easy to judge our current selves, or blame our past selves for what we did or even what we knew. As they say, hindsight is 20/20. With today’s knowledge, it can be much easier to consider food and our relationship with it, but the knowledge we have today wasn’t there in the past.

### What do we mean by these principles?

A sense of curiosity:

Being curious for this purpose at least, is like watching a movie without being emotionally invested in the outcome. You don’t judge the movie for what is happening? It doesn’t affect your life at a fundamental level. You simply watch the movie with some questions running through your mind: *What is going on? What will happen next? Did that really happen? Did they do that? **I wonder why?*** This last question is particularly important – *I wonder why?* – that is being curious at its best.

When we apply this to our own lives, we become our own detective and we take out the judgement so we are left with only the desire to find out why. *Why did I eat that when I wasn’t hungry? Why did I avoid that food when I really felt like it?* The questions we can ask are endless. But we need to remember to always ask them with compassion...



### Self-compassion:

Self-compassion is, in essence, about treating ourselves as our own best friend; treating ourselves with kindness.

With a lot of people, it can be as simple as noticing that what they say to themselves (self-talk) is very different to what they would say to their best friend, or even their children.

To find out how compassionate you are, you might want to go to <http://self-compassion.org/test-how-self-compassionate-you-are/> and then look at some self-compassion practices.

Self-compassion is something that all of us need to work on and will quite possibly be working on our whole lives. Without self-compassion, whatever changes we wish to make in our lives become infinitely harder, if not impossible. Research is showing that self-compassion can help re-wire our brain toward the new way of thinking and being that we are practising.

### An open mind:

Having an open mind means you are receptive to a different perspective or new ideas.

As you begin to explore how to transform your eating and find peace with food, an open mind helps you to consider new information – information that might be challenging, confronting or something that goes against everything you believe and think. This is only natural. An open mind allows you to take the information in and juggle it around before deciding to work with it or reject it as something that is not for you.

If we can be curious about ourselves and the journey, approach this process with an open mind that allows us to consider new ideas, and practise these things with compassion, then we are on the way to beginning to look at our relationship with food (and our body) in a whole new way.



## **About Julie**

Julie is an Accredited Practising Dietitian and Food and Eating Counsellor who will help you find freedom and peace with food and your body.

After 30 years working as a Dietitian she has seen people with all sorts of food worries and concerns taking over their lives, especially in this food and body obsessed culture, and knows it doesn't have to be like this. She is passionate about helping others access that knowledge and help them to find a way to leave behind their own unhelpful food beliefs. Julie has found that, for many people, working through food and body beliefs – and finding a better way to deal with these – can lead to a feeling of relief from the very first appointment. Her goal is to work in a way that honours each individual and where they have been, and she strongly believes that we can work together to create a new tomorrow.

Using her experience as a Dietitian, ongoing counselling training and a commitment to her own personal development, Julie can work with you to create a peaceful and transformative relationship to food. For more information go to [www.transformyoureating.com.au](http://www.transformyoureating.com.au) or contact Julie to see if this is right for you.

