

The
**THREE
POISONS**
WORKSHEET

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eat
to
love

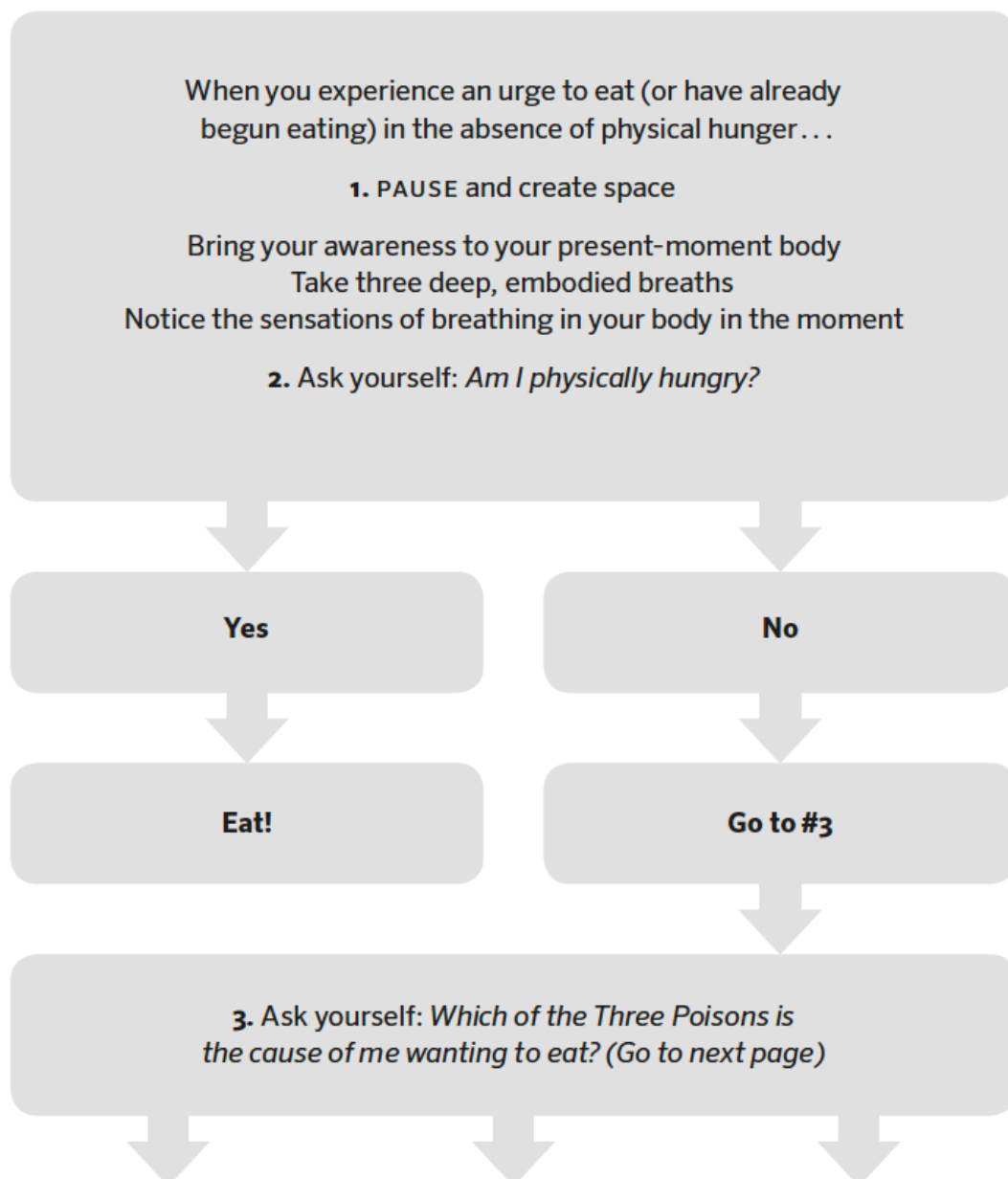
A Mindful Guide to
Transforming Your Relationship
with Food, Body, and Life

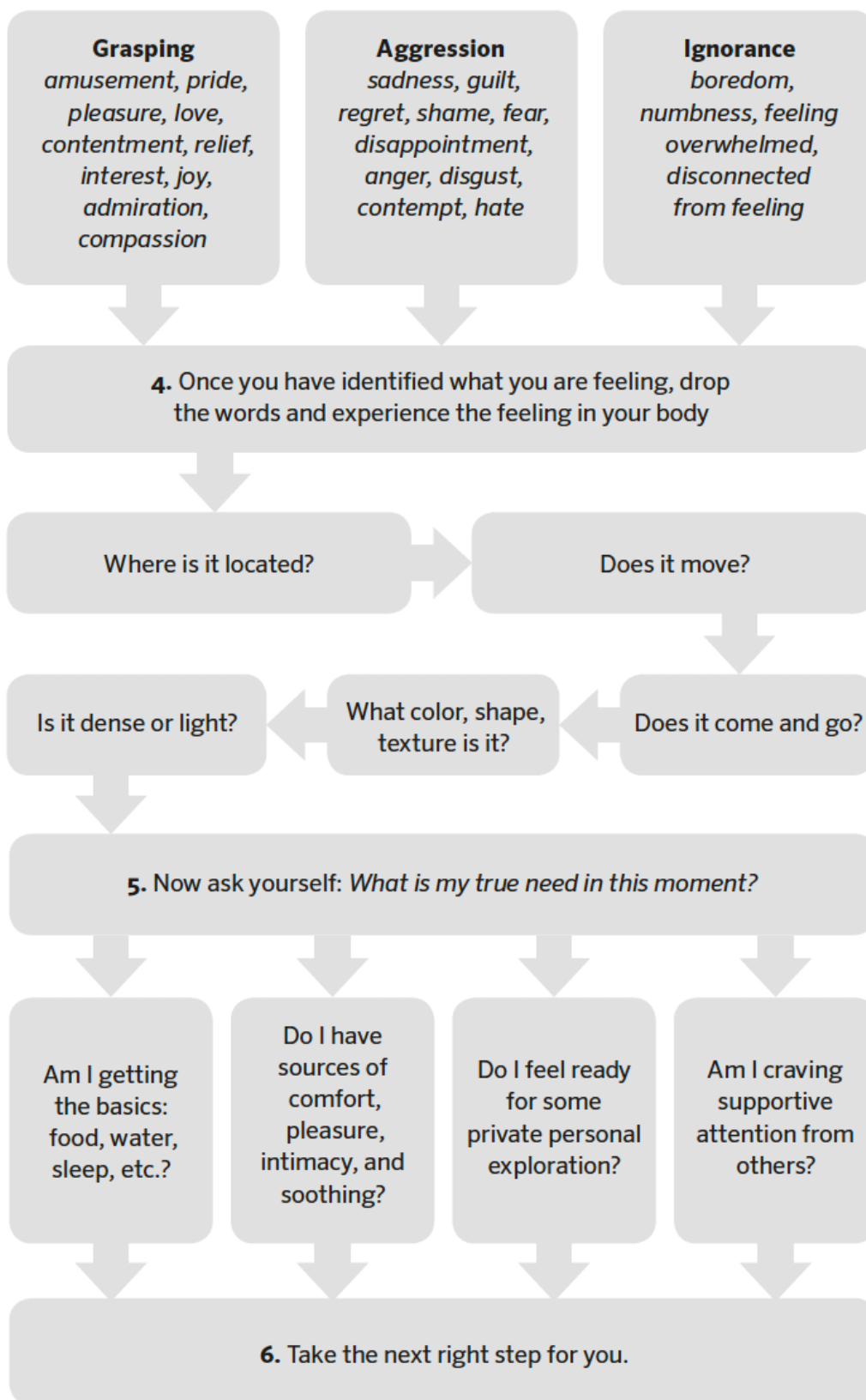
We all have a preference for pleasure over pain. That is human. But when we become intolerant of even the slightest discomfort, this natural tendency can become problematic. Sometimes we can act this out by using food instead of determining what we really need. The main ways in which we substitute food for our true needs are to hold onto pleasure, to resist discomfort or pain, and to numb out. We eat to grasp onto pleasure, or we have uncontrollable cravings for foods we believe will bring us pleasure; we eat in order to resist or change our experience of painful emotions; or we eat to numb out and not feel anything. Though the foods we are eating are not literally poisonous, this type of relationship with them could be; using food as one of the three poisons obstructs the recognition of what is actually happening and how to authentically respond.

The Three Poisons Worksheet can be used any time you notice you have the urge to eat in the absence of physical hunger. While the choice to eat is always yours, judgment free, you might notice that at times the true self care is to not eat, to turn toward your discomfort, and to meet your true needs as precisely as possible.

The Three Poisons Worksheet

THE FOLLOWING PROCESS can be used any time you notice yourself misusing food as one of the three poisons. Whether that means at home alone after a terrible day, standing in front of the refrigerator, or already elbow-deep in a bag of cookies, bring these steps to mind to contact the intelligence of your body and the insight of your heart.





Explore your personal tendencies in using food to meet emotional needs.

I find myself grasping when:

I find myself aggressively resisting when:

I find myself numbing out in ignorance when:

What allows me to notice I am using food as one of the three poisons is:

The underlying emotion I experience during these moments is likely to be:

My true needs in these moments are likely to be:

I can interrupt the momentum of using food as one of the three poisons by:

Ways that I can meet my basic needs include:

Ways that I can comfort and soothe myself without food include:

Private personal exploration could include:

Supportive attention from others could include:
