

Naming the Fear	How Much Fear Do You Feel?		
	High Fear	Low Fear	No Fear
Fear of fattening, or bad, foods. We are afraid of what they could do to us if we eat them- both our weight and our health.			
Fear of how food can make us feel. Negatively affecting our mood, energy level, productivity, etc.			
Fear of ourselves around fattening, or bad, foods. We are afraid to be around them because we don't think we can trust ourselves. We don't even let them in the house.			
Anxiety of eating the wrong thing that could impact our health in some way other than impacting our weight. We can feel panicked when we eat anything perceived to be unclean, dangerous, ultra processed, or toxic.			
Fear of not being able to control our food selection, food quality or our food environment. We feel anxious when we go out to eat at a restaurant that we didn't pick, at somebody else's home, on a worktrip or retreat, etc.			
Fear of feeling full or any sensations associated with fullness (i.e. bloated, sluggish, stomach protruding, clothes fitting differently after a meal, etc.). We're afraid of experiencing the shame spiral on top of any physical discomfort.			
Feeling anxious to eat and exercise in a way that optimizes our body's capacity, feeling of wellness, or productivity. We feel responsible for staying in the "perfect peak" zone so we're afraid of what it says about us as a person, and what it means for the efficiency of our daily lives, if we aren't constantly operating at max efficiency or peak optimization.			
Fear of becoming ill or developing a disease or a chronic condition that we brought on ourselves. We feel responsible for controlling our health with our food and exercise so anything other than "perfect health" means that we did something wrong.			
Anxiety and overwhelm from trying to navigate all of the health and wellness advice. We're just trying to do it all right. Navigating and controlling this can feel overwhelming and leave us feeling powerless and ashamed.			
Hypervigilant to always do the right thing. Every single choice feels like life or death. It doesn't feel acceptable to take a wrong step - or a wrong bite. Because what doesn't lead us towards health, leads us towards unhealth.			
Fear, or panic, of not being able to burn off the calories. Compensatory, or compulsory, exercising or body movement is a common (often unconscious) coping strategy that we use to manage the anxiety that comes with eating. We might not notice how much anxiety we have around food until we're not able to compensate like we want to.			

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Creeping anxiety when we slide into the mindset of our compensatory exercise “never feeling like enough”. We need to do more. We need to burn more calories, walk farther, spin on the stationary bike longer, swim more laps. The more we feel out of control with our food or our weight, the more we might try to compensate by controlling our exercise.			
Dread that comes with starting another diet. Anticipating the deprivation we’re going to feel.			
Dread of keeping up with our regular exercise regime, no matter what. We can feel like we need to stick to our routine no matter how tired, busy, fatigued, sore, or hungry we feel. We can dread the feeling of shame, regret and negative self-talk that comes when we skip a workout.			
Fear of the rigidity of our exercise routine- fear of needing but not being able to take the break from exercise our body needs to recover when sick or injured. We can be afraid to skip a workout because it feels like we’ll give in to our laziness and miss more and more workouts.			
Fear when anticipating a weigh in - whether it’s the bathroom scale or the Doctor’s office. Afraid of what the scale will say and how it will make you feel.			
Anxiety when the number on the scale goes up or doesn’t go down as expected. This can throw us into a shame spiral, feeling hopeless like our hard work isn’t paying off and we’re just not capable of doing what needs to be done to control our weight.			
Fear of eating in public. We fear the shame and judgment that comes from eating in front of people. This can feel incredibly vulnerable and uncomfortable.			
Fear of being rejected for not caring enough about your health. We fear being outcast or judged for not performing the right healthy eating behaviors. The “Personal Responsibility Narrative” can make us feel like we owe our health to society. We have to work hard to prove that we’re doing everything in our power to not be a burden on “society”.			
Fear of being judged for the size of our kids’ bodies. There’s a crushing burden of expectation on parents, moms in particular, to ensure our kid’s bodies measure up. There’s incredible shame put on mom’s to perfectly control our kid’s food and bodies.			
Anxiety and panic for harming our kids with what we feed them.			
Anxiety of living in a body, or at a body size, that puts you at an increased risk of developing a “weight related illness”.			