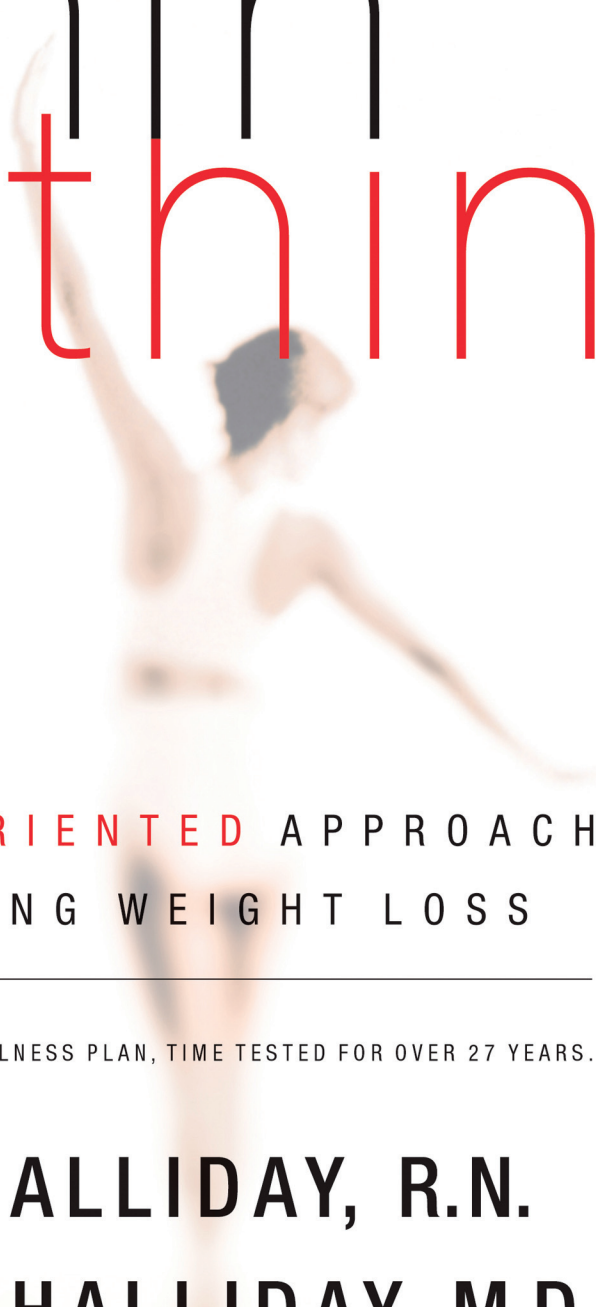




thin within

A GRACE-ORIENTED APPROACH
TO LASTING WEIGHT LOSS

THE ORIGINAL HUNGER-FULLNESS PLAN, TIME TESTED FOR OVER 27 YEARS.

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A PDF COMPANION TO THE AUDIOBOOK

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ISBN 978-0-8499-1691-5 (hardcover)
ISBN 978-0-8499-0846-0 (trade paper)

Printed in the United States of America

Before You Begin

Where I've Come From

Brief History

1. How was your weight as a child? (under 12 years old):

Underweight Ideal Weight Somewhat Overweight Very overweight

2. How old were you when you first decided you had a weight problem?

1-7 years	13-19	30-39	50-59
8-12	20-29	40-49	over 60

3. How frequently do you weigh yourself?

Once a day 2-5 times a week 2-5 times a month Very rarely

4. How was your father's weight when you were young?

Underweight Ideal weight Somewhat overweight Very overweight

5. How was your mother's weight when you were young?

Underweight Ideal weight Somewhat overweight Very overweight

6. How much of the time are you on a diet or sacrificing certain types of foods?

1 2 3 4 5 6 7 8 9 10
Always Never

1 2 3 4 5 6 7 8 9 10
Always Never

1 2 3 4 5 6 7 8 9 10
Always Never

1 2 3 4 5 6 7 8 9 10
Always Never

1 2 3 4 5 6 7 8 9 10
Always Never

11. At what point on the gauge do you usually start eating?

0	1	2	3	4	5	6	7	8	9	10
Empty					Comfy					Stuffed

0	1	2	3	4	5	6	7	8	9	10
Empty					Comfy					Stuffed

What are your current concerns? Rate each item listed below.

13. Spending too much time worrying about my weight or eating behavior

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

14. Weighing frequently

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

15. Anorexia Nervosa

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

16. Bulimia

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

17. Disliking my body

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

18. Thinking too much about food

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

19. Snacking (between meals or at night)

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

20. Alcoholic beverages

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

21. Cigarettes

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

22. Feeling guilty about what I eat

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

23. Not caring at all about what I eat

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

24. Eating out of stress or boredom

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

25. Social eating (parties, restaurants)

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

In general, how do you rate your life in the following areas?

26. Health

1	2	3	4	5	6	7	8	9	10	
Poor									Excellent	

27. Energy level

0	1	2	3	4	5	6	7	8	9	10
Low									High	

28. Physical activity

0	1	2	3	4	5	6	7	8	9	10
Sedentary									Extremely Active	

29. Productivity

0	1	2	3	4	5	6	7	8	9	10
Low									High	

30. Job satisfaction (consider student or housewife as a job)

0	1	2	3	4	5	6	7	8	9	10
Unsatisfying									Very Satisfying	

31. Close relationships (friends)

0	1	2	3	4	5	6	7	8	9	10
Unsatisfying									Very Satisfying	

32. Family relationships

0	1	2	3	4	5	6	7	8	9	10
Unsatisfying									Very Satisfying	

33. Sex life

0	1	2	3	4	5	6	7	8	9	10
Unsatisfying									Very Satisfying	

34. Ability to speak up for what I want

0	1	2	3	4	5	6	7	8	9	10
Difficult									Easy	

35. Level of self-esteem

0	1	2	3	4	5	6	7	8	9	10
Low									High	

DAY ONE



Free to Enjoy God's Lavish Love

***Thin Within* Observations and Corrections Chart—Day 1**

Observations	Day 1
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

Day Two Questionnaire

1. I am comfortable with myself and my personality.

2. I am optimistic that I can change.

3. I have a tendency to put myself down or to call myself names.

4. I try to make others happy and to meet their expectations of me.

5. I derail my own goals.

6. I am self-conscious.

7. I feel I deserve to be put down by others.

8. My heart feels empty.

9. God is pleased with me.

10. I am angry at God.

[illegible]

11. I feel that God is angry with me.

1 2 3 4 5 6 7 8 9 10
Never Always

12. God cares about how I feel.

1 2 3 4 5 6 7 8 9 10
Never Always

13. I feel that God is reliable and trustworthy in my life.

1 2 3 4 5 6 7 8 9 10
Never Always

14. I fear releasing my life completely to God.

1 2 3 4 5 6 7 8 9 10
Never Always

15. God seems so distant.

1 2 3 4 5 6 7 8 9 10
Never Always

16. I think God cares about my body and food issues.

1 2 3 4 5 6 7 8 9 10
Never Always

17. I know God is there when I pray.

1 2 3 4 5 6 7 8 9 10
Never Always

18. I think God forgives me.

1 2 3 4 5 6 7 8 9 10
Never Always

19. I feel that I can confide in God.

1 2 3 4 5 6 7 8 9 10
Never Always

20. I am aware of how God sees me, and I live my life accordingly.

1 2 3 4 5 6 7 8 9 10
Never Always

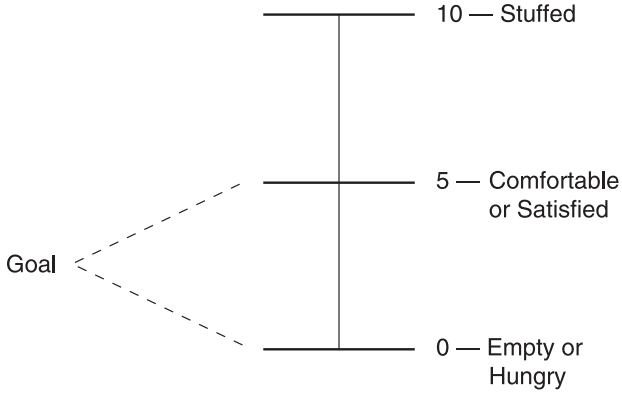
21. I feel accepted and loved unconditionally by God.

1 2 3 4 5 6 7 8 9 10
Never Always

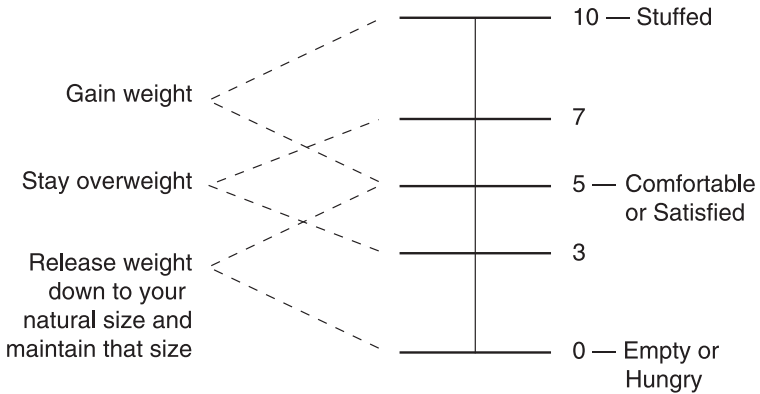
22. I enjoy experiencing God's presence when I pray.

1 2 3 4 5 6 7 8 9 10
Never Always

Hunger Scale



Hunger Scale



***Thin Within* Observations and Corrections Chart—Day 2**

Observations	Day 2
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY THREE



Going for Godly Goals

***Thin Within* Observations and Corrections Chart—Day 3**

Observations	Day 3
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

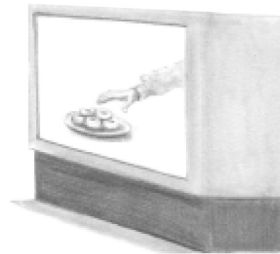
DAY FOUR



A Path of My Choosing



Tool of Observation and Correction



Who will I choose to believe?

The Holy Spirit

- Conviction
- Observation
- Corrective Suggestions

or

The World, Flesh, Devil

- Club of Condemnation
- Repeat Behavior

My choice will lead to . . .

**Peace, Joy, &
Abundant Life**

or

**Stewing, Denying,
Rebelling, or Striving**

figure 4-1

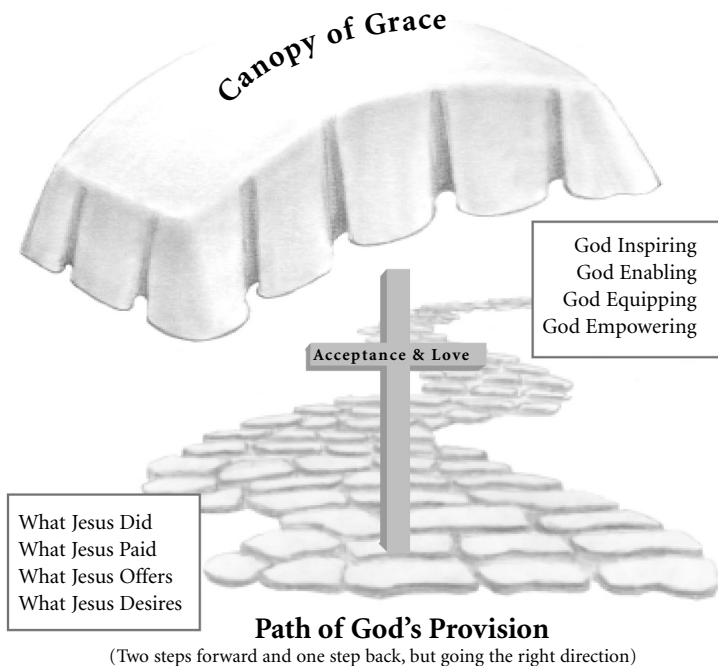


figure 4-2

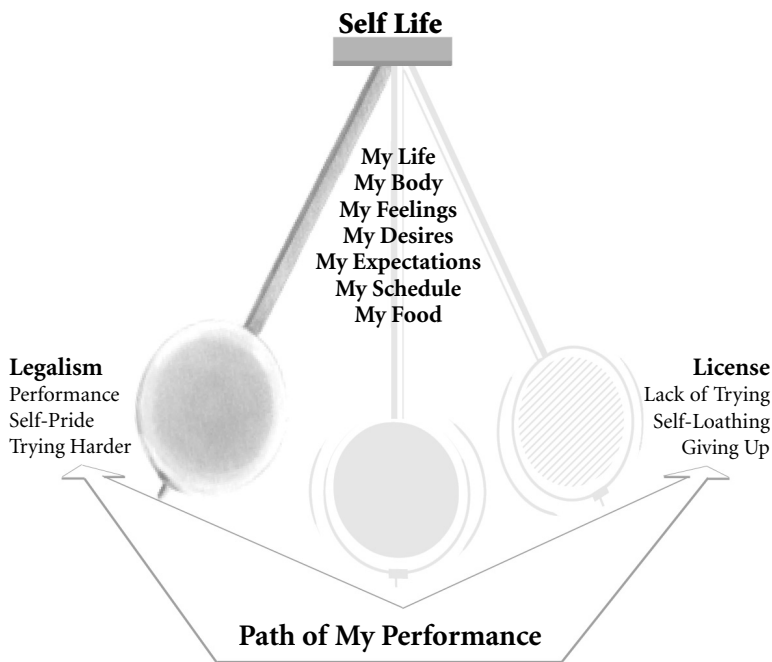


figure 4-3

What You Have Observed	How You Will Correct
<i>Example:</i> 1. I have just made my way through half a bag of Oreos after my stressful day at work. I don't feel any better than when I started. Now I am feeling depressed and even more stressed.	<i>Example:</i> Next time I will put my feet up for a bit or take a hot bath. I could even try a 15-minute nap or a walk around the neighborhood.
2. I went to the buffet after church and ate too much and now I am stuffed. I always seem to do that when I go to the buffet.	
3. I just ate my way through two bags of microwave popcorn and I have no memory of it. The movie was great, but I always seem to bring out the food when I turn on a video.	
4. Whenever I go out to dinner with Barbara we eat a whole pizza together.	
5. I went to my mom's house and later realized I had snacked for the whole hour I was there.	

***Thin Within* Observations and Corrections Chart—Day 4**

Observations	Day 4
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY FIVE



My Body, Fearfully and Wonderfully Made

***Thin Within* Observations and Corrections Chart—Day 5**

Observations	Day 5
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY SIX



My Body, God's Temple

Thin Within Food Log

Hunger # Before Eating	Time	Items/Amount	Hunger # After Eating
0	Noon	Peanuts (handful)	3

Thin Within Food Log

[illegible]

***Thin Within* Observations and Corrections Chart—Day 6**

Observations	Day 6
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY SEVEN



My Body, God's Restoration Underway

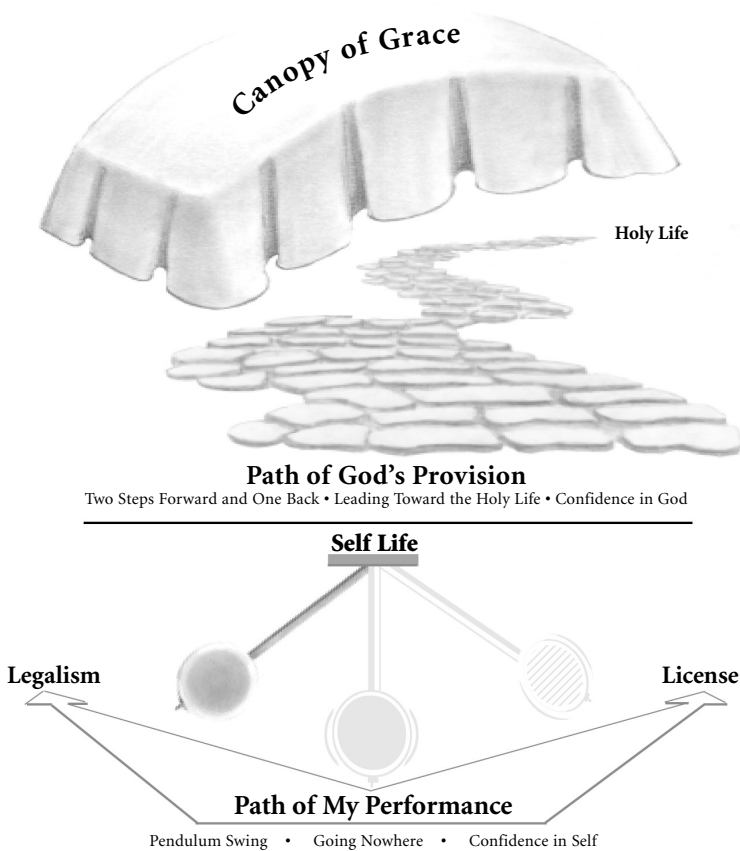


figure 7-1

Exercise 7-1 Emotional Eating Exercise

Situation or State of Mind	Food or Drink	Manner of Eating
Angry	Pretzels	Standing in the kitchen stuffing mindlessly while slamming the cupboard doors.
Bored		
Overwhelmed		
Tired		
Sick		
Depressed		
Tense, anxious		
Frustrated		
Lonely, unloved		
Unexpressed anger		
Self-hate, disgust		
Guilt		
Procrastinating		
Indecision		
Feeling Insecure		

Busy		
Excited		
Having Fun		
Reward		
Luxuriousness		
Feeling secure		
Family holidays		
Remembering Mother		
Remembering Father		
Remembering any important figure in your life		

Fat Machinery Log

Below, record any of your personal fat machinery (“I paid for it so I should eat all of it”), from others (“You have to clean your plate”), and from the media (“Feed the Need”). As you observe and correct your fat machinery you will be amazed at the changes that will occur in your eating patterns.

Fat Machinery in Me	Fat Machinery from Others	Fat Machinery from Media

Thin Within Food Log

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

Thin Within Observations and Corrections Chart—Day 7

Observations	Day 7
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY EIGHT



Overcoming Obstacles to Restoration: Part 1

Planning for Trials Exercise

Stressful Situation	Emotions that Can Trigger Inappropriate Eating	Appropriate Godly Strategy
Mother in-law coming to visit	Anxiety; Inadequacy; Feelings of being judged	Before she arrives, I will pray. Also, while she is here, I will journal before I eat.

***Thin Within* Food Log**

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

***Thin Within* Observations and Corrections Chart—Day 8**

Observations	Day 8
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	



Overcoming Obstacles to Restoration: Part 2

Challenging Experience	How I responded at the time	Blessings that I can see that have come as a result of the trial
The financial collapse of Thin Within in the 1980s.	My life was in shambles and I thought my world was going to end.	Surrendered my life to Christ. Developed a thirst for God's Word. The transformation and restoration of Thin Within mirrored my own life change and God has used it to reflect His glory.

Fat Machinery Log

Below, record any of your personal fat machinery ("I paid for it so I should eat all of it"), from others ("You have to clean your plate"), and from the media ("Feed the Need"). As you observe and correct your fat machinery you will be amazed at the changes that will occur in your eating patterns.

Fat Machinery in Me	Fat Machinery from Others	Fat Machinery from Media

***Thin Within* Food Log**

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

***Thin Within* Observations and Corrections Chart—Day 9**

Observations	Day 9
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY TEN



Building in the Present Moment

Fat Machinery Log

Below, record any of your personal fat machinery (“I paid for it so I should eat all of it”), from others (“You have to clean your plate”), and from the media (“Feed the Need”). As you observe and correct your fat machinery you will be amazed at the changes that will occur in your eating patterns.

Fat Machinery in Me	Fat Machinery from Others	Fat Machinery from Media

Thin Within Food Log

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

Thin Within Observations and Corrections Chart—Day 10

Observations	Day 10
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY ELEVEN



Removal of the Rubble

Take Action

- ♦ In the chart below indicate which of the lies you have believed. Then using the Bible verse that is listed in the “God’s Truth” column, restate the truth about that lie. An example has been done for you.

The Lie	I Have Believed This Lie	I Have Not Believed This Lie	God’s Truth
<i>Example:</i> I can eat as much as want whenever I want it.	X		My body is not my own. I was bought with a price. I am to honor God with my body. (1 Corinthians 6:19–20)
<i>Your turn:</i> I can eat as much as I want whenever I want it.			(Ephesians 5:3; Proverbs 23:20–21)
God doesn’t care about my body size or condition.			(Isaiah 40:27)
Eating when I am not hungry isn’t important to God.			(James 5:5)
Eating more than my body needs doesn’t result in health or emotional problems.			(Proverbs 23:1–3)
The joy I get from eating is worth any suffering that happens as a result.			(Philippians 4:4)
I will worry about getting control of my eating when things aren’t so crazy or hectic.			(James 4:13–15)
There is no way anyone can lose weight without cutting out all fat in their foods and working out vigorously at least six times a week.			(1 Corinthians 6:12)

Thin Within Food Log

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

Fat Machinery Log

Below, record any of your personal fat machinery (“I paid for it so I should eat all of it”), from others (“You have to clean your plate”), and from the media (“Feed the Need”). As you observe and correct your fat machinery you will be amazed at the changes that will occur in your eating patterns.		
Fat Machinery in Me	Fat Machinery from Others	Fat Machinery from Media

***Thin Within* Observations and Corrections Chart—Day 11**

Observations	Day 11
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY TWELVE



Furnishing the Halls of the Mind

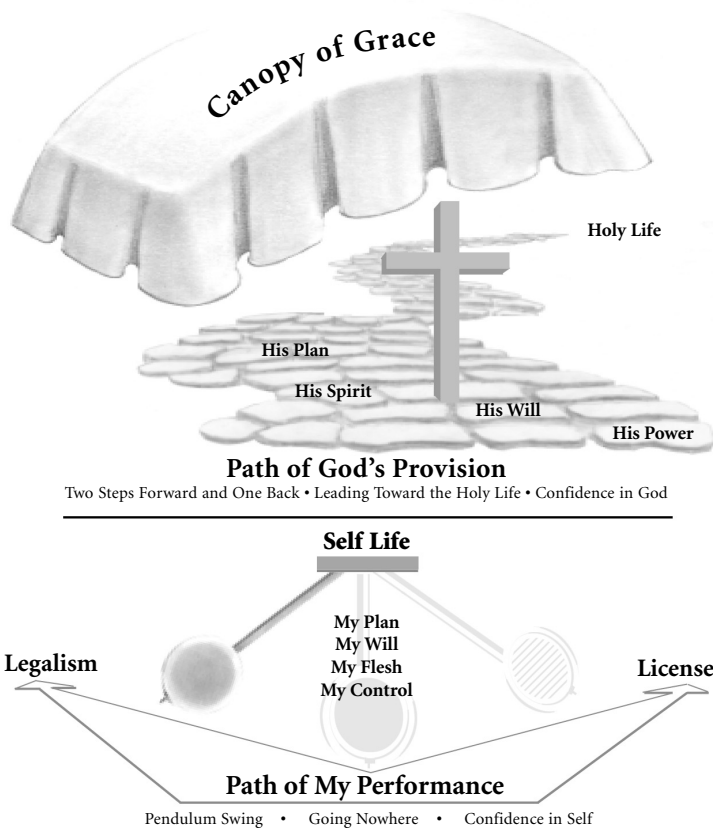


figure 12-1

Take Action

- ♦ In the chart below, use an X to identify whether each thought goes along with the law or goes along with grace.

Thought	Law	Grace
1. I am hungry now, but I ate too much at lunch. I better not eat now.		
2. I am hungry now, but I can choose to wait until my lunch date with Donna to eat.		
3. I just ate a small bowl of cereal. Am I past a 5? Oh shoot, I think I am past a 5. Shucks. I know I am past a 5. I blew it!		
4. I need an abundance of carbohydrates, fats and protein each day, so even though I am not hungry, I better be sure to eat something right now.		
5. That's funny. I just ate a small meal two hours ago. I know I am at a zero. I better not eat, though. I could never lose weight if I did that.		
6. I love being able to eat chocolate again if I choose or leave it if I choose.		
7. If I eat to a 6 I have blown my Thin Within eating program.		

- ♦ Answers are on the following page.

Thin Within Food Log

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

Thin Within Observations and Corrections Chart—Day 12

Observations	Day 12
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

Answers to the Law and Grace Exercise:

1. Law
2. Grace
3. Law
4. Law
5. Law
6. Grace
7. Law

DAY THIRTEEN



Wind Beneath My Wings

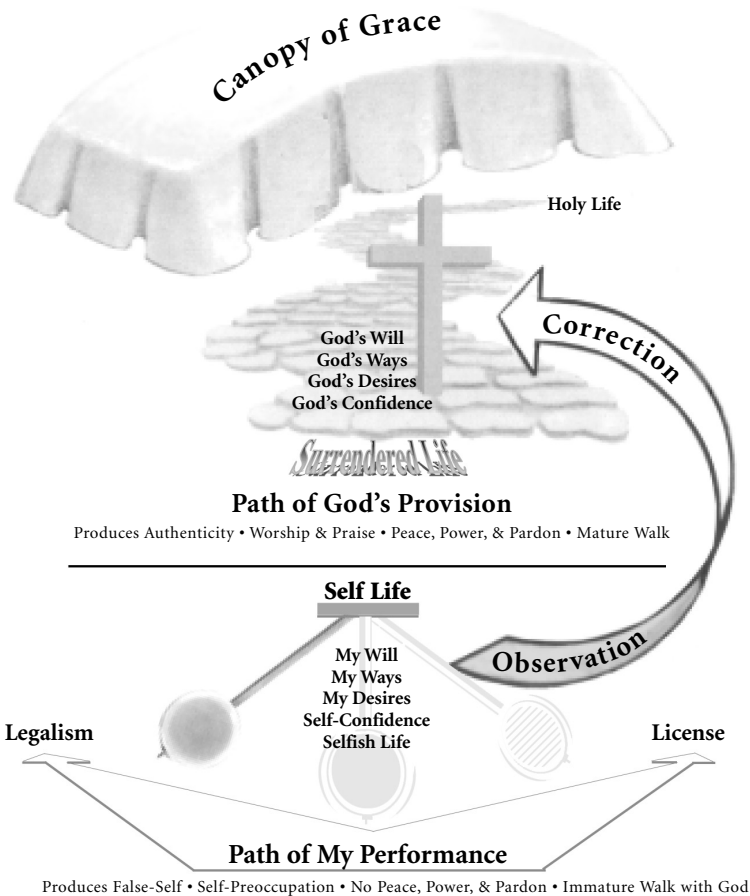


figure 13-1

***Thin Within* Food Log**

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

***Thin Within* Observations and Corrections Chart—Day 13**

Observations	Day 13
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY FOURTEEN



Choosing to Build on Truth

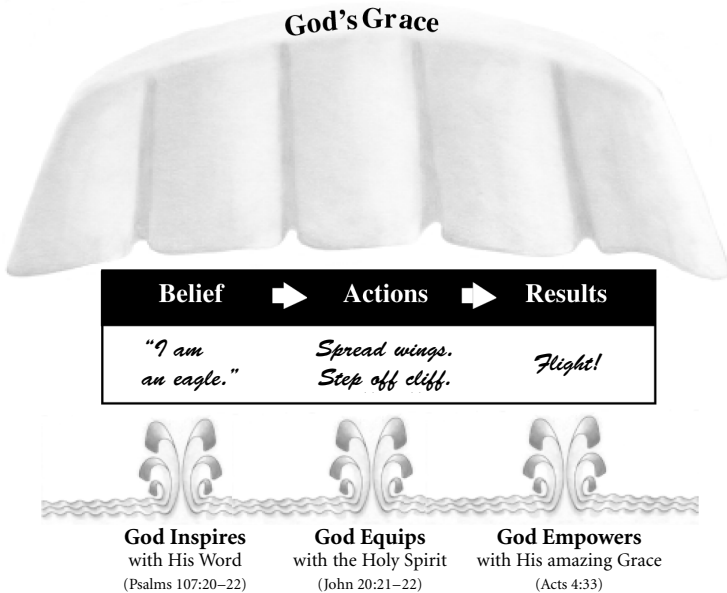


figure 14–1

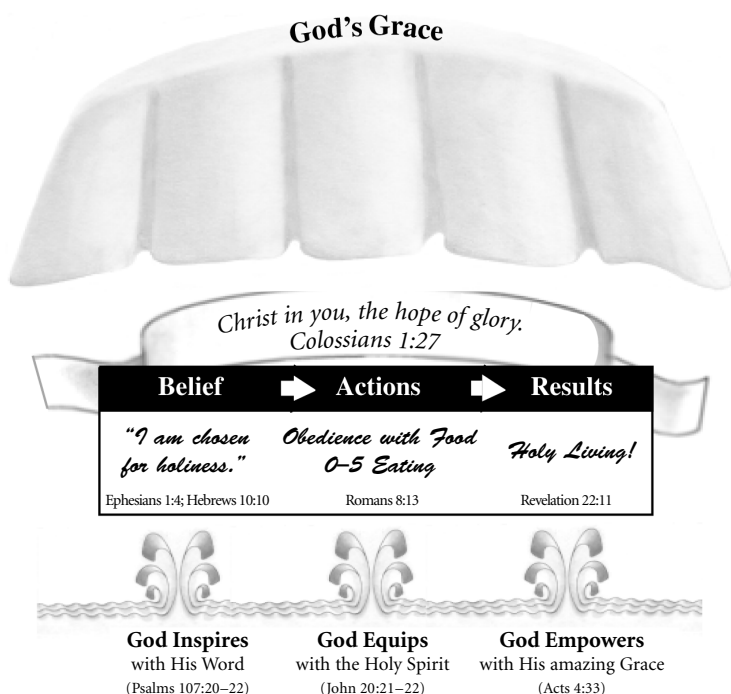


figure 14–2

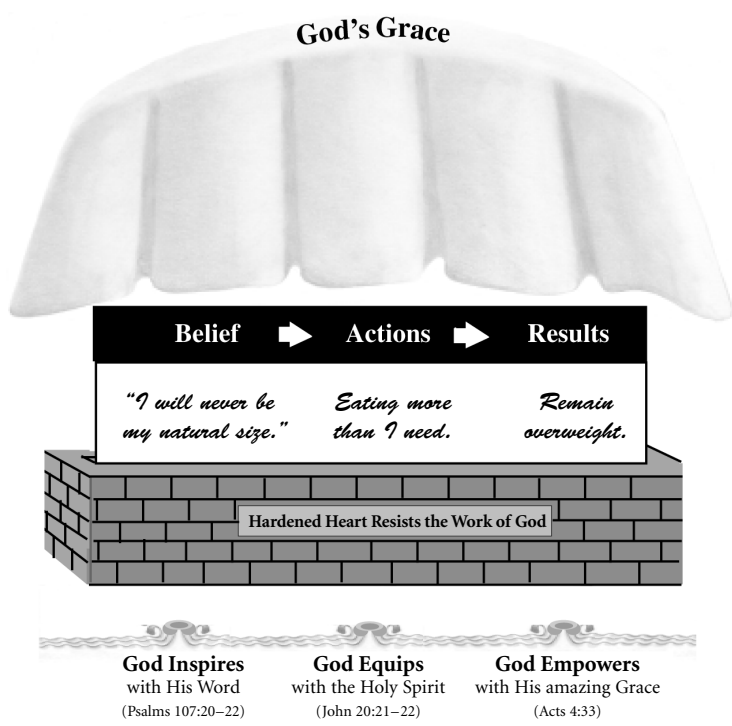


figure 14–3

God's Grace



Belief



Actions



Results

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Hardened Heart Resists the Work of God



God Inspires
with His Word
(Psalms 107:20–22)

God Equips
with the Holy Spirit
(John 20:21–22)

God Empowers
with His amazing Grace
(Acts 4:33)

figure 14–4

God's Grace



Belief



Actions



Results

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



God Inspires
with His Word
(Psalms 107:20–22)

God Equips
with the Holy Spirit
(John 20:21–22)

God Empowers
with His amazing Grace
(Acts 4:33)

figure 14–5

***Thin Within* Food Log**

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

***Thin Within* Observations and Corrections Chart—Day 14**

Observations	Day 14
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY FIFTEEN



Prevailing in the Pardon, Provision, Presence, and Power of God

Key	Did I use this key? Yes or No	Thoughts about how this key affected my meal experience
1. Eat only when my body is hungry.		
2. Reduce the number of distractions to eat in a calm environment		
3. Eat when I am sitting.		
4. Eat only when my mind and body are relaxed.		
5. Eat and drink the food and beverages that I enjoy.		
6. Pay attention to my food while eating.		
7. Eat slowly, savoring each bite.		
8. Stop before my body is full.		

***Thin Within* Food Log**

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

***Thin Within* Observations and Corrections Chart—Day 15**

Observations	Day 15
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	



Victorious over Adversaries

Thin Within Food Log

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

Thin Within Observations and Corrections Chart—Day 16

Observations	Day 16
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY SEVENTEEN



The Grandeur of Gratitude

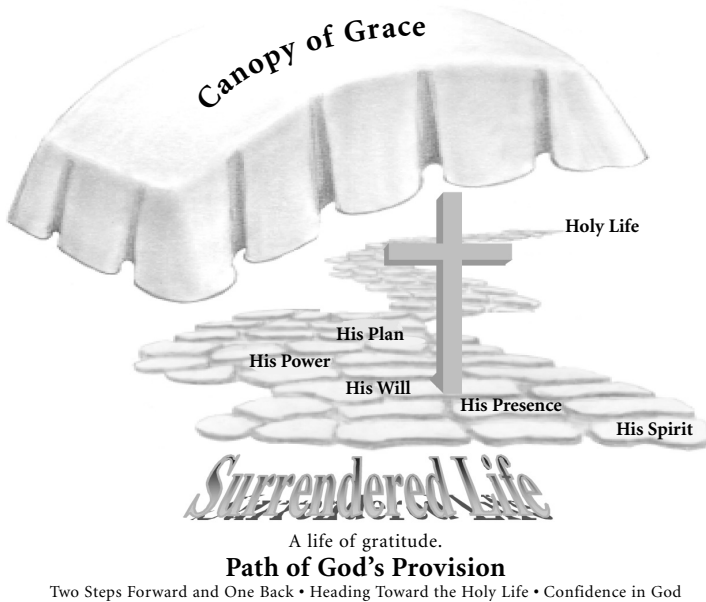
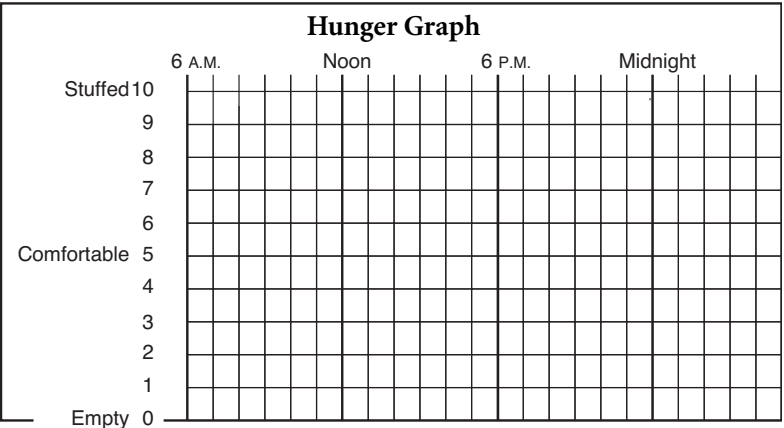
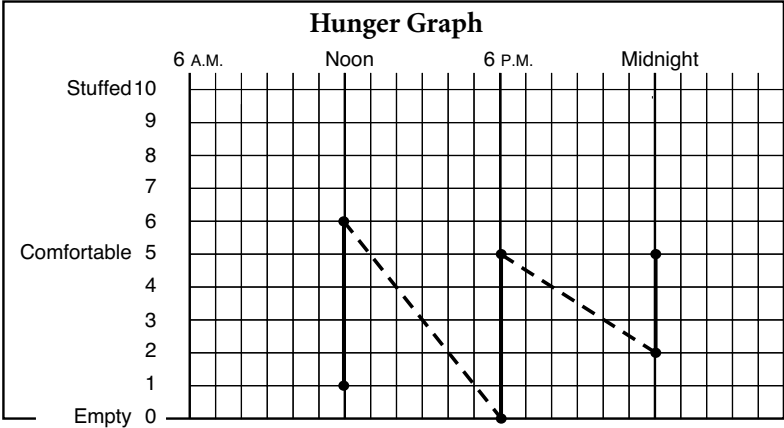


figure 17-1



***Thin Within* Food Log**

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

***Thin Within* Observations and Corrections Chart—Day 17**

Observations	Day 17
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

Hunger Graph

6 A.M. Noon 6 P.M. Midnight

Stuffed 10
9
8
7
6
Comfortable 5
4
3
2
1
Empty 0

***Thin Within* Food Log**

Hunger # before Eating	Time	Items/ Amount	Rate: Total Rejects (0) Pleasers (10)	Hunger # after Eating

***Thin Within* Observations and Corrections Chart—Day 18**

Observations	Day 18
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

Hunger Graph

6 A.M. Noon 6 P.M. Midnight

Stuffed 10
9
8
7
6
5 Comfortable
4
3
2
1
Empty 0

[illegible]

***Thin Within* Observations and Corrections Chart—Day 19**

Observations	Day 19
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

***Thin Within* Food Log**

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

***Thin Within* Observations and Corrections Chart—Day 20**

Observations	Day 20
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY TWENTY-ONE



Resisting No More

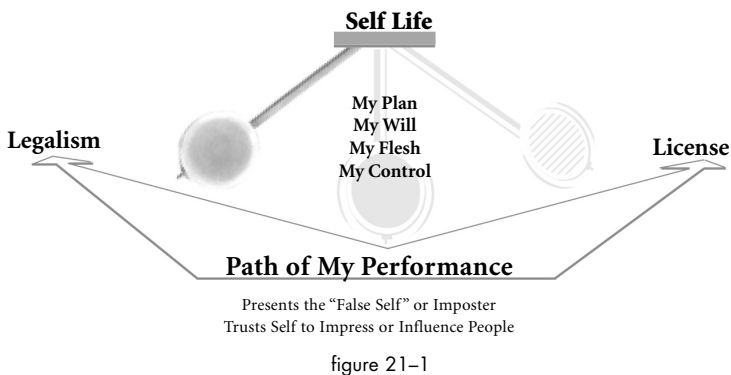
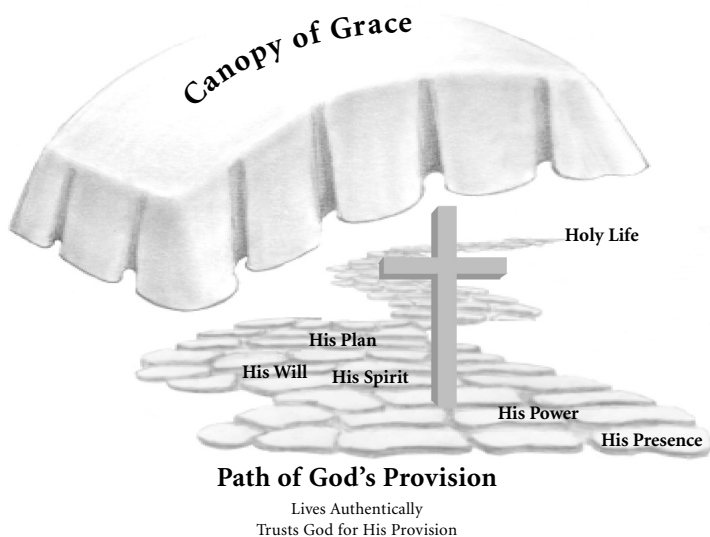


figure 21-1

***Thin Within* Food Log**

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

***Thin Within* Observations and Corrections Chart—Day 21**

Observations	Day 21
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

Hunger Graph

6 A.M. Noon 6 P.M. Midnight

Stuffed 10
9
8
7
6
Comfortable 5
4
3
2
1
Empty 0

[illegible]

***Thin Within* Observations and Corrections Chart—Day 22**

Observations	Day 22
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY TWENTY-THREE



Confident of His Touch: Part 2

Negative Thoughts to Replace	Positive Thought to Replace It
I can't seem to stop at a 5 on the hunger scale. I am just a hopeless failure.	The hunger graph is a tool to help me to observe and correct. I will press on and pray for God's power to equip me to observe and correct, to repent at those times when I am willful. I know I am <i>not</i> a hopeless failure. Today with Christ I will do it. Philippians 4:13
<i>Your turn:</i>	

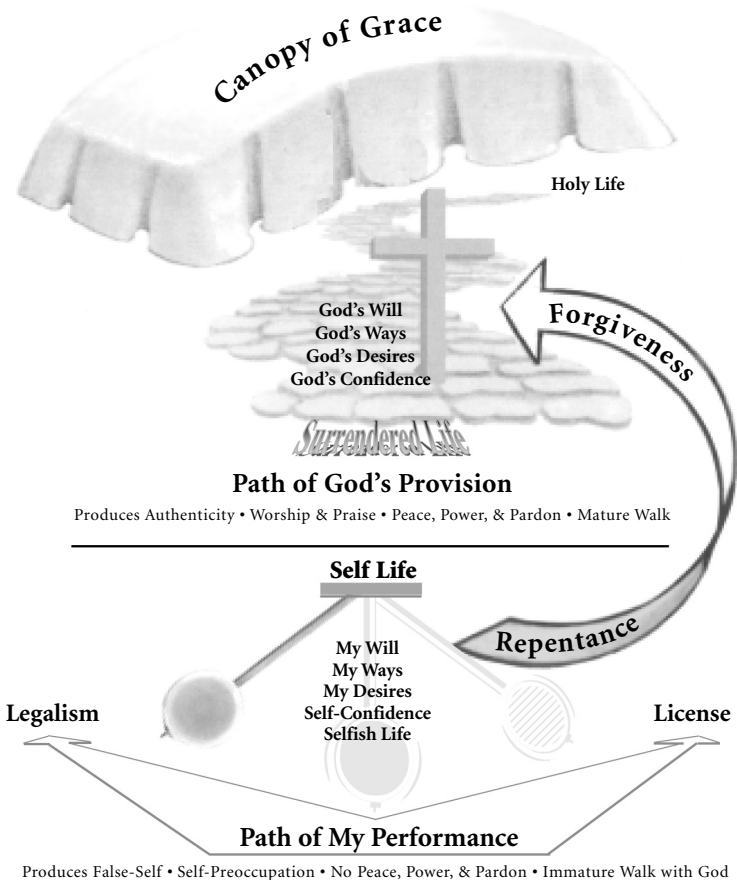
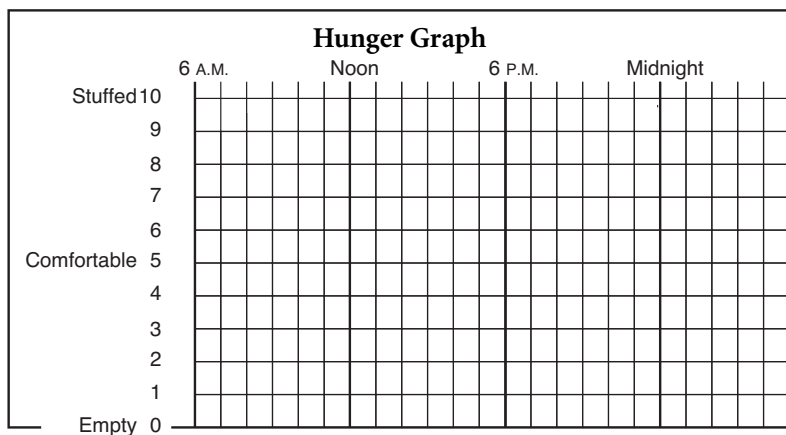


figure 23-1



Thin Within Food Log

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

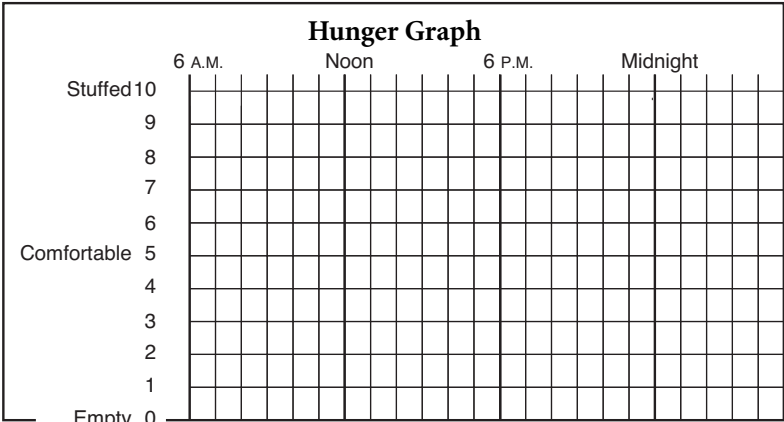
Thin Within Observations and Corrections Chart—Day 23

Observations	Day 23
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY TWENTY-FOUR



To Run and Not Grow Weary



Thin Within Food Log

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

Thin Within Observations and Corrections Chart—Day 24

Observations	Day 24
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY TWENTY-FIVE



Broadening Godly Boundaries

Potential Obstacles	Creative Solutions
Every child has a different pleaser.	
My husband comes home and wants to eat and I'm not at a 0 yet.	

Potluck

Potential Obstacles	Creative Solutions
Abundance of food.	
Too many varieties to choose from.	
Worry about what people will think of me if I eat too little or too much.	

***Thin Within* Observations and Corrections Chart—Day 25**

Observations	Day 25
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	



The Adventure of His Abundance

Satisfaction	Gratification
1. Comes from within. It is a state of the heart that is at peace with our Maker. God's ample provision puts an end to a need and provides sustained heart and soul satisfaction.	1. Comes from outside of ourselves. Anything that we seek to satisfy our hungry hearts, that affords only temporary pleasure. The need remains. (Romans 13:14; Galatians 5:16)
2. Comes from a personal relationship with a risen Christ and a correct view of ourselves through God's eyes. a. My body is the temple of the Holy Spirit. I am not my own. I was bought at a price. (1 Corinthians 6:19–20) b. Keeping our commitments by the grace of God at work within me. (Numbers 30:2) c. Doing the best job we can do. (1 Corinthians 10:31) d. Be willing to surrender our will and rights. (Philippians 3:2–8) e. Pressing beyond our comfort zone. Allowing God to use us for His purposes. (Romans 9:20–21)	2. Comes from a temporary or immediate pleasure. (2 Timothy 2:2–7) a. Movies b. Manicure c. Food/drink d. TV e. Spectator sports f. Shopping g. Etc.
3. Earned by Christ and given to us through Him. (Colossians 2:9–10)	3. Not earned. (Ephesians 2:3)

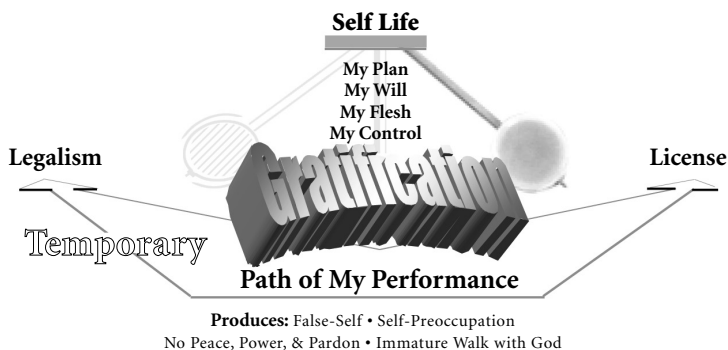
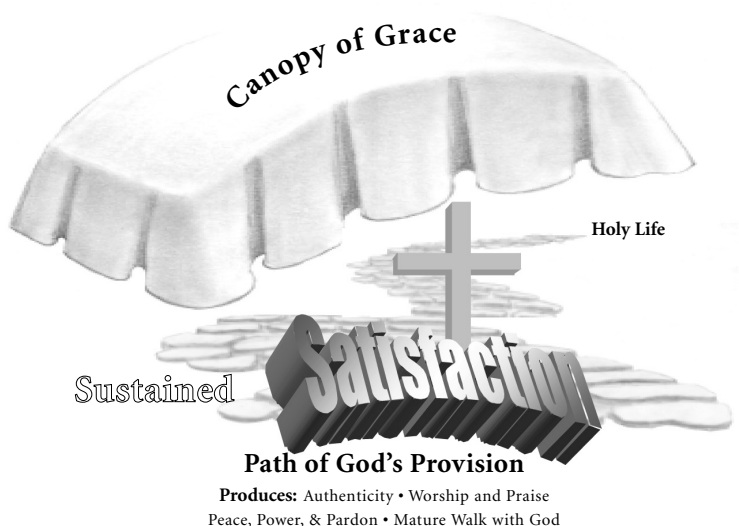
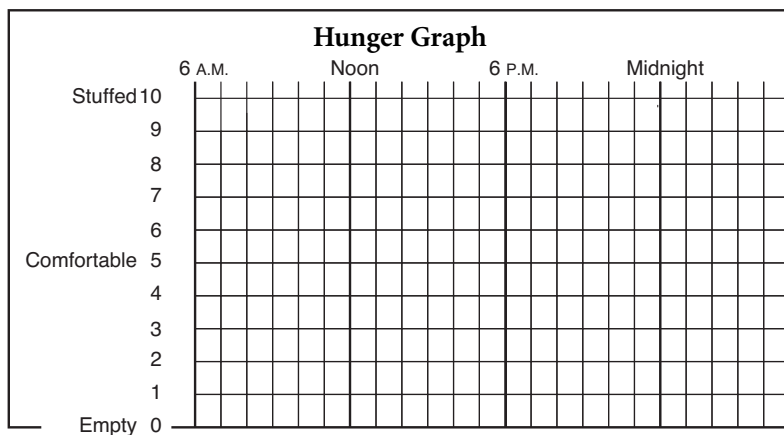


figure 26-1



***Thin Within* Food Log**

Hunger # before Eating	Time	Items/Amount	Hunger # after Eating

***Thin Within* Observations and Corrections Chart—Day 26**

Observations	Day 26
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

DAY TWENTY-SEVEN



Complete in His Tenderness: Part 1

Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 A.M.							
7 A.M.							
8 A.M.							
9 A.M.							
10 A.M.							
11 A.M.							
Noon							
1 P.M.							
2 P.M.							
3 P.M.							
4 P.M.							
5 P.M.							
6 P.M.							
7 P.M.							
8 P.M.							
9 P.M.							

Calendar Rewrite

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 A.M.							
7 A.M.							
8 A.M.							
9 A.M.							
10 A.M.							
11 A.M.							
Noon							
1 P.M.							
2 P.M.							
3 P.M.							
4 P.M.							
5 P.M.							
6 P.M.							
7 P.M.							
8 P.M.							
9 P.M.							

***Thin Within* Observations and Corrections Chart—Day 27**

Observations	Day 27
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

Hunger Graph

The graph is a grid with 20 columns and 10 rows. The vertical axis is labeled with numbers 0 through 10. The horizontal axis is labeled with '6 A.M.', 'Noon', '6 P.M.', and 'Midnight'. The grid lines are spaced evenly across the graph area.

	6 A.M.	Noon	6 P.M.	Midnight
Stuffed 10				
9				
8				
7				
6				
Comfortable 5				
4				
3				
2				
1				
Empty 0				

[illegible]

***Thin Within* Observations and Corrections Chart—Day 28**

Observations	Day 28
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

0	1	2	3	4	5	6	7	8	9	10
Empty					Comfy					Stuffed

12. At what point on the gauge do you usually stop eating?

0	1	2	3	4	5	6	7	8	9	10
Empty			Comfy					Stuffed		

What are your current concerns? Rate each item listed below.

13. Spending too much time worrying about my weight or eating behavior

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

14. Weighing frequently

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

15. Anorexia Nervosa

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

16. Bulimia

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

17. Disliking my body

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

18. Thinking too much about food

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

19. Snacking (between meals or at night)

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

20. Alcoholic beverages

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

21. Cigarettes

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

22. Feeling guilty about what I eat

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

23. Not caring at all about what I eat

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

24. Eating out of stress or boredom

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

25. Social eating (parties, restaurants)

0	1	2	3	4	5	6	7	8	9	10
Serious Problem									No Problem	

In general, how do you rate your life in the following areas?

26. Health

1	2	3	4	5	6	7	8	9	10	
Poor									Excellent	

27. Energy level

0	1	2	3	4	5	6	7	8	9	10
Low									High	

28. Physical activity

0	1	2	3	4	5	6	7	8	9	10
Sedentary									Extremely Active	

29. Productivity

0	1	2	3	4	5	6	7	8	9	10
Low									High	

30. Job satisfaction (consider student or housewife as a job)

0	1	2	3	4	5	6	7	8	9	10
Unsatisfying									Very Satisfying	

31. Close relationships (friends)

0	1	2	3	4	5	6	7	8	9	10
Unsatisfying									Very Satisfying	

32. Family relationships

0	1	2	3	4	5	6	7	8	9	10
Unsatisfying									Very Satisfying	

33. Sex life

0	1	2	3	4	5	6	7	8	9	10
Unsatisfying									Very Satisfying	

34. Ability to speak up for what I want

0	1	2	3	4	5	6	7	8	9	10
Difficult									Easy	

35. Level of self-esteem

0	1	2	3	4	5	6	7	8	9	10
Low									High	

***Thin Within* Observations and Corrections Chart—Day 29**

Observations	Day 29
1. I ate when my body was hungry.	
2. I ate in a calm environment by reducing distractions.	
3. I ate when I was sitting.	
4. I ate when my body and mind were relaxed.	
5. I ate and drank the things my body enjoyed.	
6. I paid attention to my food while eating.	
7. I ate slowly, savoring each bite.	
8. I stopped before my body was full.	

11. I feel that God is angry with me.

1 2 3 4 5 6 7 8 9 10
Never Always

12. God cares about how I feel.

1 2 3 4 5 6 7 8 9 10
Never Always

13. I feel that God is reliable and trustworthy in my life.

1 2 3 4 5 6 7 8 9 10
Never Always

14. I fear releasing my life completely to God.

1 2 3 4 5 6 7 8 9 10
Never Always

15. God seems so distant.

1 2 3 4 5 6 7 8 9 10
Never Always

16. I think God cares about my body and food issues.

1 2 3 4 5 6 7 8 9 10
Never Always

17. I know God is there when I pray.

1 2 3 4 5 6 7 8 9 10
Never Always

18. I think God forgives me.

1 2 3 4 5 6 7 8 9 10
Never Always

19. I feel that I can confide in God.

1 2 3 4 5 6 7 8 9 10
Never Always

20. I am aware of how God sees me, and I live my life accordingly.

[illegible]

21. I feel accepted and loved unconditionally by God.

1 2 3 4 5 6 7 8 9 10
Never Always

22. I enjoy experiencing God's presence when I pray.

1 2 3 4 5 6 7 8 9 10
Never Always