

FLESH MACHINERY LOG

The Flesh Machinery Log allows you to identify reasons why you eat before reaching 0 or eat beyond a 5. Your reason, for example, might be "I paid for it so I should eat all of it" or "It is lunch time so I need to eat." Use this tool to discover the real reasons that you eat outside the boundaries of hunger and satisfaction.

Example:

Flesh Machinery in Me	"I deserve a treat. It has been a hard day."
Flesh Machinery in Others	"Mom says I need three square meals a day."
Flesh Machinery in Media	"You deserve a break today."

FLESH MACHINERY LOG	
Flesh Machinery in Me	
Flesh Machinery in Others	
Flesh Machinery in Media	

www.thinwithinonline.com/tools

Reference: Wardell, Judy. Thin Within. Crown Publishers, Inc., 201 East 50th Street, New York, New York 10022. Copyright © 1985. Pg. 52-53.