

*Being free of fear is not a matter of never feeling it, but of not being flattened when we do. We can feel it and know it is a natural phenomenon, also an impermanent one, which will have its say and be gone.*

*—David Guy, “Trying to Speak: A Personal History of Stage Fright”*

The same can be said for any emotion considered negative including guilt. Too often we feel guilty for eating something we have decided we shouldn't eat. Guilt brings us down and makes us feel like we have failed, which increases stress and makes weight loss even more difficult.

Changing the way you think about food will enable you to free yourself from guilt.

Food is neither good nor bad it. It just is. The questions to ask yourself are:

1. Do I like the way I feel when I eat this food?
2. Do I like the person I am when I eat this food?
3. Do I like how I spend my time when I eat this food?

Food can affect energy levels and moods. How we process food can create unpleasant symptoms or cause them to disappear.

There is no need to feel guilty about eating or not eating anything. That is our choice. If we do not like the results of that choice, we can decide to eat differently at our very next meal. Do not let what happened in the past pull you down in the present. Learn from the experience and move on.

The sooner you are willing to let go of guilt, the sooner you will take back your power.

