



## **Become A Conscious Eater**

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How does Voice Dialogue help someone who is trying to lose weight? It is a method that lets you experience the different selves that live within you.

Certain inner selves have the job of keeping you safe and secure in the status quo of the familiar. The Unconscious-Eater Selves do just that. They keep you either stuck without any change at all, or they shift back and forth between the dieting selves and the eating selves, so you feel like you're changing, but in fact, you still stay in the status quo.

Have you ever heard the saying -- Diet's don't work! This is because once the dieting selves help you lose some weight, the eating selves come in and gain it back, because they are more concerned about safety and security than they are about change.

When you can access the Unconscious Eater Selves in a Voice Dialogue session, you'll benefit from getting to know them, learn to appreciate them, and be able to separate from them so you can open to some new selves that you'll need to become a Conscious-Eater.

In a Voice Dialogue session, you will work with a pair of opposite selves, meeting one and then the other so you can develop a bridge between them that is called an Aware Ego process. You'll know you are accessing your Aware Ego capacity when you can inhabit the space between opposite inner selves, feeling and understanding both sides of yourself, yet not identifying completely with either side.

When you are in an Aware Ego process, you will be able to choose which inner self you want to favor, without leaving the other side out. This does not necessarily mean pleasing both sides, but finding a way to live with, and consciously carry the disappointment of the side that doesn't get its way with you. On some occasions, you might even blend the two different selves, taking aspects from each side to create a choice for yourself that is a compromise.

My working style as a therapist varies, depending on the individual wants and needs of the client, but for deep, comprehensive and lasting change with this issue, it is very helpful to work with each pair of opposites that is listed below.

Working with these different selves and developing an Aware Ego process that can "hold" their opposing energies are key to becoming a Conscious Eater.

~ Status Quo ~

**UNCONSCIOUS EATING SELVES**

1. Protector of the Status Quo
2. Personal
3. Emotional Eater
4. Carefree Self
5. Nutritional Ignorance/Dictator
6. Exercise Avoider/Extremist
7. Inner Critic
8. Inner Rebel
9. Diet Police
10. Negative

The  
**Aware Ego process**

stands between  
the different  
pairs of opposites  
and keeps their  
energy separated  
so choices  
can be made  
that will create  
the preferred  
outcome.

~ Change ~

**CONSCIOUS EATING SELVES**

1. Spokesperson for Change
2. Impersonal
3. Inner Nurturer
4. Loyal Activist
5. Nutritional Guide
6. Exercise Ally
7. Inner Teacher
8. Team Player
9. Body Authority
10. Positive

1. There is the Spokesperson for Change that will offer you the ability to be aware of and articulate and remember what is motivating you to become a Conscious Eater. Is it for health reasons? For comfort reasons? For aesthetic reasons? For image reasons? For career reasons? For sexual reasons? For personal freedom reasons? For other reasons? It's opposite is the Protector of the Status Quo that is trying to help you stay safe and secure by staying the same.
2. There is the Impersonal Self that will offer you the ability to hold a boundary, with food, with people, and even with other inner selves. It's opposite is the Personal Self that is open and available and unable to say "No".
3. There is the Inner Nurturer that will offer you the ability to hold and self-nurture yourself as you feel and process your emotional pain. It's opposite is the Emotional Eater that eats to avoid the feelings by self-comforting with food.
4. There is the Loyal Activist that will offer you the ability to plan ahead to prepare or purchase snacks and meals, write in your food journal, get to the gym, etc. The opposite is the Carefree Self that is light and airy and keeps you from taking anything too seriously.
5. There is the Nutritional Guide that will offer you the ability to help yourself make healthy nutritional choices. It's opposite is the Nutritional Ignorance or Nutritional Dictator, depending on the person.
6. There is Exercise Ally that will offer you the ability to support your health needs through exercise. It's opposite is the Exercise Avoider or Exercise Extremist, depending on the person.

7. There is the Inner Teacher that will offer you the ability to access a deeper wisdom to guide yourself as a unique individual. It's opposite is the Inner Critic that is requiring a standard that is oftentimes unreasonable, unattainable and based on social norms.
8. There is the Team Player that will offer you the ability to join the group of selves that support weight-loss. It's opposite is the Inner Rebel that helps you to protect your individuality by not following the authority of others.
9. There is the Body Authority that will offer you the ability to connect with the body's innate wisdom and learn to eat intuitively when you feel body hunger, stop when you feel body fullness and make food choices that agree with your body's desire for pleasure & satisfaction. It's opposite is the Diet Police that makes a point of critically monitoring what you eat based upon some outside authority.
10. There is the Positive Self that will offer you the ability to positively support and encourage yourself during the process of change. It's opposite is the Negative Self that fuels discouragement and defeat, both emotions that can trigger over-eating.

Voice Dialogue can help you discover and cultivate these Conscious Eater Selves so you can stay on track to reach and sustain your health goals. It can help you separate from the status quo and open to some new inner selves that want to help you. And with an Aware Ego process activated, you will be able to manage the dynamic pull between the old and the new, and become what you have desired.