

Are You **Fed UP?**

An ILLUSTRATED Guide to
≡ Creating YOUR OWN ≡
ILLUSTRATED Guide to
Food Freedom
(or AN[^]YTHING)

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Tell your own Food Story

If you are a human being living on Planet Earth 🌍
You have a Relationship with Food 🥕🍔🍪🍌
...and if you grew up in the Western World, that relationship
has likely been influenced by ~~DIET~~ DIET CULTURE. 🤪
One way to RECLAIM our Food Narrative is to
take a **BOLD** & honest LOOK at the beliefs &
thoughts we CURRENTLY HOLD, doing our BEST to
NON-JUDGMENTALLY **WELCOME** whatever arises.

Let's start by JOURNALING ♡♡

- ♡ Get into a quiet, safe space free from interruptions.
- ♡ Set a timer for 30 minutes and start WRITING, Stream-of-consciousness, without STOPPING.

- ♡ Let YOUR mind/hand wander, but FOCUS on answering:

“What feels **STICKY** about my Relationship with Food?”

What was it like growing up?

How do I think I “SHOULD” Eat?

Do my thoughts about food & my Body make me Feel YUMMY or YUCKY?



Feel free to write LONGER than 30 mins



If You Prefer SPEAK your Stream of consciousness, you can PLAY with recording a voice note or using voice to text software.



Reminder: You are COURAGEOUS to be doing this!! Be kind to yourself

Select a High^{or LOW}Light

Once You have appropriately Celebrated[🎉] Yourself for your COURAGEOUS journaling...

♡ Go back and Read what you WROTE
(with an open heart & NON-judgmental eyes ♡)

♡ Highlight or underline any images or phrases that feel significant to you ✎

♡ Circle one image or phrase that you'd like to explore more by Drawing it ✎

Maybe it's an aspect of your relationship with Food that's CONFUSING...

Maybe it's an OLD BELIEF that NO Longer feels TRUE...

Or a new Realization that REALLY Resonates...

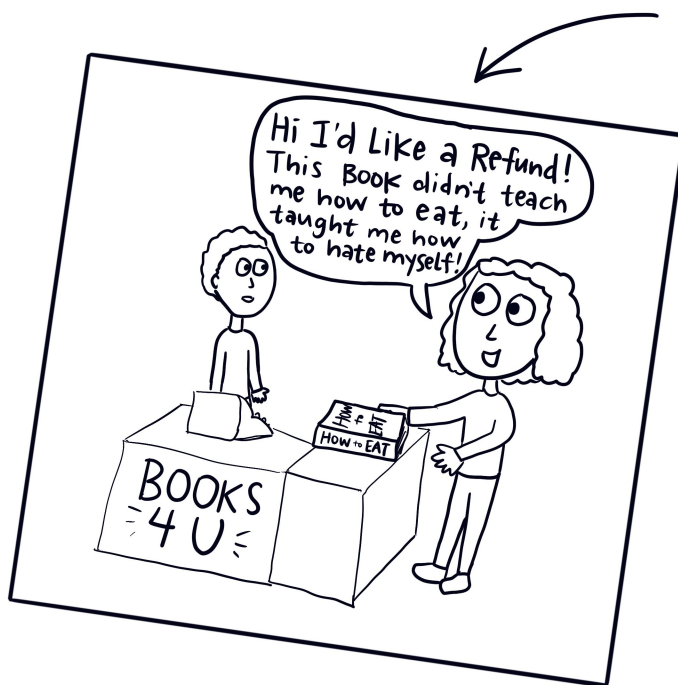
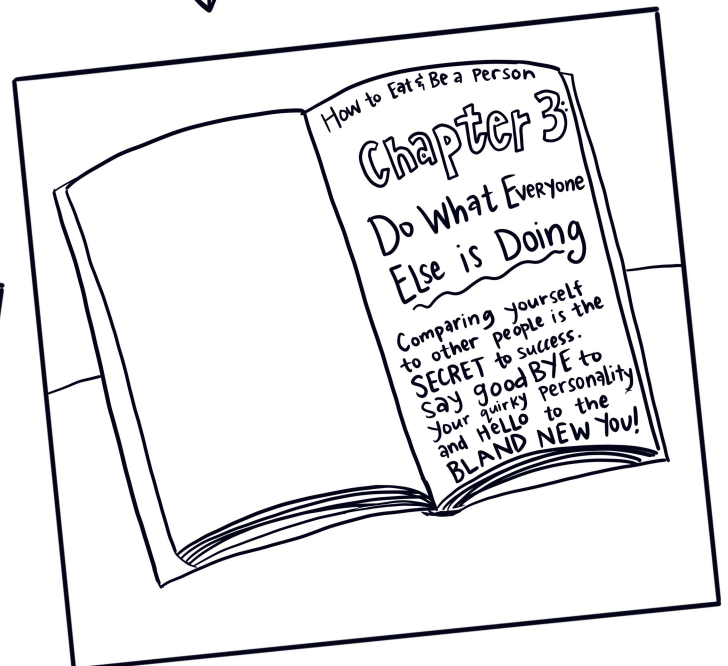
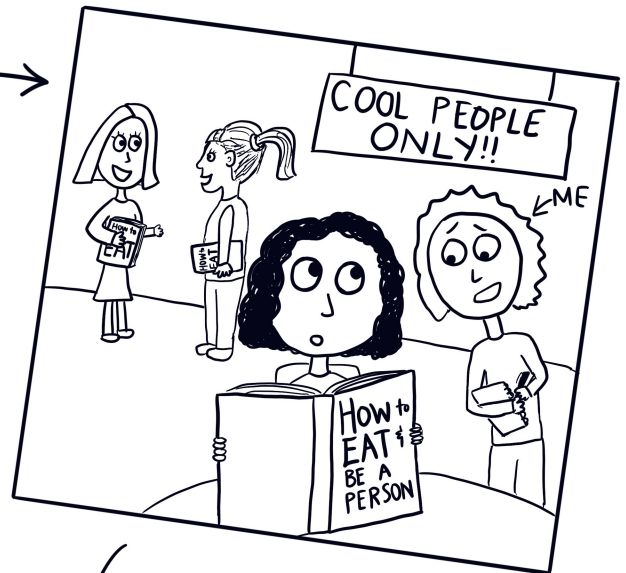
Reminder:

♡ There is NO WAY you could possibly get this wrong ♡

○ Okay here I go...30 minutes of writing about my relationship with food. Yikes. I already feel like I'm doing this wrong. Actually that's a good way to describe how I feel about food—it feels like other people have the RIGHT ANSWERS about how to eat *Healthy* and I'm in a PERPETUAL STATE of DOING it WRONG. Like all of the people I follow on Instagram were given a "HOW TO EAT" manual and I'm here trying to sneak a peek. I've always felt this way—assuming other people know better than my body does about how I should eat...and how I should be living my LIFE for that Matter. UGH!! This is embarrassing to admit, I want to Stop Writing!! Nope. The timer didn't go off yet. Sit in the discomfort. Write through the discomfort. There is NO WAY to get this wrong, this is MY Stream of consciousness... this is MY LIFE! No one else knows what it feels like to be ME, so why would they know how I should eat?!

Play around with Drawing

Okay here I go...30 minutes of writing about my relationship with food. Yikes. I already feel like I'm doing this wrong. Actually that's a good way to describe how I feel about food—it feels like other people have the RIGHT ANSWERS about how to eat "Healthy" and I'm in a PERPETUAL STATE of DOING it WRONG. Like all of the people I follow on Instagram were given a "HOW TO EAT" manual and I'm here trying to sneak a peek. I've always felt this way—assuming other people know better than my body does about how I should eat...and how I should be living my LIFE for that Matter. UGH!! This is embarrassing to admit, I want to Stop Writing!! Nope. The timer didn't go off yet. Sit in the discomfort. There is NO way through the discomfort. There is NO way to get this wrong, this is MY stream of consciousness...this is MY LIFE! No one else knows what it feels like to be ME, so why would they know how I should eat?!



Bonus Prompts

Perhaps nothing stands out that you'd like to process by drawing
OR MAYBE you'd like more STRUCTURE for unpacking your
NUANCED Relationship With Food. Here are some ideas
to get your creative juices flowing through Writing and/or drawing~

Draw a Food you're
afraid of eating.



What is it
saying?

What would a conversation
LOOK LIKE Between your...



mind & body?

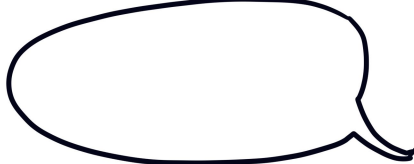
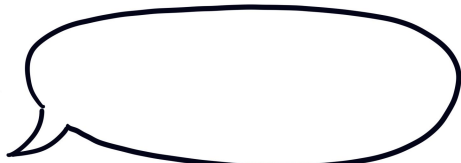


heart & mind?

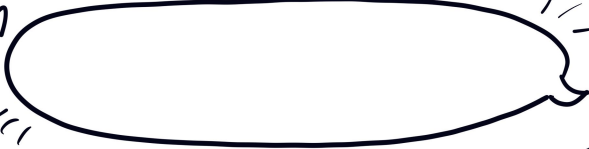


body & heart?

Here's a conversation
or Memory that keeps
playing over & over
in my mind:



... And here's how I wish I could
REWRITE it:



My earliest memory involving
FOOD or my BODY IMAGE was:

Here's my Box of Discomfort full
of things I want to shine a Light on:



If Diet Culture were a Villain in a
Story, who would be the HERO?

Write a Letter to your past self,
telling them EVERYTHING you wish
they knew then~

Write a Letter to your FUTURE
Self asking for guidance & a Letter
FROM your future Self with a Reply~

♥ Reminders ♥



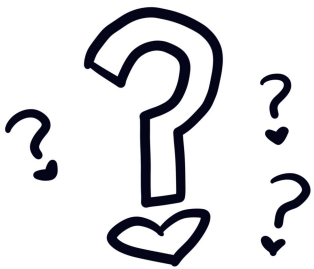
Follow the FUN

If you try an exercise & it doesn't resonate with you, but it gives you an idea of what WOULD resonate with you, do THAT!

It's about the **PROCESS**,
NOT the **OUTCOME**.



There is **NO WAY** to get this **WRONG** or **RIGHT**.
This **WORK** is about getting to know ourselves even
Better & untangling whatever feels **MESSY** inside of us.



PLAY the **ROLE** of a **LOVING**,
NON-JUDGMENTAL observer♥

Let gentle **CURIOSITY** run the show.

You are **NOT** alone.



One reason I **LOVE** writing & drawing is
because they are ways to **TRANSLATE** my inside feelings into
Something I can share outwardly. Ironically, the times I've felt most
ALONE are when I've been struggling with something **COUNTLESS**
others **ALSO** struggle with (and likely feel alone themselves). While these
exercises are for **YOU** first & foremost, perhaps you will feel inspired to share your
drawings with friends or *the world* to remind others **THEY** are not alone.
If you share on Instagram, I would LOVE to see & share your
story♥, simply tag **@TheFedUpBook**. On behalf of everyone, **THANK YOU**♥

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