

## **NONCOMPLIANCE EXCUSES**

Please check all of the following excuses that you think apply to your eating. Feel free to be creative if none of the following are suitable.

### **EMOTIONAL EXCUSES**

- 1. I'm bored.
- 2. I'm stressed out.
- 3. I'm sad.
- 4. I'm happy.
- 5. I'm mad.
- 6. I'm tired. I need energy.
- 7. I forgot I'm working on managing my weight.
- 8. I have too much free time.
- 9. I'm tired of watching what I what I eat all the time.
- 10. I feel sorry for myself and decided to give myself a lift with food.
- 11. I deserve to eat because I've been really good.

### **PHYSICAL EXCUSES**

- 12. My body needs it.
- 13. My brain needs it.
- 14. My period is due/ just over/ovulating.
- 15. My clothes aren't that tight.
- 16. I had a bad hair day.
- 17. I have to donate blood.
- 18. I take medicine.
- 19. I'll burn it off later.
- 20. I exercised today.
- 21. I've taken my weight for granted because I've kept it off for a while now.
- 22. I'm sick.
- 23. My stomach is upset and I'll feel better if I eat something.
- 24. I have a slow metabolism.

### **LIFESTYLE EXCUSES**

- 25. I don't have time to think about it.
- 26. I don't have time to plan meals.
- 27. I don't have time to cook meals.
- 28. I don't have time to sit down and eat.
- 29. I don't have time to do it right.
- 30. I don't have anyone else to cook for.
- 31. I travel and you can't eat right on the road.

## **SOCIAL EXCUSES**

- \_\_\_\_\_ 32. It's the weekend.
- \_\_\_\_\_ 33. It's a holiday and I'll diet next week.
- \_\_\_\_\_ 34. I'm going out to eat.
- \_\_\_\_\_ 35. I'm mad at my spouse/partner.
- \_\_\_\_\_ 36. My spouse/partner made me do it by making me feel guilty.
- \_\_\_\_\_ 37. My kids/grandkids are driving me crazy.
- \_\_\_\_\_ 38. I have to care for elderly parents.
- \_\_\_\_\_ 39. I was on vacation.
- \_\_\_\_\_ 40. You have to eat popcorn at the movie, it's part of the entertainment.
- \_\_\_\_\_ 41. It's a party.
- \_\_\_\_\_ 42. I don't want to hurt the host/hostess's feelings.

## **CONSUMPTION EXCUSES**

- \_\_\_\_\_ 43. It called to me.
- \_\_\_\_\_ 44. I had to have it.
- \_\_\_\_\_ 45. It tastes soooo good.
- \_\_\_\_\_ 46. It looks good.
- \_\_\_\_\_ 47. Because it's there, I can't leave it alone.
- \_\_\_\_\_ 48. I don't want any leftover food.
- \_\_\_\_\_ 49. If I don't eat it, it will go bad.
- \_\_\_\_\_ 50. I'll do myself a favor and get rid of it.
- \_\_\_\_\_ 51. I ate too much at lunch so I won't eat dinner.
- \_\_\_\_\_ 52. I was really hungry and didn't eat enough during the day.
- \_\_\_\_\_ 53. I had to get it out of my system and now I'll be "good."
- \_\_\_\_\_ 54. A little extra won't hurt me.
- \_\_\_\_\_ 55. It's only a sample. How bad can that be?
- \_\_\_\_\_ 56. I'm not recording this so it doesn't count.
- \_\_\_\_\_ 57. It's not at a mealtime, it doesn't count.
- \_\_\_\_\_ 58. I love \_\_\_\_\_, then I eat it and I feel guilty so what's the difference?
- \_\_\_\_\_ 59. When I make \_\_\_\_\_ I have to have some to make sure it turns out as good as it did in the past.
- \_\_\_\_\_ 60. When I drink alcohol, I munch.
- \_\_\_\_\_ 61. Brown food tastes better than green food.
- \_\_\_\_\_ 62. I bought it for my spouse/partner/kids.
- \_\_\_\_\_ 63. I'm not sure if I like it so I better have some more.
- \_\_\_\_\_ 64. I always eat in front of the TV.
- \_\_\_\_\_ 65. It doesn't matter what I eat, I can't lose weight.
- \_\_\_\_\_ 66. It doesn't matter; I just gain it all back anyway.