

Choice – Part 2

As we learn how to work effectively, balance time efficiently, and manage our priorities, our mind becomes more clear and present. We feel more comfortable when buying, preparing, and eating healthy food. We also enjoy sharing ourselves with friends and relatives. We see that our healthy sexual and emotional relationships are growing. We also notice feeling more present in our body and with our needs. We feel good in our own skins and with sharing our feelings. Our lives are expanding. We are now able to make the right choices and find balance.

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How The Brain Chooses

– Like Nesting Dolls, what looks like one thing is actually a complex neurological process

1 Genes/Epigenetics

2 Reward system

3 Memory

4 Stress system

5 Choice



- Choice is a complex neurological process
- is a result of previous 4 levels
- Genes alone, mostly, don't determine choice
- levels 1-5 learnt throughout life including before birth

Contributing factors

- Ill-health – physical or mental
- Physical or emotional trauma
- Brain trauma (physical, pre-birth, toxins, emotional)
- Diet and digestion