

WHAT'S *your* Diet Type?

Use the Power of Your Personality to Discover
Your Best Way to Lose Weight

Heather K. Jones, RD

Welcome!

I'm thrilled you're interested in your Diet Type, and discovering how your personality affects the way you eat, exercise and approach weight loss.

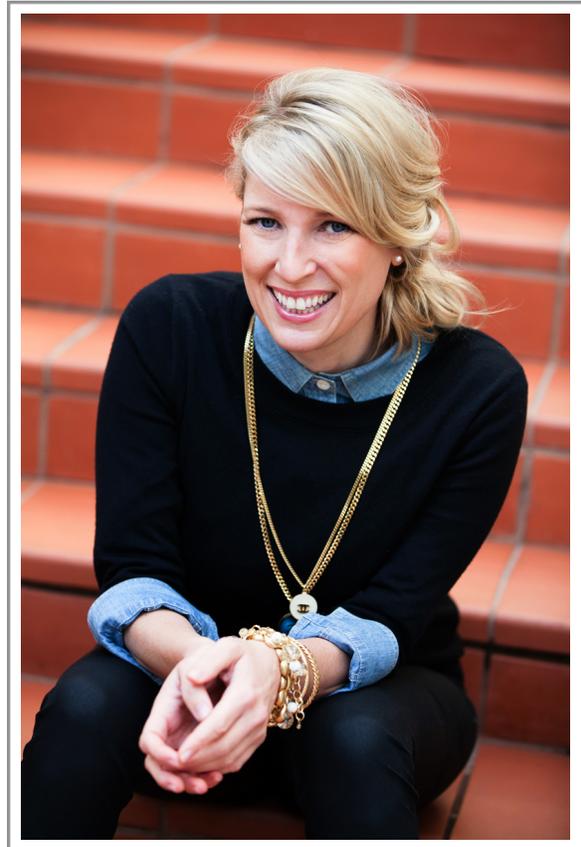
Knowing who you are is the most important information you can have when it comes to losing weight, eating healthy and changing your lifestyle forever.

Based on the popular personality-typing system, the Myers-Briggs Type Indicator®, the Diet Type insights will help you identify your weight loss strengths and weaknesses, which will help you more effortlessly reach your goals.

I have empowered thousands of women to build healthy lives they love using their inborn strengths, and I would be honored to help you do the same.

With health & happiness,

Heather



About the Author, Heather K. Jones

Heather K. Jones is a registered dietitian, a certified MBTI administrator, a health journalist and the author of several nutrition books. Specializing in weight management and behavior change therapy, Heather has spent the last 15 years assisting people who struggle with health and food issues.

She is a nutrition consultant for The Best Life Diet, a program based on the bestselling book by Bob Greene, Oprah's personal trainer, and she is the author of the *What's Your Diet Type?* eBook series, *The Salt Solution* (Rodale, 2011), written with the editors of Prevention Magazine, *Drop 5 Pounds* (Sterling, 2010), written with the editors of Good Housekeeping, and *2-Week Turnaround Cookbook* (Rodale, 2009).

She has also contributed to numerous health books including *The Life You Want* (Simon & Schuster, 2010), *The Best Life Diet Cookbook* (Simon & Schuster, 2008), and *Restaurant Confidential* (Workman, 2002).

Heather has had hundreds of articles published in healthy-living magazines, including SELF, Fitness, Redbook and more, and she is regularly featured as a nutrition expert in a variety of media outlets. She also spent seven years working for the Center for Science in the Public Interest (CSPI), and its award-winning newsletter, Nutrition Action Healthletter.

Foreword

Otto Kroeger

IF YOU'VE EVER BEEN DISCOURAGED about keeping your weight in control...if you've ever thought dieting successfully is a hopeless cause...if you've ever been over fed with the wrong food...if you are "fed up" with diet programs...if you are convinced that diets are intentionally made to be complicated and difficult just so you'll grow weary and fail...then this book is for you.

What's Your Diet Type? confronts, simplifies, and overcomes all these issues, and will give you the hope and encouragement you need to change your eating habits, drop pounds, and live healthfully. How? By helping you find a diet made just for your personality – yes: custom-made for your own unique personality.

As an expert on the Myers-Briggs Type Indicator® (MBTI®) and coauthor of four leading books on Type: *Type Talk*, *Type Talk At Work*, *16 Ways to Love Your Lover*, and *Personality Type and Religious Leadership*, I have travelled the world sharing my knowledge on personality and guiding people to an understanding of the way personality shapes everything they do. At presentations for personal and professional groups, I have enabled participants to tap into their own strengths and navigate their weaknesses, so they could achieve maximum success, no matter what their goal.

The power of personality applies to the goal of weight loss, too. Our personality is so integrated with how and what we eat that failure to engage our personality preferences when we try to control our weight sets us up for weight gain rather than weight loss. It is like someone who is right-handed being forced to use their left hand; the result is frustration and wasted effort.

This book in a refreshing and affirming way changes all that. In the first part of the book, a detailed overview of personality differences helps us understand what our own personal nuances are all about, and how they shape our lives. Then, Heather explains how you can create a tailor-made eating and weight loss plan that will work with your personal strengths and carefully work around your weaknesses.

As you look closer at your strengths, and build upon them, you will come to an even more powerful understanding of how your natural physical and psychological motivations influence your efforts at weight control. You will be reminded that strategies that may have helped a friend or mate may even work against you, because they work against your own personal attributes.

Though based on a rather complex personality system, Heather's free-flowing style is easy to follow, and she presents a variety of different dieting styles for each personality type. With encouragement and sensitivity, she is accepting of slip-ups, and, at the same time, presents strategies to help you get back on the path to success. With your efforts to link who you are to how you live – and that includes what you do and what you eat – and Heather's inspired tips and plans, you will attain your goal.

This book is just the partner you need on your journey towards good eating and healthy living habits – habits that work in sync with the unique individual that you are. You are what you eat, but you hold the power to decide how you eat, too.

Otto Kroeger

Introduction

Before we take a closer look at who you are, what your goals are, and how we will make reaching those goals an effortless part of your life, I'll tell you a little about myself.

I'm a registered dietitian, a Diet Feeler (more on this later), a Certified MBTI® Administrator, a health journalist, a published author, and a nutrition consultant for TheBestLife.com, based on the best-selling *The Best Life Diet* by Bob Greene (Oprah Winfrey's personal trainer).

While I'm proud of each of these accomplishments, it's really my history, my experiences and my life lessons that make me uniquely qualified to help you. Here's my story:

My father is obese, and my childhood was fraught with weight worries via my mother. She didn't want my two sisters and me to follow in our father's unhealthy footsteps, so diets were a constant topic of discussion, and my dad's inability to stay on one, a never-ending source of conflict. Food was not something you enjoyed in my childhood home; it was something you feared.

I wanted to make darn sure I didn't end up like my father, so naturally, I studied nutrition in college. Free from my mother's food influence, I also started a full-blown love affair with eating. I discovered farmers' markets, gourmet food stores and the world of culinary arts. Basically, I became a foodie.

But my love of food was always coupled with my fear of it. I would indulge in a decadent multi-course meal, and then survive on only bananas and lattes for the next few days to be sure I didn't (God forbid) gain any weight. This cycle of indulgence and deprivation was a pervasive force in my food life for the next 10 years.

But my warped relationship with food was really just the tip of my unhealthy iceberg. By my late twenties, my entire life was in shambles. I was unhappily married, my career was stagnant, I was in debt up to my eyeballs, and I was drinking way too much (and I mean WAY too much) to hide from the pain that had become my life. I was an emotionally destructive and seriously dysfunctional mess.

I was ashamed, heart-broken, guilt-ridden and terrified.

At age 31, on the verge of a nervous breakdown, I hit the reset button on my life. My marriage ended (I left with a small bag of clothes and a huge hole in my heart), and I rebuilt my life (and myself) from the ground up. I worked hard to heal my broken self, and boy, am I glad I did. Now, it's 10 years later, and my life is BIGGER and better than I ever thought possible.

- I enjoy a clean-eating and food-loving life without guilt or fear (can you say, Hallelujah!).
- I have a supportive partner who I just adore (he loved me way before I loved myself he calls me his wrecking ball of fun!).
- I explore the world (I love discovering new cultures and cuisines), I give back (I volunteer and I've aligned my personal brand with philanthropic groups I believe in), and I live with deep gratitude.
- And I have a thriving career I'm passionate about (I help women build healthy lives they love, I write for top health magazines, I work with Oprah's peeps, and I've published several nutrition books – not too shabby).

Is my life perfect? No way. Do I still struggle? You bet. But what I've learned has changed the way I live – now it can change yours, too.

I replaced my self-loathing with acceptance, my deep-rooted fears with love, my guilt with forgiveness, and my self-destructive behaviors with serious self-care. And I would be honored to help you do the same.

I help women reach their weight goals using a variety of tools, including personal development tools. This empowers women to not only lose weight and get healthy, but to live more fulfilling and less fearful lives.

My absolute favorite personal development tool is personality typing. It's fun, it's insightful, and it's so incredibly useful.

Although each one of us is unique, women who share the same personality type, (or what I call Diet Type) have a remarkable amount in common, especially in terms of self-care. Knowing your Diet Type provides you with the “why” behind what you do (and don't do), and it helps you identify not only what motivates you, but also what stresses you out.

What My Mother Taught Me

The idea that we don't all come from the same cookie cutter is something I was introduced to at an early age.

When my two sisters and I were teenagers, my mom (also a Diet Feeler) came across the Myers-Briggs Type Indicator (MBTI®) in one of her many self-help books. For my mom, this was the perfect tool to help guide her daughters towards becoming (in her words) “authentic individuals.” So she promptly got us to take the quiz. But we didn't notice that we were on a journey of self-discovery we were too busy having fun!

The MBTI® assessment was thrilling and exciting to us because so much about our personalities was right there in the book. My sisters, my mom and I would sit around for hours, gleefully describing our quirks to each other and discussing our personality types.

But the MBTI® was, and is, more than just fun and games. Personality typing is a powerful and respected method of identifying and understanding a person's true and inherent nature. It is based on more than sixty years of scientific research, and it is the most widely used personality examination in the world.

When I began combining my knowledge of nutrition with the concepts of personality typing (I'm a certified MBTI® administrator) and customizing my weight loss advice, the results were astounding. I learned that certain eating and exercise strategies worked so well for others they were almost effortless while others failed completely. I knew that these vast differences meant I had hit on something powerful.

Soon, I reached out to two personality experts, Mary Miscisin and Ed Redard, for their take on the personality/weight loss connection. As it turns out, I couldn't have picked more perfect contributors. Mary Miscisin, the author of *Showing Our True Colors*, is a personality specialist who regularly presents at national conferences.

During her presentations, Mary had been grouping her workshop participants according to four personality styles and then having them design their ideal weight management course. With the expertise of Ed Redard, a family practice physician, they were already exploring the personality and weight loss link.

The Research

Participants eagerly responded to Mary's interactive presentations on personality patterns and weight loss, and Mary and Dr. Redard developed a system so that they could repeat personality/weight loss strategies in session after session. As they further customized each participant's plan to their personality, the positive results increased even more. After seeing such incredible results with the workshop participants, Dr. Redard began using the concepts in his practice to help patients with weight management challenges.

First, he designed a survey that helped him identify the patient's personality type and history of diet habits. Then, he used this information to customize "diet prescriptions." Once again, the results were amazing. Patients for whom nothing had ever worked were suddenly making huge progress.

Together, we decided to take it even further. Focus groups were held at local bookstores to test the validity of Dr. Redard's "diet prescriptions." Professionals and colleagues were interviewed, an on-line version of the original survey was designed, and over 6,000 responses were received. The result? Our research confirmed that each personality style had very different approaches to managing their weight, and that knowing this is the key to finding the best way to lose weight, eat healthy, and feel great. There is no way around it – you have to work with yourself if you are going to win the weight loss battle!

Type and temperament experts such as Otto Kroeger had already been gathering data about different personalities' approaches to weight management, and fitness and nutrition professionals (like myself) had been matching up clients' personalities with exercise and dieting recommendations for years. Yet, out of the hundreds of diet books on my shelves, not one made this important connection. Mary, Dr. Redard, and I realized we would be the first to write a book on this important topic.

This eBook series is backed up by actual case studies, and features quotes and stories from real patients (the names of all individuals have been altered to protect privacy). The facts and personality insights are compilations of the thousands of survey results and one-on-one interviews. This series is an ideal tool for you to use to unlock the power of your personality, and achieve your weight loss and healthy living goals – for life.

The question is: What's Your Diet Type?

Are you an organized and responsible Diet Planner, an adventurous and adaptable Diet Player, a passionate and idealistic Diet Feeler (like me!), or an intellectual and independent Diet Thinker?

Just take the simple quiz inside, based on the MBTI[®], and you'll find your answer. Then, you can tap into the power of your personality to achieve the weight goals you desire and deserve, help you fight disease, increase energy, and feel great.

I used to believe that my Diet Feeler emotions were a weakness (boy was I wrong!); now I know that my deep compassion, my emotional depth, and my desire to guide others to healing, are my absolute best assets! Personality typing helped me harness my own personal power, and it can help you do the same.

Personality and Health

Our personality affects all facets of our lives – from the subjects that we like in school, to how we act in social settings, to the professions and careers we find fulfilling. It also determines why some weight loss approaches work for us, while others fail. While one person enjoys counting calories or points, another cringes at the idea. Whereas some like the flexibility of food choices, others overeat when they're faced with too many decisions.

That's why a weight loss approach that's helpful for your sister, neighbor, best friend, or coworker won't necessarily work for you. And while you can't change your personality, you can change your strategy!

So what is a Diet Type?

Diet Types are based on the classification of personality types used in workplaces and classrooms around the world. Just as each one of us is either right or left-handed, everyone has an inborn personality type, and although our capability to change and evolve physically, emotionally, mentally, and spiritually is limitless, our inborn personality type does not change significantly over a lifetime.

The type system originated from the work of Carl Jung and was later expanded upon and refined by Katherine Briggs and her daughter, Isabel Myers. Jung, a Swiss psychoanalyst, was among the first academics to view an individual in terms of their patterns of behavior.

Myers and Briggs adapted Jung's theory and devised the Myers-Briggs Type Indicator (MBTI®). Later, psychologist David Keirsey distilled the work of Myers and Briggs by grouping the sixteen MBTI® personality types into four main personality temperaments, or what I call Diet Types.

Temperament Through the Times

The temperament theory is not new. Modern and ancient philosophers as well as psychologists have grouped people into four temperaments. Take a look:

Hippocrates	Melancholic	Sanguine	Phlegmatic	Choleric
Aristotle	Propietary	Hedonic	Ethical	Dialectical
Keirsey	Guardians (SJ)	Artisans (SP)	Idealists (NF)	Rationals (NT)
Myers-Briggs (MBTI types)	ESTJ, ISTJ ESFJ, ISFJ	ESTP, ISTP ESFP, ISFP	ENFP, INFP ENFJ, INFJ	ENTP, INTJ ENTJ, INTJ
True Colors	Gold	Orange	Blue	Green
Diet Types	Diet Planners	Diet Players	Diet Feelers	Diet Thinkers

All “Diets” are Not Created Equal

So do different personalities need different foods? Do some Diet Types need to eat more whole grains while others should avoid, say, beans and citrus fruits? Or should one Diet Type fill up on protein, while for another it’s carbohydrates?

Absolutely not!

While many weight loss plans want you to believe that eating specific foods or combinations of nutrients will help you lose weight faster and burn fat more efficiently, or that different foods work better for different people depending on their physiological make-up, the truth is that a good weight loss strategy will teach you sound nutrition basics and how to incorporate them into your lifestyle.

You need to seek out an approach that is not only healthy, but also a good fit for you personally. So, how do you find the right approach for you? Find your Diet Type.

Discovering Your Type

Finding your Diet Type is a little like a treasure hunt. You're looking for the hidden parts of your personality using a series of clues—in this case, the clues we use to unlock the "true you" are your answers to the following questions. But each question isn't a "yes" or a "no" question. Instead, the questions ask you to choose descriptions that best match your personality.

Below are four questions, and descriptions of two different lists of personality "preferences." Both lists have their own strengths and blindspots. BOTH are equally valuable -- NEITHER one is better or worse than the other. Read both sets of descriptions and decide which list -- as a whole -- describes you better (even if just a little better). Try to answer as you really are, not how you may wish you were, or have to be at work.

An important note: If you already know your four-letter MBTI® code, simply turn to [page 18](#) and find your Diet Type.

Personality Type Assessment*

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Question One: Where is your energy naturally directed? Extraverts' energy is directed primarily outward, towards people and things outside of themselves. Introverts' energy is primarily directed inward, towards their own thoughts, perceptions, and reactions. Therefore, Extraverts tend to be more naturally active, expressive, social, and interested in many things, whereas Introverts tend to be more reserved, private, cautious, and interested in fewer interactions, but with greater depth and focus.

Extraverts often:

- ▶ Have high energy
- ▶ Talk more than listen
- ▶ Think out loud
- ▶ Act, then think
- ▶ Like to be around people a lot
- ▶ Prefer a public role
- ▶ Can sometimes be easily distracted
- ▶ Prefer to do lots of things at once
- ▶ Are outgoing & enthusiastic

Introverts often:

- ▶ Have quiet energy
- ▶ Listen more than talk
- ▶ Think quietly inside their heads
- ▶ Think, then act
- ▶ Feel comfortable being alone
- ▶ Prefer to work "behind-the-scenes"
- ▶ Have good powers of concentration
- ▶ Prefer to focus on one thing at a time
- ▶ Are self-contained & reserved

Are you an Extravert (E) _____ or an Introvert (I) _____

Question Two: What kind of information do you naturally notice and remember?

Sensors notice the facts, details, and realities of the world around them whereas Intuitives are more interested in connections and relationships between facts as well as the meaning, or possibilities of the information. Sensors tend to be practical and literal people, who trust past experience and often have good common sense. Intuitives tend to be imaginative, theoretical people who trust their hunches and pride themselves on their creativity.

Sensors often:

- ▶ Admire practical solutions
- ▶ Notice details & remember facts
- ▶ Are pragmatic - see what is
- ▶ Live in the here-and-now
- ▶ Trust actual experience
- ▶ Like to use established skills
- ▶ Work at a steady pace
- ▶ Like following step-by-step instructions
- ▶ Focus on the details & specifics

Intuitives often:

- ▶ Admire creative ideas
- ▶ Notice anything new or different
- ▶ Are inventive - see what could be
- ▶ Think about future implications
- ▶ Trust their gut instincts
- ▶ Prefer to learn new skills
- ▶ Work in bursts of energy
- ▶ Like figuring things out for themselves
- ▶ Focus on the big picture & possibilities

Are you a Sensor (S) ____ or an Intuitive (N) _____

(Note: the letter N is used for intuitive because I is used for Introvert.)

Question Three: How do you decide or come to conclusions?

Thinkers make decisions based primarily on objective and impersonal criteria-- what makes the most sense and what is logical. Feelers make decisions based primarily on their personal values and how they feel about the choices. So, Thinkers tend to be cool, analytical, and are convinced by logical reasoning. Feelers tend to be sensitive, empathetic, and are compelled by extenuating circumstances and a constant search for harmony.

Thinkers often:

- ▶ Make decisions objectively
- ▶ Appear cool & reserved
- ▶ Are most convinced by rational arguments
- ▶ Are honest & direct
- ▶ Value honesty & fairness
- ▶ Take few things personally
- ▶ Are good at seeing flaws
- ▶ Are motivated by achievement
- ▶ Argue or debate issues for fun

Feelers often:

- ▶ Decide based on values & feelings
- ▶ Appear warm & friendly
- ▶ Are most convinced by how they feel
- ▶ Are diplomatic & tactful
- ▶ Value harmony & compassion
- ▶ Take many things personally
- ▶ Are quick to compliment others
- ▶ Are motivated by appreciation
- ▶ Avoid arguments and conflicts

Are you a Thinker (T) ___ or a Feeler (F) ___

Question Four: What kind of environment makes you the most comfortable?

Judgers prefer a structured, ordered, and fairly predictable environment, where they can make decisions and have things settled. Perceivers prefer to experience as much of the world as possible, so they like to keep their options open and are most comfortable adapting. So, Judgers tend to be organized and productive while Perceivers tend to be flexible, curious, and nonconforming.

Judgers often:

- ▶ Like to have things settled
- ▶ Take responsibilities seriously
- ▶ Pay attention to time & are usually prompt
- ▶ Prefer to finish projects
- ▶ Work first, play later
- ▶ See the need for most rules
- ▶ Find comfort in having schedules
- ▶ Like to make & stick with plans
- ▶ Seek closure

Perceivers often:

- ▶ Like to keep their options open
- ▶ Are playful & casual
- ▶ Are less aware of time and may run late
- ▶ Prefer to start projects
- ▶ Play first, work later
- ▶ Question the need for many rules
- ▶ Want the freedom to be spontaneous
- ▶ Like to keep plans flexible
- ▶ May have difficulty making some decisions

Are you a Judger (J) _____ or Perceiver (P) _____

Based on whichever preference you picked the most of for each question, fill in your four-letter code and find your Diet Type...

E or I _____
S or N _____
T or F _____
J or P _____

The Diet Planners

- ▶ ESTJ
- ▶ ISTJ
- ▶ ESFJ
- ▶ ISFJ

The Diet Players

- ▶ ESFP
- ▶ ISFP
- ▶ ESTP
- ▶ ISTP

The Diet Feelers

- ▶ ENFP
- ▶ INFP
- ▶ ENFJ
- ▶ INFJ

The Diet Thinkers

- ▶ ENTJ
- ▶ INTJ
- ▶ ENTP
- ▶ INTP

The Diet Planners Are:

- ▶ ESTJ
- ▶ ISTJ
- ▶ ESFJ
- ▶ ISFJ

BEING A DIET PLANNER...

- ▶ I have a strong sense of what is right and wrong
- ▶ I take my duties and responsibilities seriously
- ▶ Home, family, and stability are important to me
- ▶ I am organized and hard working
- ▶ I like to feel useful and valuable
- ▶ Friends would consider me loyal and dependable
- ▶ I have a strong work ethic and expect the same from others
- ▶ I like to be prepared and tend to look before I leap
- ▶ I think discipline and teamwork are important for completing tasks
- ▶ I believe it is an honor to be elected to an office
- ▶ Fulfilling my personal and professional commitments means a lot to me
- ▶ I hope for the best, but prepare for the worst
- ▶ Thoroughness and attention to detail are important to me
- ▶ I respect authority and follow rules
- ▶ I am a natural helper and a giver

Sound like you? Then you must be a Diet Planner! The Diet Planner values security and stability. She works hard, follows the rules, and expects others to do the same. Self disciplined and reliable, she wants to do the right thing and she likes being held accountable for her actions.

The Diet Planner relies on responsibilities and rules to guide her life and help her make decisions. When it comes to her health, the Diet Planner does best when she is organized and orderly and she thrives on weight loss plans that offer structure and routine.

What Doesn't Work

- ▶ Tons of choices
- ▶ Last-minute solutions
- ▶ Processing without tangible results
- ▶ Playing it by ear
- ▶ Studying diet theories
- ▶ Cutting calories without a plan

What Works

- ▶ Planning, preparing ahead
- ▶ Routines, guidelines, schedules
- ▶ Weight-loss meetings
- ▶ Tracking progress
- ▶ Concrete, measurable goals
- ▶ Being accountable

The Diet Players Are:

- ▶ ESFP
- ▶ ISFP
- ▶ ESTP
- ▶ ISTP

BEING A DIET PLAYER...

- ▶ I believe today must be enjoyed, because you never know about tomorrow
- ▶ Skill and cleverness are important to me
- ▶ I seek fun, variety, stimulation and excitement
- ▶ I am resourceful, adventurous, and enjoy living in the moment
- ▶ I like to act on my impulses and tend to leap before I look
- ▶ I am energetic, spontaneous, and love a challenge
- ▶ In a crisis, I act quickly to solve the problem
- ▶ Friends would consider me exciting, happy, and fun-loving
- ▶ I feel stumbling blocks are only temporary
- ▶ I think rules should be adapted to suit the situation
- ▶ Waiting for something to happen is frustrating...I just want to get on with the show
- ▶ In a restrictive and confined environment, I get bored and restless
- ▶ I take pleasure in making an impression on others
- ▶ I regard life as a game, to be played in the here and now
- ▶ I am a natural trouble-shooter, performer, and competitor

Ring any bells? Chances are you're a Diet Player! The Diet Player values spontaneity and immediate action. She trusts her impulses, doing what is needed to get the outcome she wants. Flexible and adaptable, the Diet Player enjoys living in the moment.

As for losing weight and changing her eating habits, the Diet Player values her freedom and flexibility above everything else. She doesn't like to be burdened by strict diet rules and regulations; instead, she needs workable lifestyle solutions for effective, long-term weight loss.

What Doesn't Work

- ▶ Scheduling, routine
- ▶ Scare tactics
- ▶ Group weight-loss meetings; processing
- ▶ Rigid or complex food plans
- ▶ Calorie counting, weighing food...
- ▶ Reviewing research or detailed diet data

What Works

- ▶ Eliminating temptation
- ▶ Flexibility
- ▶ Portion picturing
- ▶ Memory management
- ▶ Competition / winning
- ▶ Short-term goals with tangible results
- ▶ Trying new things

The Diet Feelers Are

- ▶ ENFP
- ▶ INFP
- ▶ ENFJ
- ▶ INFJ

BEING A DIET FEELER...

- ▶ I am interested in new ideas that relate to people
- ▶ I am concerned with personal growth and development
- ▶ Harmonious relationships are very important to me
- ▶ I am conscious of people's emotions and see potential in everyone
- ▶ I am an excellent communicator
- ▶ Friends would consider me idealistic, passionate, and optimistic
- ▶ I invest a lot of energy in my personal relationships
- ▶ I believe compassion and genuineness are essential for myself and others
- ▶ I think people should work together to achieve their goals
- ▶ I have a strong desire for peace and harmony
- ▶ It is important for me to find meaning in the way I use my time
- ▶ I'm good at negotiating and peacekeeping
- ▶ I don't like working with people who don't appreciate and encourage
- ▶ Identity and self-actualization are important to me
- ▶ I seek meaning and significance in my life

Can you relate? Then you are a Diet Feeler! The Diet Feeler values relationships and unity. Passionate and perceptive, she appreciates and inspires others, often acting as a teacher or counselor to friends, family, and colleagues. In addition, her own personal quest to find meaning in her life is very important to her.

To realize her weight loss desires, the Diet Feeler does best with a holistic approach that is, when considering her mental, emotional, social, spiritual and physical well-being as interconnected aspects that each influence the other.

Getting in touch with her own needs and values helps her put her most natural, heartfelt efforts towards her health, because she needs to understand how what she can do today will fulfill her visions of the future. The Diet Feeler excels in weight loss

when her efforts focus on self-expression, and especially when she receives positive encouragement and support from others along the way.

What Doesn't Work

- ▶ One size fits all approach
- ▶ Competition
- ▶ Criticism
- ▶ Reviewing detailed diet data
- ▶ Concentrating on just the body and weight

What Works

- ▶ Holistic approach
- ▶ Buddy system and daily support
- ▶ Sharing: feelings, issues, ideas
- ▶ Weight loss groups and meetings
- ▶ Journaling and resourceful self-talk
- ▶ Self development

The Diet Thinkers Are:

- ▶ ENTJ
- ▶ INTJ
- ▶ ENTP
- ▶ INTP

BEING A DIET THINKER...

- ▶ I seek knowledge and understanding
- ▶ Intelligence and competency are very important to me
- ▶ I tend to be skeptical and want logical answers for everything
- ▶ Friends would consider me independent and intellectual
- ▶ I enjoy finding new and different ways of doing things
- ▶ I am constantly evaluating my abilities and I am my own worst critic
- ▶ I feel compelled to master things that come my way
- ▶ I am capable of analyzing and understanding complex information
- ▶ I enjoy discussing and debating new theories and ideas
- ▶ I value rationality and objectivity
- ▶ I believe knowledge means power
- ▶ I enjoy being intellectually challenged
- ▶ I strive for achievement and success
- ▶ I expect people to live up to my high standards
- ▶ Efficiency and clear thinking are important to me
- ▶ I tend to focus on long-term goals and look mainly to the future

Is it all adding up? Your responses indicate you are a Diet Thinker! The Diet Thinker values knowledge and competence. She is a life-long learner who strives to understand the world. She is prone to ignoring things that she feels are not worthy of her time including her health.

When it comes to eating well and losing weight, an effective way for the Diet Thinker to begin is by making her diet a priority. Then she can use her keen intelligence to help her succeed. The Diet Thinker needs comprehension and information to realize and maintain her weight loss and fitness goals.

What Doesn't Work

- ▶ In-person weight loss groups or meetings
- ▶ Being told exactly what to do
- ▶ Reporting to a so-called “authority figure”
- ▶ Discussing emotions
- ▶ Following the pack
- ▶ Spontaneity

What Works

- ▶ Critical analysis & research
- ▶ Devising their own best approach/strategy
- ▶ Competition with self
- ▶ Objective goals
- ▶ Studying diet theories
- ▶ Competent adviser or information source

Stay in touch!

If you want to learn more about how to use your inborn strengths to build habits that stick, please join my online coaching group, Smaller Size Bigger Life. [Go here to learn more.](#)

To chat with me online:
follow me on [twitter](#) and like my [facebook page](#).