



4 Layers behind eating behaviour

Research, dieting and weight loss advice often treat eating as though it is one behaviour driven by one cause. Yet examination of more than a thousand women's experiences of weight regain revealed a more complex picture. Some eating behaviours will respond to conscious effort, while others persist despite information, motivation and repeated attempts to change.

These four layers provide a way of understanding these differences. Moving from the most visible and conscious aspects of eating through to the less visible processes operating beneath awareness, each layer offers a different level of explanation for why eating occurs. Together, they create a structured framework for understanding how eating behaviour develops, how it is maintained, and why some patterns are far more difficult to change than others.

