

Freedom from Emotional Eating; *Changing your relationship with food*



Two Deeper Questions

We're going to take some deep breaths and answer the 2 seemingly simple questions below, do this with the intention of knowing yourself fully and truly:

What is the upside of keeping the problem?
(what's good about the emotional eating, the weight etc)

What is the downside of letting the problem go?
(what would you miss if the problem was gone, what would you no longer do/have/be?)

Time to tap on this; remember the blocks to your goal need to be tapped on to be released, so that you can achieve your goal.