

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



What am I if I'm not just a body?

I would like you to think about yourself. You are far more than just your body, or just the bits of your body you don't like. You are a whole human being. To allow yourself to see this I would like you to start to write down what else you are.

You could include:

- Your strengths
- Your achievements
- Your feelings
- Your emotions
- What you are thankful for,
- What you appreciate
- Your gifts and skills
- The things or people that make you smile and laugh
- Your hopes and dreams
- Your wishes
- Your goals, your passions and ambitions
- Who loves you, who cares for you and vice versa
- The positive ideas do you have about yourself and your world
- Your spiritual beliefs

Why are you doing this?

This exercise is to build up a complete picture of you in a loving, positive way, so that you can begin to see the value of yourself to others, to your community, to the planet, to humankind. When we focus on what we are struggling with we are unable to see and act out the gift that we are in our own unique way.

Once you start to see your worth, start to tap using the words and phrases you have written down to positively reinforce the idea of the WHOLE you. We are all an amalgamation of many aspects, so by reminding yourself of the things you appreciate about yourself and your life, you start to tip the balance towards love and acceptance for real.

Hopefully you will need to print out a couple, if not more, page 2's!

