

A woman with long blonde hair, wearing a white one-piece swimsuit, stands on a sandy beach. She is holding a large, colorful towel with a vibrant, abstract pattern of red, orange, yellow, green, and blue. She is looking up and smiling, with her arms raised. The background shows the ocean waves and a bright sky.

# End Your FOOD OBSESSION

— 5 DAY VIDEO TRAINING —

*Hosted by Debbie Lichter*

# Day 4

# Day 4 Handout:

## Take Congruent Action

The "secret sauce" to the path of freedom from food addiction and obsession is \_\_\_\_\_.

When I live congruently, I develop an \_\_\_\_\_ that eliminates the need to \_\_\_\_\_.

Congruence is when my \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ are all in \_\_\_\_\_ so that the way I \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ are in \_\_\_\_\_.

What is my "Truth" voice guiding me to do about getting on my path of freedom from food addiction and obsession? \_\_\_\_\_

What is my "Fear" voice telling me to do instead? \_\_\_\_\_

Notes:

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Biggest Takeaway:

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**Day 4 Action Steps: (See the Day 4 ACTION STEPS "sticker" in the FB Group for directions)**

**Completing all 3 of your Day 4 action steps will enter you to win \$5000 worth of coaching with Deb.**

Completed? ☐ Yes ☐ No



# Day 4 Handout:

## Take Congruent Action

### Common Signs of Incongruence

Obsessed, limiting beliefs, lacking direction, negative thinking, unclear on purpose, confused, distracted

Closed off, resentful, angry, ashamed, lonely, hard to feel feelings, shut down, full of fear, hot/cold energy with people, full of fear

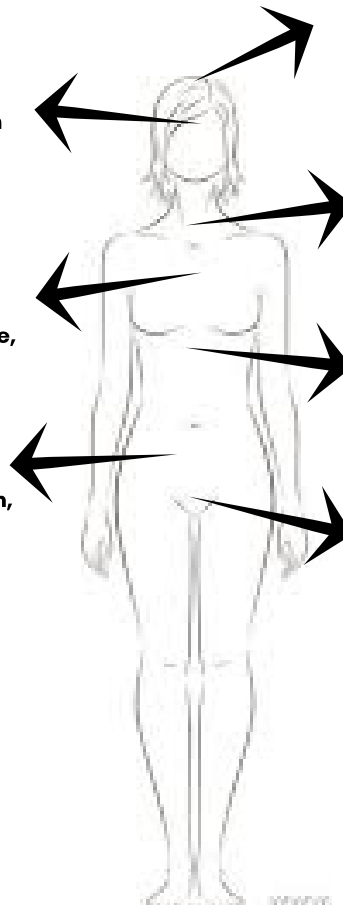
Judgmental, low self worth, sabotage, guilt, resistance, not feeling worthy or deserving, not having fun, perfectionism, tension, self pity

Feeling like a hypocrite or fraud, holding back, dimming your light, playing small, trying to control everything

Inauthentic, stuffing feelings, not genuine, pretending, lying, putting on a happy face, withholding, not speaking up

Not trusting, lack of confidence, people pleasing, weak boundaries, trying to prove yourself, self-doubting, controlling, dependent, reliant on external approval or validation, playing safe

Alone, anxious, addicted, ungrounded, unsupported, overwhelmed, depressed, disconnected, chronic pain, not feeling safe, uncomfortable in your skin



Do I have symptoms of incongruence? Which ones? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The way to get on my path of congruence and freedom is to \_\_\_\_\_  
now.

The \_\_\_\_\_ I am going to take is: \_\_\_\_\_  
\_\_\_\_\_

