



End Your
FOOD OBSESSION

— 5 DAY VIDEO TRAINING —

Hosted by Debbie Lichter

Day 5

Day 5 Handout:

Access Your Authenticity

When I am living _____, it shuts down my _____.

When my _____ shuts down, I start _____
_____. This shows up as _____

Some ways that I act inauthentically are (e.g. withholding, lying, putting on a happy face, saying "yes" when I mean "no," omitting, stuffing feelings, not speaking up, people pleasing, etc): _____

The key to getting free and feeling lighter on the inside is to _____
_____.

When I can feel lighter on the inside, I will have an _____ of
_____ and _____ and that feeling of being "ok" no matter
what is going on around me. This is what will have the food problem fall away.

Notes:

Biggest Takeaway:

Day 5 Action Steps: (See the Day 5 ACTION STEPS "sticker" in the FB Group for directions)

Completing all 3 of your Day 5 action steps will enter you to win \$4000 worth of coaching with Deb.

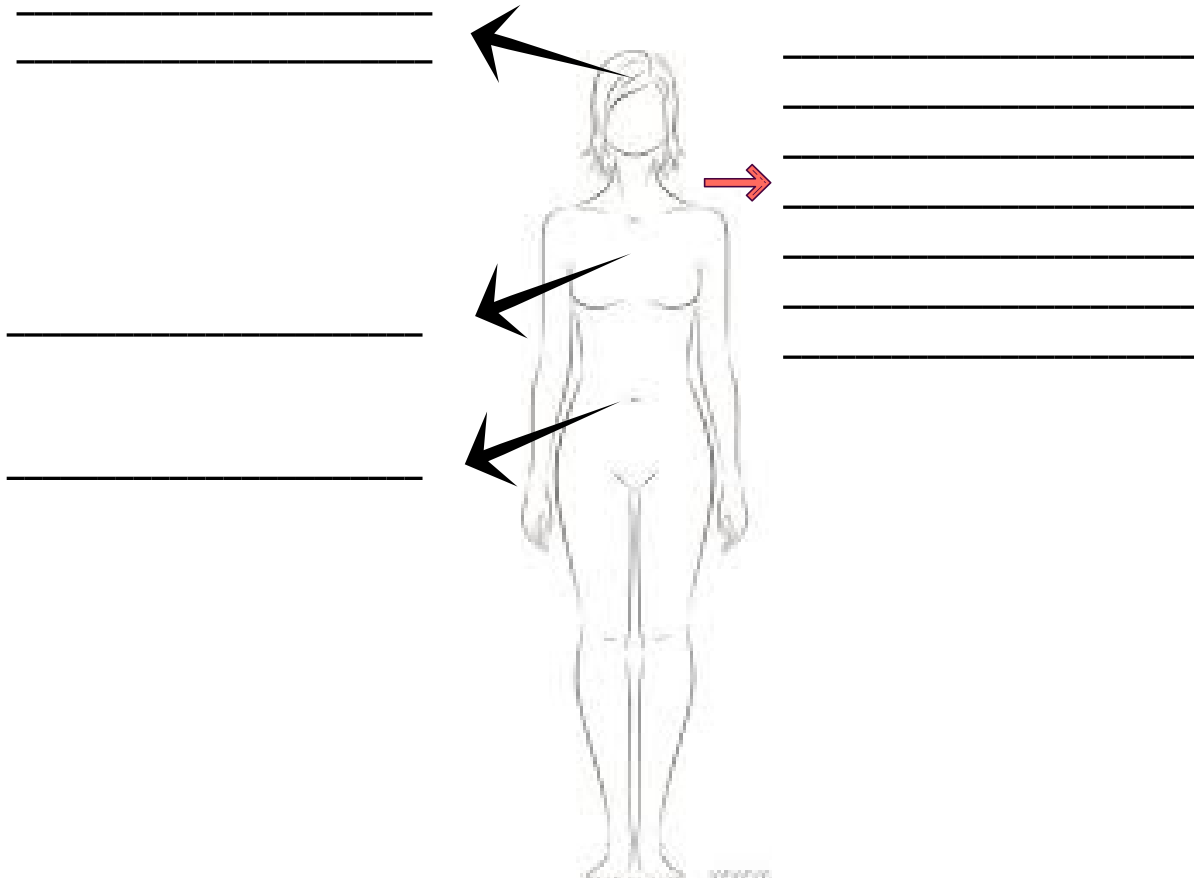
Completed? ☐ Yes ☐ No



Day 5 Handout:

Access Your Authenticity

" _____ " Torsion Diagram



Freedom from food addiction and obsession comes when I have cultivated an internal sense of _____ and _____. The way to have an internal sense of _____ and _____ is to live _____. In order to live _____ I need to _____.

Am I ready to get the support I need and do the deeper work in order to get _____ so that I can be free from food addiction and obsession? _____

