



End Your
FOOD OBSESSION

— 5 DAY VIDEO TRAINING —

Hosted by Debbie Lichter

Days 1 - 5

Welcome!

Congratulations for saying YES to your path of ending your food obsession! I'm so glad you'll be with us for this special series.

As we begin this journey together, I invite you to consider...

How would it be for you to go through your day without feeling anxious? To eat only when you're hungry? And to naturally stop eating when you get full?

This is completely possible for you, and it is my honor to show you how.

This 5 Day Training will initiate you onto the path of freedom from food addiction and obsession - where you trust yourself to make healthy choices and you feel comfortable in your skin.

How To Get The Most From Your Training:

- ✓ Show up for every session (It will be recorded, but if you can, be there LIVE).
- ✓ Have your daily handouts printed so you can take notes during every training.
- ✓ Complete every action step on your daily "ACTION STEPS" Sticker in the FB Group.

Showing up for this whole training can be a turning point for you...

My suggestion? Treat this like it's the most important moment in your life. Give it everything you've got.

That starts now...

Print out this handout, grab a pen, and join me for our first livestream happening TODAY (July 26th at 5pm PST). You don't want to miss a thing!

To your freedom,

xo Deb



Day 1 Handout:

Clarity About What The REAL Problem Is

The #1 most common mistake that keeps most smart women stuck in the binge/restrict/obsess cycle with food: Fixating on fixing your food/Focusing on what to eat.

Definition of food addiction and obsession:

When we use food or food thoughts to distract or numb ourselves from an underlying discomfort and dis-ease that when we try to stop doing find we can't.

The path of lasting freedom from food addiction and obsession MUST address the underlying discomfort and dis-ease.

Notes:

Biggest Takeaway:

Day 1 Action Steps: (See the Day 1 ACTION STEPS "sticker" in the FB Group for directions)

Completing all 3 of your Day 1 Action Steps will enter you to win \$6000 worth of coaching with Deb.

Completed? ☐ Yes ☐ No



Day 1 Handout:

Clarity About What The REAL Problem Is

" Compartmentalization " **Conflict**

1. Disconnected in my body
 2. Disconnected from my Inner Guidance
 3. Disconnected from my authenticity
- = INCONGRUENCE



Discomfort

Dis-ease



External Source of Ease & Comfort (i.e. Food)

In order to get free from food addiction and obsession I need to...

Cultivate an internal sense of ease
and comfort.

Which happens by becoming CONGRUENT.

And in order to do that I need to:

1. Reconnect in my body
2. Regain access to my Inner Guidance
3. Reclaim my authenticity

This is the formula that has the food addiction and obsession fall away without diets, cleanses or even focusing on food.



Day 2 Handout:

Get Out Of Your Head And Into Your Body

When it comes to our bodies, we are obsessed but we are hardly ever in them!

When we get disconnected from our bodies, we get stuck in the silo of our minds.

The disconnected mind is also where all of the fear, doubt, lack, and negative thinking lives and this creates an internal discomfort and dis-ease which will drive me to food.

Which of the 6 "diseases of disembodiment" do relate to? _____

Notes:

Biggest Takeaway:

Day 2 Action Steps: (See the Day 2 ACTION STEPS "sticker" in the FB Group for directions)

Completing all 3 of your Day 2 action steps will enter you to win \$6000 worth of coaching with Deb.

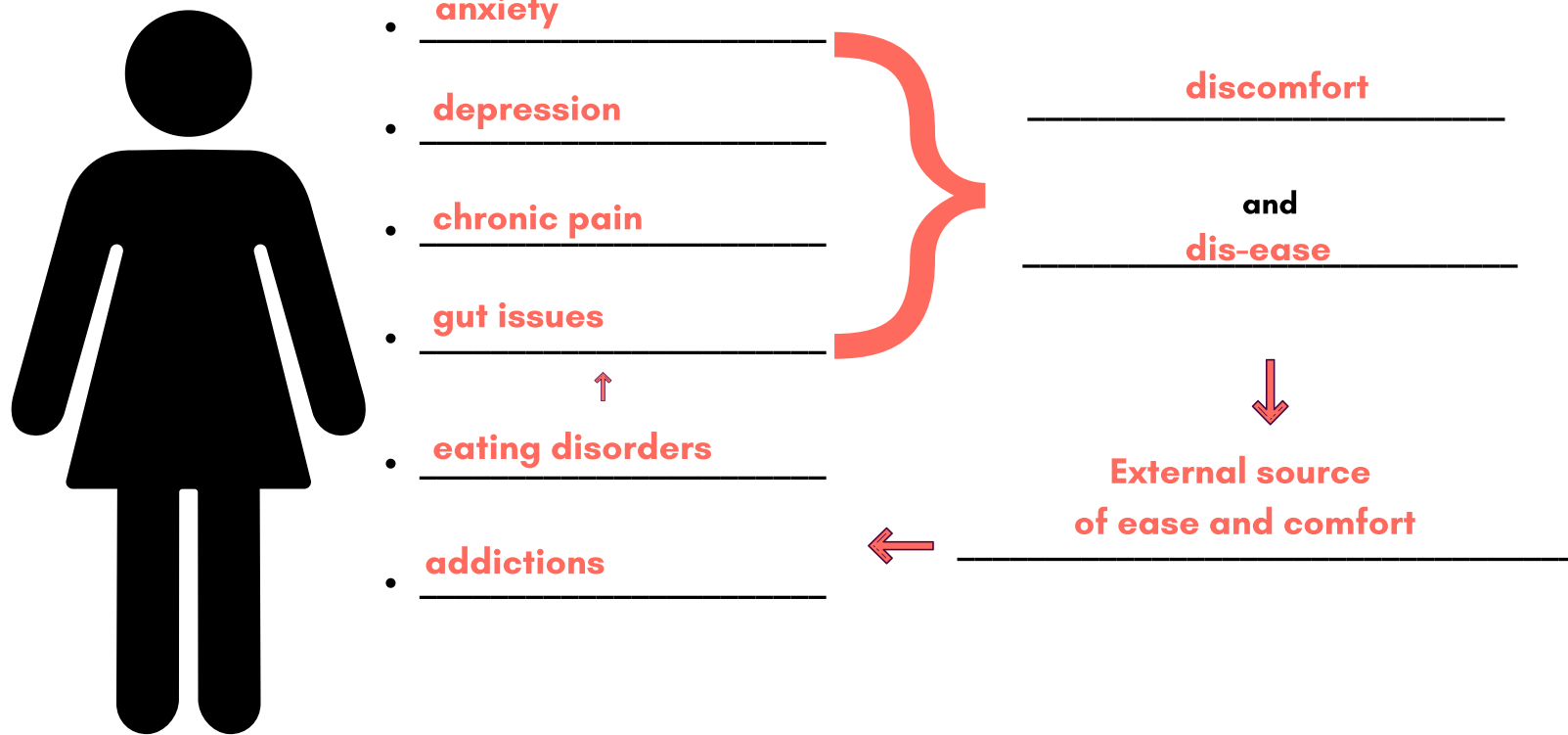
Completed? ☐ Yes ☐ No



Day 2 Handout:

Get Out Of Your Head And Into Your Body

6 "Diseases of Disembodiment" Diagram



In order to break this cycle and get on my path of freedom, I need to **reconnect IN my body**.



Day 3 Handout:

Trust Your Gut

We think that gaining control will create more ease and freedom
but control makes things more complex. It creates MORE obsession.

The opposite of control is not out of control. The opposite of control is trust.

What is my level of inner trust when it comes to food? Scale of 1-10: _____

10 = I am 100% intuitively guided with what to eat, I eat only when I'm hungry, I stop eating when I get full and I'm naturally drawn to foods that are nourishing for my body.

1 = I don't trust myself at all, I make promises to myself I don't keep, I eat when I'm not hungry, I don't stop eating after I'm full and I reach for foods that don't feel good in my body/give me a tummy ache/make me bloated/aren't nourishing

What areas of my life do I doubt myself or second guess myself in the most? _____

Notes:

Biggest Takeaway:

Day 3 Action Steps: (See the Day 3 ACTION STEPS "sticker" in the FB Group for directions)

Completing all 3 of your Day 2 action steps will enter you to win \$6000 worth of coaching with Deb.

Completed? ☐ Yes ☐ No



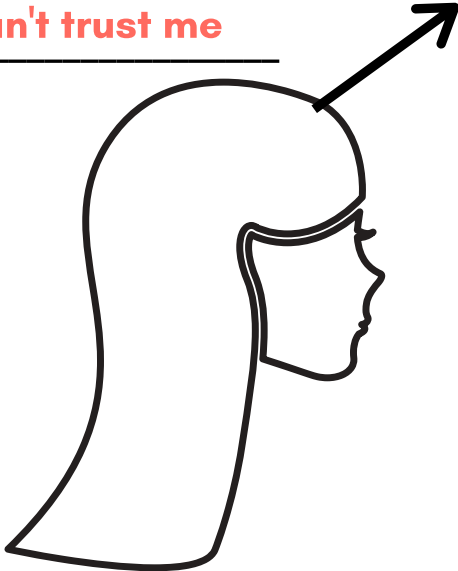
Day 3 Handout:

Trust Your Gut

The " Doubt " Dilemma

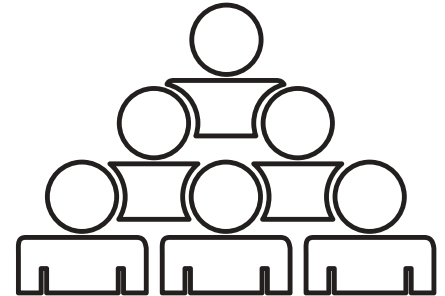
Control

I can't trust me

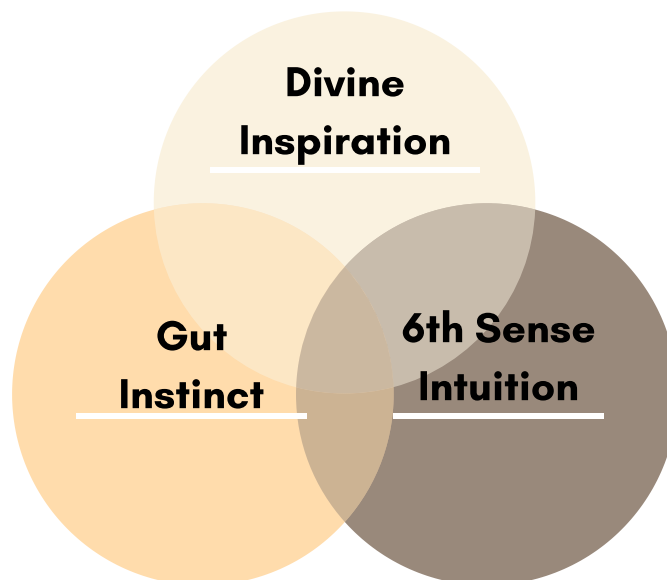


What do you think??? ?

External
Feedback
Loop



In order to get on my path of ending my food obsession, I need to go from the External
Feedback Loop to my Internal Guidance System.



Day 4 Handout:

Take Congruent Action

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

When I live congruently, I develop an internal sense of ease and comfort
that eliminates the need to go to an external sense of ease and comfort.

Congruence is when my Head, Heart and Gut are all in
harmony so that the way I think, feel, and act
are in alignment.

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:

Biggest Takeaway:

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

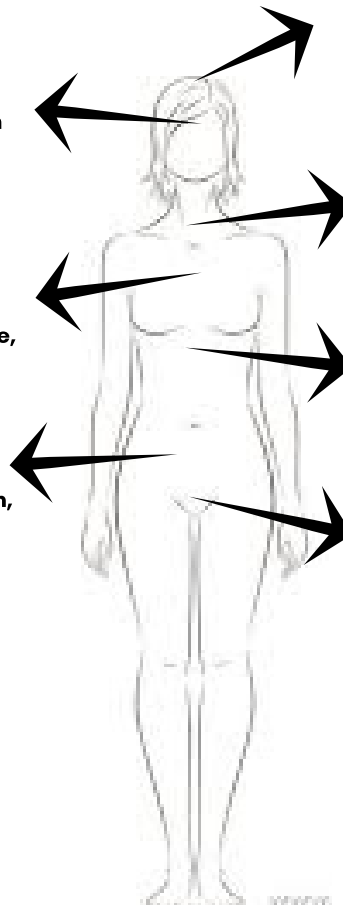
Judgmental, low self worth, sabotage, guilt, resistance, not feeling worthy or deserving, not having fun, perfectionism, tension, self pity

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 **take aligned action** _____
now.

The **aligned** _____ **action** _____ I am going to take is: _____



Day 5 Handout:

Access Your Authenticity

When I am living inauthentically, it shuts down my Truth Center.

When my Truth Center shuts down, I start traumatizing my
throat chakra. This shows up as bingeing, overeating, purging, overtalking,
over explaining, needing to be understood and "gotten," saying YES when you mean NO, not
speaking up, people pleasing, stuffing feelings, giving people the silent treatment, verbally
vomiting on others, raging, yelling, telling people off giving them "a piece of your mind"

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 get free from the things that are
weighing heavy on me.

When I can feel lighter on the inside, I will have an internal sense of
ease and comfort 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:

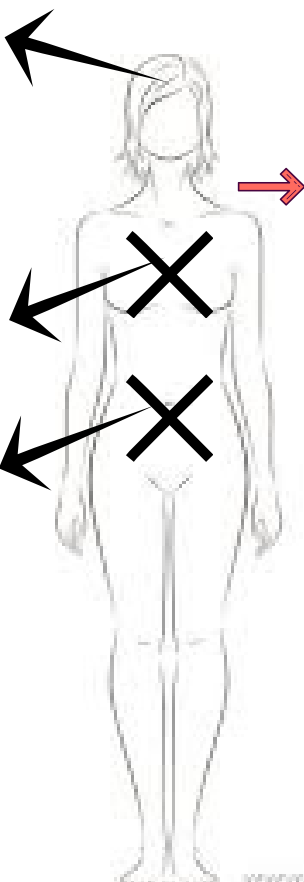
Access Your Authenticity

" Throat " Torsion Diagram

This is how I have
to be

discount my heart

discount my gut



bingeing, overeating,
lying, omitting truth,
withholding, stuffing,
overexplaining, overtalking,
rage, yelling, not speaking
up, acting inauthentic, not
honoring your truth,
PEOPLE PLEASING

Freedom from food addiction and obsession comes when I have cultivated an internal sense of ease and comfort. The way to have an internal sense of ease and comfort is to live authentically. In order to live authentically I need to get free from what's weighing heavy on me

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

