



Module 3 Assignment

If you are ready to try doing things differently, before (preferably), during or after a food feud or skirmish, get a pen and paper and just start writing “I feel... For example: “I feel angry with my kids for not cleaning their rooms again and I just want to hide in the closet and eat.” Or, “I feel like my partner doesn’t care about how I feel and it makes me angry. “I can’t stand feeling angry because ‘good girls’ don’t get angry.” “I feel stressed and scared about money and a pint of ice cream feels like the answer right now.” Also, look closely at your triggers (foods, situations, irritations) so that you can set yourself up to win. Write until you are done or at least 20 minutes. Now, read it then roll it up and blow your intention to let it go right into the roll of paper. You can even read it out loud (to your buddy, mentor or just the ethers) and state, I am now ready to let this go and live free. As soon as you are able to do it safely, burn it.

If you do have a number, or a size goal, where did that number come from? What belief do you attach to the number? Example – “When I am ____, I will be happy, loveable, beautiful, acceptable?”

What are your “As soon as _____, then I will be _____” beliefs?

*Do the tapping video on number and size