**Freedom from Food**

**1. List 3 emotions/adjectives that come to mind when you think of the following words:**

* Fireplace: (Example: Comforting)
* 1.
* 2.
* 3.
* Fireworks: (Example: Exciting)
* 1.
* 2.
* 3.
* House Fire: (Example: Devastating)
* 1.
* 2.
* 3.

**2. Which of these emotions is the #1 reason you overeat?**

**3. Are there any other emotions we are missing that make people overeat?**

**4. Write down specific examples of what triggers you to eat.**

Examples: Someone does not pay their bill. Stress from running a business.

1.

2.

3.

4.

5.

**5. What are a few questions you should ask yourself when these triggers happen?**

Example: Am I going to allow this person not paying for me to overeat? No, me eating food right now when I’m not physically hunger because of this one trigger is not going to help anything.

1.

2.

3.

**6. What are some positive things you can do to help yourself in these situations?**

Examples: Call a friend. Talk a walk.

1.

2.

3.

4.

5.

**7. What are the 6 categories of lies we tell ourselves when it comes to eating?**

* 1.
	2.
	3.
	4.
	5.
	6.

**8. Which lie do you feel like has the most power over you? What can you do to QUIET that lie?**

**9. There are 3 types of Hunger. Head Hunger, Heart Hunger and Stomach Hunger (actual hunger). Give a personal example of each.**

* 1. Head Hunger:
	2. Heart Hunger:
	3. Stomach Hunger:

**10. List the five types of weekly challenges:**

* 1.
	2.
	3.
	4.
	5.

**11. What are the three things you can drink while fasting?**

 1.

 2.

 3.

**12. What are the two options your body has to choose from for fuel?**

* 1.
	2.

 **13. What are the four times we are most easily tempted (SHAM) ?**

* 1. S -
	2. H -
	3. A -
	4. M -

**14. What are the five ways we can QUIET the Devil?**

* 1. Q -
	2. U -
	3. I -
	4. E -
	5. T -

**15. What are 3 things you can do to help recognize when you’ve eaten “just enough”?**

* 1.
	2.
	3.

**16. Describe your Red, Yellow, & Green Light foods:**

* 1. Red:
	2. Yellow:
	3. Green:

**17. List 3 scriptures that help you when you feel tempted to overeat:**

* 1.
	2.
	3.

**18. Give an example of your own experience with “all or nothing” thinking when it comes to your diet:**

**19. What are some low calorie foods that you can keep with you in your purse / bag that you actually enjoy eating that would help you curb cravings?**

* 1.
	2.

**20. Give some examples of foods that leave you physically full, but not mentally satiated:**

* 1.
	2.
	3.