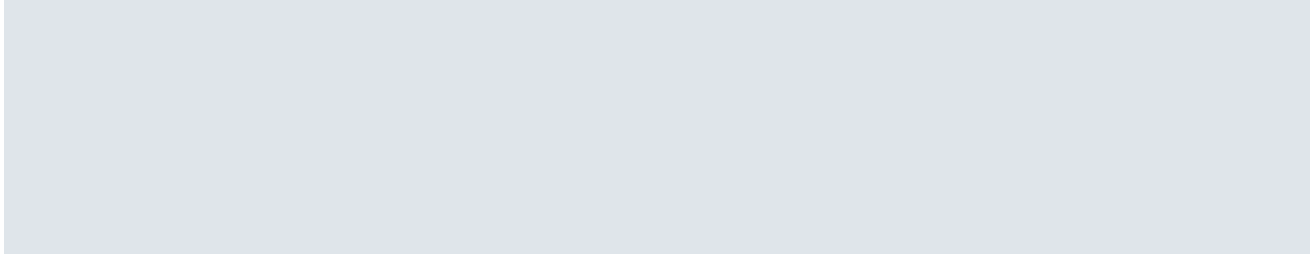
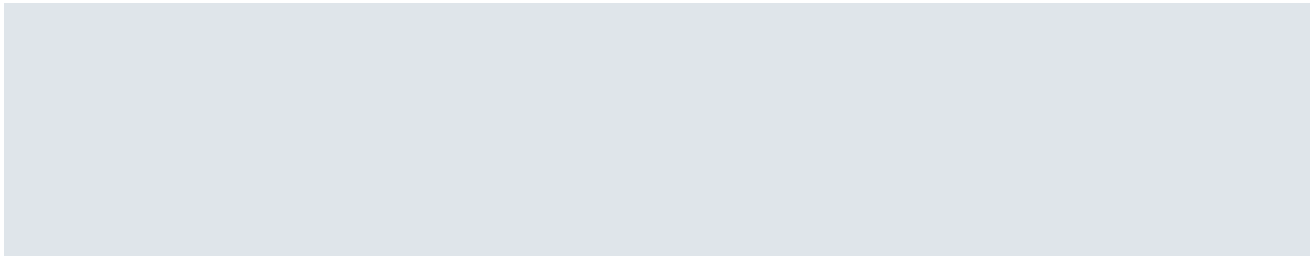


# EPISODE 47: Building Trust with Yourself

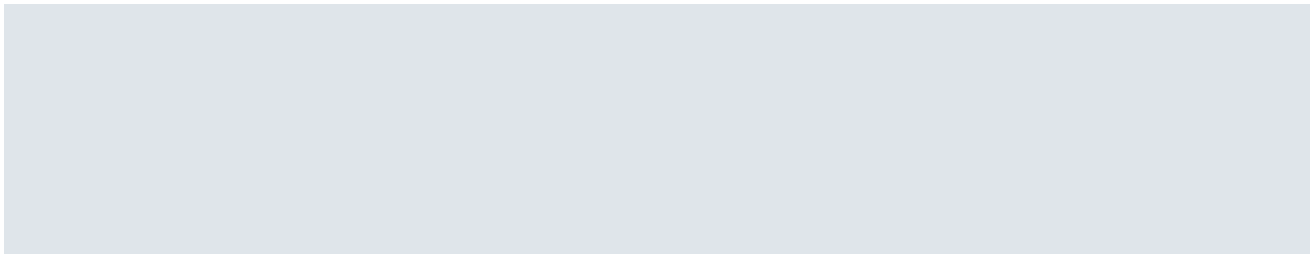
We all need food to survive. First let's understand what our current relationship with food is. Awareness is crucial. Explain in a few sentences what your relationship with food is.



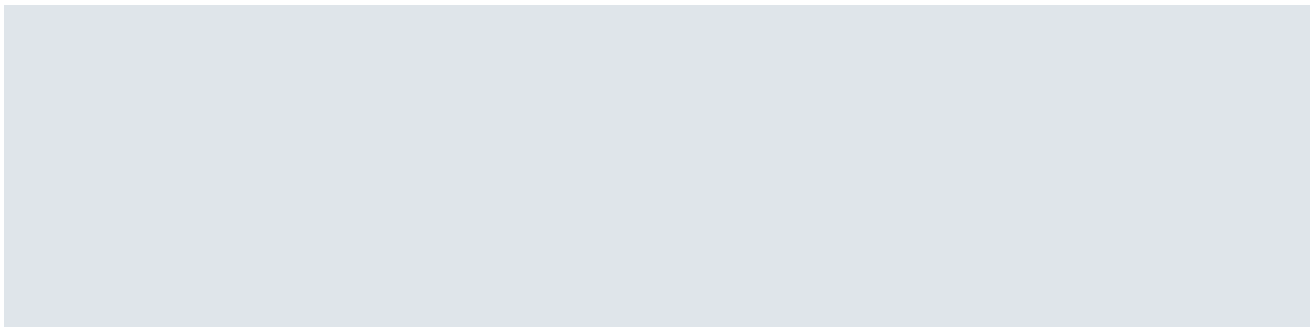
Why do you think you have this relationship?



What do you want your relationship with food to be?



How much do you believe you could be successful out of 1-10? (10 being 100%)



# EPISODE 47: Building Trust with Yourself

List all of the reasons you doubt you can change.

Your body wants to maintain the status quo- homeostasis. If you stop eating so much sugar and flour your brain will go through a dopamine withdrawal. Your body will go through a glucose withdrawal. Your body doesn't want to use its fat stores because it wants to have plenty of stored fat for emergencies. Most frighteningly, when you stop buffering (hiding) with food you now have everything come to the surface and you don't feel confident with problem solving emotions.

How are you going to be the GPS which doesn't judge you for where you are?

Love Yourself Thin has the exact process of problem solving for all of these. I invite you to join the Lifetime Membership so you can learn how to change. You just haven't learned the skills yet, I will teach you how.