

Emotional Eating Freedom Masterclass™ Class # 4

Review:

What portions of this process have you not embraced?

Where do you feel stuck in this process?

What do you want further explained, re-framed or help trouble shooting?

Self Monitor:

Where do I hold resentment that steers me towards food?

What are my warning signs:

To do:

- Three forms of art
- Signs of slipping

Key 3 - Weekly goals

- 1.
- 2.
- 3.