

JOURNAL #11

Do commercials affect you? How?

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What challenges and successes have come up this week? What old patterns arose? If so, how did you handle them?

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What major changes have you seen in your eating habits in the last eleven weeks?

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What major changes have you observed in your behaviour?

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Has your self-image improved? Has your body image improved? If so, how? If not, why?

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What could you do to improve this?

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Have you taken responsibility for your own actions, or are you still trying to make others accept the blame for your actions? If so, why?

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What feelings of resistance do you still have to any of this program?

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Do you think you could improve it? How?

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