JOURNAL # 2
What patterns do you see emerging? Resistance? In what areas? Why?
I am unhappy about being a compulsive overeater because...
If I did not eat compulsively, my life would change in these ways...

Describe your feelings as a *fat* person.
Describe your feelings as a *thin* person.
Are your thoughts realistic? In what way?

What resistance are you encountering with any ideas offered so far? Write as many as you can.
Thinness is only an attitude shift. How would your beliefs and then your actions change if you
were thin?
Why aren’t you doing these things now?