



## **Finally Free**

### **Breaking Free from Emotional Eating – Step 1 & 2**

#### **False Hope**

**Are there things that I have placed a false hope in instead of God? What are they?**

**Why do I continue to go after fad diets, quick thin quick schemes, and products that I know won't work?**

#### **Triggers**

**What are “trigger” feelings that cause me to binge?**

**How can I be proactive in avoiding these triggers?**

**Ask yourself, “Why I am eating?” Is it for the glory of God?**

*Note: The verse was mentioned incorrectly in the video the correct verse is actually 1 Corinthians 10:31, not 10:13.*

*Written by Ashley Varner. For personal use only.*