
COMMITMENT

Your commitment to losing weight has to be epic.

1 What is the reason you want to lose weight?

2 Do you believe this reason is compelling enough to keep you from *ever* overeating?

3 Are you willing to give up food as you know it to have freedom from overeating and being overweight?

4 Are you willing to live without the escape and buffering that food provides?

5 Are you willing to feel worse before you feel better?

6 Are you willing to continue even when results aren't fast?

7 Are you willing to embrace not being “normal” in order to not be overweight? Why or why not?

8 How do you imagine you can fulfill this commitment to yourself?
