

DESTRUCTIVE EATERS



AYE CAN CHANGE

The devil within....sabotage success

Every time you start to lose weight, a little voice inside your head triggers a reaction and you start to sabotage your efforts.



There are often deeper emotions and beliefs about yourself that you need to recognise.

You may be afraid of looking attractive.



You may be afraid of change and keep putting things off and avoiding making changes.



We will work with you to change this. You can make small changes for better health.

- Start to notice what that little voice inside your head is saying and find ways to keep it quiet....
- We will help you start to like yourself better so you give yourself a chance to succeed.
- Pay particular attention to **week 3 (Amazing Minds)** and **week 7 (Sowing Seeds)** when we look at how the mind works and how to change how you see things.