

ACT™ Belief Sheet

13 – Releasing Emotional Eating

1. I now weigh _____ lbs.
2. My body easily adjusts its physical functions and requirements to maintain a weight of _____ lbs.
3. I nurture and love myself and feed my emotional, physical, and spiritual needs with what I really need, when I really need it.
4. I am the "self" of my dreams.
5. I am the "me" of my dreams.
6. My body is working at optimal health, efficiency, and effectiveness in all areas to support my success and well-being.
7. The better I take care of myself, the better the Universe and God supports me.
8. My body knows what it needs and takes the time to get it.
9. My body tells me what it needs and I listen and act on it with gratitude.
10. It is okay and safe for me to feel my feelings and let them pass on their own.
11. I am calm, confident and take excellent care of myself during difficult situations.
12. My body is free to release all weight it no longer needs
13. It is easy and fun for me to make healthy food and lifestyle choices.
14. I am a creative cook.
15. I creatively prepare tasteful and healthy meals.
16. I enjoy preparing healthy food for myself.
17. I enjoy eating healthy meals.
18. I am naturally attracted only to food that is healthy and nutritious for me.
19. I now fully and completely release all my cravings for sugar and foods that contribute to ill health.
20. I enjoy eating a healthy, whole foods diet.
21. Healthy, whole foods are fully satisfying to me.
22. I am at home in my own body.
23. My appetites are fully satisfied in healthy, positive ways.
24. I now make healthy food choices.
25. I release my need to consciously control my weight to my Higher Self.
26. I only eat those foods in my highest and best good.
27. I am now able to heal myself.
28. God carries the weight of the world for me.
29. I now desire to eat only those things that are best for me at any given time.
29. I experience the sweetness of life in every moment and only choose foods and activities that support the richness and abundance I am now creating and manifesting.