



EIGHT HEALING QUESTIONS

Goal: The goal of the Handout is to help food addicts move through negativity by identifying a vision for change, resources that would help the change, and barriers to making the change.

1. What is a behavior, feeling, emotion, thought pattern that I want to stop?
2. What do I want to start? What will take the place of whatever I want to stop?
3. What am I afraid will happen if I make the change?
4. What spiritual quality will help me make the change?
5. Who taught me the behavior that I want to stop?
6. How do I forgive them? How do I forgive myself?
7. How is this pattern showing up in my life?
8. What positive qualities do I want to heal?

Spiritual Qualities

Wisdom
Knowing
Clarity
Patience
Satisfaction
Compassion
Kindness
Generosity
Love
Intuition
Humility
Surrender
Calm
Serenity
Peace
Humbleness
Centeredness
Groundedness
Connectedness
Play
Fun

Self-acceptance
Self-regard
Self-love
Self-appreciation
Self-enjoyment
Self-worth
Self-care

Joy
Happiness
Trust
Abundance
Humor
Soul connection
Optimism
Courage
Strength
Forgiveness
Confidence
Ease
Comfort
Protection
Gratitude
Appreciation
Innocence
Sense of good
Belovedness
Openness