

For a description of each trait, refer to the chapter on page 47 of *Heal Your Hunger: 7 Simple Steps to End Emotional Eating Now*.

1. DEEP FEELINGS
2. OVERSENSITIVITY
3. FEARFULNESS
4. RACING MIND
5. CRAVING FOR CONNECTION
6. LONELINESS
7. COURAGE/BOLDNESS
8. STRONG INTUITION—
AND A TENDENCY TO
SECOND-GUESS IT
9. WILLFULNESS
10. ESCAPISM/FANTASY
11. CONTROL
12. SELF-JUDGMENT
13. HYPERCRITICISM
14. RESENTFULNESS
15. BLAMING
16. PEOPLE PLEASING
17. FEAR OF EXPRESSING
OURSELVES
18. SEXUAL SHAME
19. FEAR OF INTIMACY
20. CARETAKING
21. TROUBLE WITH GOD
22. FEAR OF TRUSTING
23. TRUST THE WRONG PEOPLE
24. DEFIANCE

Choose the three qualities that apply most to you and list them here:

1.

2.

3.

List the first quality and then “free flow” write about how it impacts your life, how it makes you feel, and how others react to you or are affected on account of it?

1.

List the second quality and then “free flow” write about how it impacts your life, how it makes you feel, and how others react to you or are affected on account of it?

2.

List the next quality and then “free flow” write about how it impacts your life, how it makes you feel, and how others react to you or are affected on account of it?

3.

Bring this awareness into your prayer life. Ask for these traits to be removed, and for continued awareness of when they show up. Strive to take actions that are opposite of what you feel like doing. For instance, if you tend to be defiant and argue, practice being more compliant and agreeable.