Module 1:
Comfort-er Limiting Belief & Mantra

There are unconscious belief patterns that are running your mindset. Our goal is to catch them and rub self-compassion all over them.

This is the main limiting belief for COMFORT-ers :

"I have to do it all on my own, feeling of powerlessness."

What to do?:

1. Take 5 deep breaths to stop the pattern of the limiting belief.
2. Repeat this mantra when you are expending too much energy judging yourself on what you want to eat or ate.
3. This will reduce cortisol, stress hormones and create safety in your brain and nervous system.

"I AM SUPPORTED, WHAT ELSE DO I NEED?"