



# LIMITING BELIEFS

FOR YOUR FOOD RELATIONSHIP TYPE

NOURISH<sup>with</sup> *Heather*

## MANTRA

## RELATIONSHIP TYPE

How can I keep this going and hold on to what works too tightly.	CONNECT•or
I have to control the details to get my desired results.	OBSESSIVE•er
I have to do it all on my own, feeling of powerlessness	COMFORT•er
Life is overwhelming and my feelings don't matter	NUMB•er
No one can tell me what to do, so I might as well create more resistance.	REBEL•er
It is selfish for me to ask for my needs.	PLEASE•er
I don't have time for nonsense or self care.	DETTACH•er
It is hard for me to forgive others and especially myself.	GUILT•er