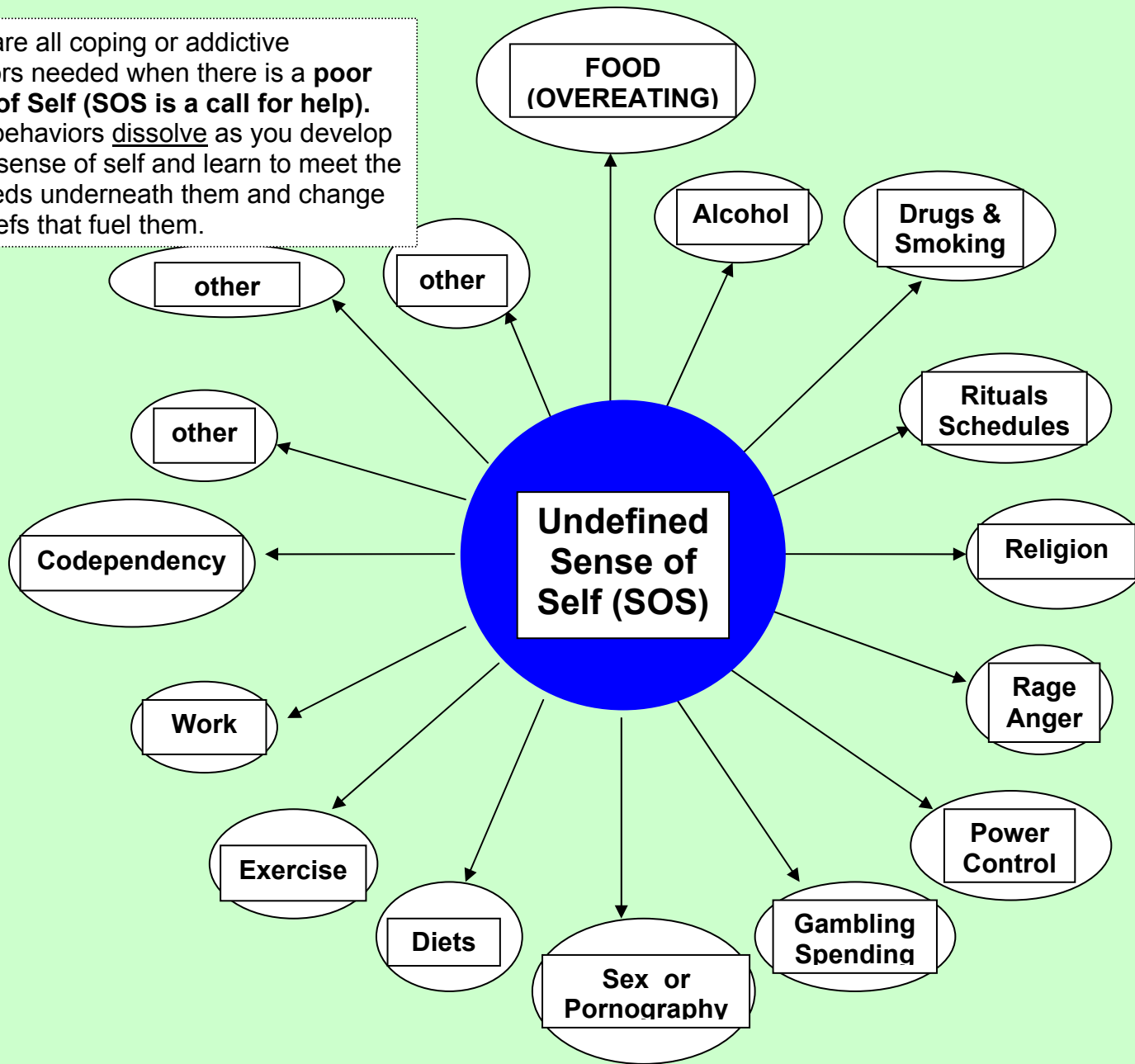


On the lines coming out from each of the six areas, write what activities you do to practice that aspect of wellbeing in your life. Keep doing more and you will develop a stronger Sense Of Self, balance and wellbeing in your life.

These are all coping or addictive behaviors needed when there is a **poor Sense of Self (SOS is a call for help)**. These behaviors dissolve as you develop a clear sense of self and learn to meet the real needs underneath them and change the beliefs that fuel them.



The key is developing a **Strong Sense Of Self**. The eating work taught in this web site is a starting place because you follow the guidance of your inner wisdom to direct your behavior and learn to meet your needs, address your feelings, and change your beliefs.

You must or you will get fatter and fatter so you are more motivated to do the investigative work!

This is the way out!