

6 Daily Questions to Lasting Change

1. What scares you about making the change?

Who would be threatened if you made the change? It might be somebody in your family or a relationship. It might be you? How would you handle it?

2. How would your life be different than it is now?

Can you get love without having a problem to get attention? Does being part of something require you to eat when you are not hungry? Can you give yourself love without stuffing yourself with food or alcohol? Can you receive love and give love unconditionally?

3. How would your life have to change to meet your true needs?

Would you have to be nicer to yourself? What stories would you have to change?

4. What relationships would change? And how would they change?

5. What is the benefit of not changing?

How does it help you? What do you get? Do you get to keep feeling bad about yourself and therefore not recognizing yourself?

6. What would your life be like if you made Love/Connection your primary need?