



# *Eyes WIDE Open* Healing Group



Living in Truth Ministries





# *Eyes* WIDE *Open*

## Healing Group



Living in Truth Ministries





**Living in Truth Ministries**

[www.livingintruthministries.com](http://www.livingintruthministries.com)






# Not sure if this program is right for you?

## Try answering the following questions:

- Do you obsess about food, weight, appearance, or exercise?
- Do you get on the scale and feel good or bad, depending on the number?
- Do you refuse to eat certain foods, progressing to restrictions against whole categories of food? (e.g., carbohydrates, fats, sugars, etc.)
- Do you talk frequently about feeling fat or overweight?
- Do you hide food or eat in secret?
- Do you continue eating even after you are full?
- Do you hate what you see when you look in a mirror?
- Do you have food rituals? (e.g., eating foods in certain orders, excessive chewing, rearranging food on a plate)
- Do you avoid mealtimes or situations involving food?
- Do you exercise rigidly—despite weather, fatigue, illness, or injury?
- Would you like to embrace the unique person God created you to be and see yourself through God's eyes?



**If you answered “yes” to any of these questions, you could benefit from Eyes Wide Open!**