



Eyes WIDE Open Healing Group



Living in Truth Ministries



Eyes WIDE *Open*

Healing Group



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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!