

LOVING THE NEW YOU

Assignment

Segment #1

I've lost all this weight... Who is this person?

- Assignment
 - Get a before and after (current) photo of yourself
 - Look at and study the before photo. Write down your feelings and thoughts of yourself when you were heavy. This can be by story form or bullet form.
 - Next look at and study your current photo of yourself and write down your feelings and thoughts of yourself the way you are now. Likewise this can be by story form or bullet form.
 - Review and keep the two lists or descriptions of yourself. Throughout this week review and compare the two lists and descriptions. If you can, study and self analyze the difference between the two.
 - Lastly, consider if there are any factors that have created the feelings you are experiencing or feeling as a thinner person. This could be in the form of (1) childhood experiences of being made fun of, (2) difficulty adjusting to major changes that occurred in your life, (3) self hatred or disgust, or (4) traumatic events that you have been through in your life. If there are areas that you have thought of that could be related to you accepting/loving the new you, then just note it for now.

Note: We understand that this assignment may be tapping into or exposing some difficult areas of your life, so if you begin experiencing extreme emotional difficulty, please seek professional help immediately.