

WHAT IF YOU DON'T DECIDE TO CHANGE NOW AND WHAT IF YOU DO TABLES

WHAT IF (YOU DON'T):

Complete this table first:

WHAT IF:	6 MONTHS FROM NOW?	1 YEAR FROM NOW?	5 YEARS FROM NOW?
●You don't make that decision to begin to change now. What would be the consequences of that decision on your health?			
●What would the consequences of your relationships with your loved ones be like?			
●What would the consequences of your relationship with yourself be like?			
●How do you feel now in your mind and body?			



THE BIG FAT REASON

So, the reason for thinking and writing down where you will end up in your future if you make no positive steps to change will begin to **MOTIVATE** you to start to think about what you can do differently to begin to make gradual changes.

TABLE: WHAT IF (YOU DO)

HOW WILL LIFE BE IF YOU DECIDE "YES" I AM GOING TO TAKE THAT FIRST STEP?

It's time to visualize how incredibly proud you will look, feel and think once you begin on your pathway to recovery.

Fill out the table below, being as specific enough that you can see a definite result. Remember, this will make it easier for your emotions and mind to begin focusing on

how you want to be in the future. Not only consciously but also unconsciously guide you towards achieving this.

WHAT IF (YOU DO):

WHAT IF:	6 MONTHS FROM NOW?	1 YEAR FROM NOW?	5 YEARS FROM NOW?
<ul style="list-style-type: none"> You have made that decision to begin to change now. What would be the consequences of that decision on your health? 			
<ul style="list-style-type: none"> What would be the consequences of that decision on your relationships? 			
<ul style="list-style-type: none"> In your mind and body, how good does this feel? 			
<ul style="list-style-type: none"> How would you look? What would you be thinking to yourself? 			

How exciting life will be when you are entirely free from bulimia: Feeling healthy.

Your relationships will have hugely benefited.

You will be thinking and feeling so positive about your future and you will look beautiful from the inside out.

Oh yes, you can do this....