

FEAR OF EATING AFFIRMATIONS

“The Subconscious Mind loves repetition. Repeat these Affirmations at least 5 times to program yourself. All Affirmations are stated daily in the present tense, for at least 21 days, positively and with passion.

These Affirmations fortify the hypnotic experience. While you are saying these Affirmations, bring to mind an image of yourself, easily eating anything you desire. This is your personal good “trigger” which, when brought to mind again during any part of your day, stimulates your Subconscious mind to automatically send your Conscious Mind the messages contained in these Affirmations.

Choose the Affirmations That Most Suit You.

1. Every day in every way I am better and better.
2. I have high self-esteem.
3. I am a mindful eater.
4. Food is my source of fuel and I value food and what it does for my body.
5. I deserve to eat.
6. I have power over food.
7. I am confident with my food choices.
8. I easily swallow all my food.
9. I eat what I want, when I want it.
10. Food is satisfying to me.
11. Food fills me up with energy.
12. I always listen to my body.
13. I always make the decision to nourish my body.
14. I eat to live.
15. I am a confident eater.