

# GIVING UP FLOUR AND SUGAR

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1. Do you want to become a person who doesn't eat these regularly? Why or why not?
2. What are your reasons this makes sense to do if you want to stop overeating?
3. Why does it make sense to do this to lose fat?
4. Why will it be hard physically to give up? List your reasons.
5. Why will it be hard emotionally?



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6. Have you been taught/conditioned that eating sugar and flour is normal? How?
  
7. In what ways is it abnormal to eat flour and sugar?
  
8. How will you think differently about this if you want to lose weight and stop overeating?
  
9. To give up sugar and flour, what habits and foods will you need to change?
  
10. What is the easiest to give up?
  
11. What is the hardest? Why?

