



WHO AM I AND WHAT DO I BELIEVE?

Who am I?

Rather than asking you to tell me who you are, I would like to make a bold move and tell you the answer to this question.

YOU ARE INNOCENT!

However, just because I've made this declaration, doesn't necessarily make it true.

And maybe that's a relief to you, maybe it's not, I don't know.

**But the question I have for you now is,
"Do you believe it's true?"**

Yes **No** **Maybe**

- If you said, "Yes", how do you know?
- If you said, "No", how do you know?
- If you said, "Maybe", why aren't you sure?

Your answer to this is important!

It's important because you make decisions and choices based on what you believe. Believe in guilt and you will choose punishment. Believe in innocence and you will choose freedom.

This matters to your recovery from an eating disorder.

If you **want** to believe you are innocent but you aren't sure that you do, then I can help you build that belief because I believe it too!

If you have questions about this exercise and would like to talk some more, please send me an email to kristen@mypieceofyoga.com and we can schedule a complimentary, no-obligation consultation call.