



Reasons to schedule Individual Sessions:

- Establish stable Abstinence from all aspects of the Eating Addiction.
- Move the "Eating Addiction is a Major Illness" concept from *Head to Heart*.
- Gain a better understanding of your body's detoxing in early abstinence.
- Get support and guidance in letting go of Shame.
- Break any dependencies on the Eating Addiction.
- Get clarity & focus on shaping a "Sane & Sound" Spiritual value system.
- Receive extra input and guidance on your nutritional needs in recovery.
- Learn to utilize Becky's Inner Family concept for healing your history.
- Help your loved ones gain a better understanding about Eating Addictions and the recovery process.