## TAKING STEPS TO REGAIN CONTROL IN LIFE AND IN EATING PRACTICES - HANDOUT

## **Journaling Exercise to Create More Intentional Peace**

Use this Journaling Exercise to lessen the resistance that keeps you held to a story of shame, guilt, unworthiness, or powerlessness. When you release a painful emotion or a belief (or belief system) that produces some type of struggle, you predictably remove the primary core of stress thus leading a pathway to peace.

## Journaling Exercise: ((Paper and Pen))

1.	List what experience(s) (at the core) that you want your life to be like
	(Examples: peace, happiness, joy, freedom).

2. List what resistance stands in the way.

3. List what you can do now to decrease that resistance and move into that state.