



Break Every Chain

BREAKING FOOD ABUSE THROUGH THE WHOLE PERSON APPROACH

Syllabus

- What is food abuse?
- Who/what can I blame?
- When is food abuse an addiction?
 - highly palatable foods
 - trigger foods
 - areas of life impacted by food abuse
 - signs of addiction
- Why do some people become addicted?
 - Pleasure & pain
 - Reward system of the brain
- Why did I start abusing food?
- Why do I continue abusing food when I know it's hurting me?
- The Whole Person Approach
 - Bio-psycho-social-spiritual model
- Why stop abusing food?
- Potential consequences of sinful eating
- Rewards of godly eating
- BIO
 - Eating habits
 - Menu planning
 - Fitness
 - Water
 - Sleep, R&R
 - Health care
- PSYCHO-SOCIAL
 - Peace & joy
 - Fun & interests
 - Purpose in life
 - Intellectual stimulation
 - Relationships & connection
 - Importance of touch & eye contact
 - Time management
 - Civic duties/activities
- SPIRITUAL
 - Intimacy w/God & God's people
 - Identity
 - Spiritual disciplines/maturity
- Create a Whole Person Action Plan
- How do I stop abusing food?
 - Walk in the spirit
 - Confession
 - Intentional living
 - Interest vs. commitment
 - Practical strategies
- Spiritual bypassing
- The role of trauma
- Special topics

INVEST IN YOURSELF -- INTRO PRICE: \$500 for 10 weeks! Just \$50/session.

In addition to 10 one-hour Zoom sessions, participants will participate in an accountability exercise and will have 24/7 access to a private Facebook group where they can ask questions about course topics, mingle with other members, and give/receive encouragement.

