



Weight Gain is Quicksand!

Watch the *Weight Gain is Quicksand* video www.LosingCoach.com/weight-gain-is-quicksand

Answer the following questions.

1. What controls the appetite?
2. What increases your appetite?
3. Does fighting your appetite increase or decrease anxiety?
4. How does this anxiety affect your appetite?
5. Do you feel like you are in quicksand with your weight gain?
6. What are some things you must do to get out of quicksand?

7. Why must you lean back and relax?

8. Do you have someone you can trust to lead you to shore? Why or why not?

9. Do you understand that getting out will be a slow process and are you okay with that?

10. How do you feel after completing this lesson?

11. What action are you going to take now?