



From Fat to Thin Thinking



OVERCOMING THE INNER REBEL EXERCISE

It's time for you to show your Inner Rebel who is boss and let him know that you're wise to their rebel ways. As with the Inner Critic, you need to separate your Inner Rebel from you. Grab your pen and journal and answer the following questions and follow along with the visualizations. Have fun!

If your Inner Rebel were a character in a movie what character would he or she be? Or maybe choose a very seductive person from your life to play the rebel?

What does your Inner Rebel look like? (My Rebel is wild and unkempt with a cigarette hanging from her mouth.)

What is a seductive phrase that your Inner Rebel uses to sabotage you? (For me, one was "Oh go on, you work so hard!")

