**Say Goodbye to Emotional Eating Class Assignments**

**Week 1**

1. Read chapters 1-4.
2. Do worksheets on pages 35-37, 39.
3. Do the renewing exercises on page 82 (Do I Really Need Boundaries?) and 127 (A Close Walk with God versus a Close Walk with Food).

**Week 2**

1. Read chapters 5-7
2. Do 1-2 Scripture meditations or sets of renewing questions a day to renew your mind. If you already feel confident enough to try truth journaling or option charts, you can give that a try as well.

**Week 3**

1. Read intro to renewing exercises (pages 73-77)
2. Renew 1-2 x a day this week (or for best results, renew every time you feel like breaking your boundaries).
3. Renewing exercises on page 223 (Discouraged About Weight Loss), 235 (I’ll Never Get Over This), and 254 (This is Too Hard!).

**Week 4**

1. Try to renew 2 times a day this week (or for best results, renew every time you feel like breaking your boundaries).
2. Renewing exercises on page 178 (“I Need a Little Excitement in My Life!”) and 185 (Turning to Food for Comfort).

**Week 5**

1. Renewing exercise on pages 207 (When You Feel Like Others are Judging You for Your Weight) and 209 (If Only I Were Thin).
2. Renew twice a day (or for best results, renew every time you feel like breaking your boundaries!)