

Food Rules

Food Rule	Where did this rule come from?	How scary (or anxiety-provoking) is it to give up this rule?	What is the <u>Value</u> in breaking this rule?	How did you feel before and after you challenged yourself with breaking this rule? Please re-rate your anxiety/fear level after breaking the rule.
		1 2 3 4 5 6 7 8 9 10 (scariest)		
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