Reflections Practice

Small Group

"I really need that (pain med) prescription, as I can't get by without it. I know it's addictive and all, but it's just so hard to function without it and I'm not sure what to do."

"Like, I'm totally afraid if I don't change since my blood sugar numbers haven't been good for a while. Plus, I don't even want to look on the scale. If I do, I'll totally freak out I'm sure."

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"I seem to keep sabotaging my efforts, it's like I have a food addiction or something. I've tried every diet and some exercise, but nothing has really worked. I think it is just genetics or something, I think maybe I'm just meant to be fat."

"I really don't want to take meds. There's got to be some natural alternatives or something. It just is something I can't even think of myself doing since I never thought I would be in this situation."

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