



**The Food
Addiction
Coach**

The Trauma Blueprint Coaching Method

For Fitness Professionals

AMANDA GEROUX
The Food Addiction Coach

WELCOME BACK!

WELCOME
BACK

[WATCH ME](#)

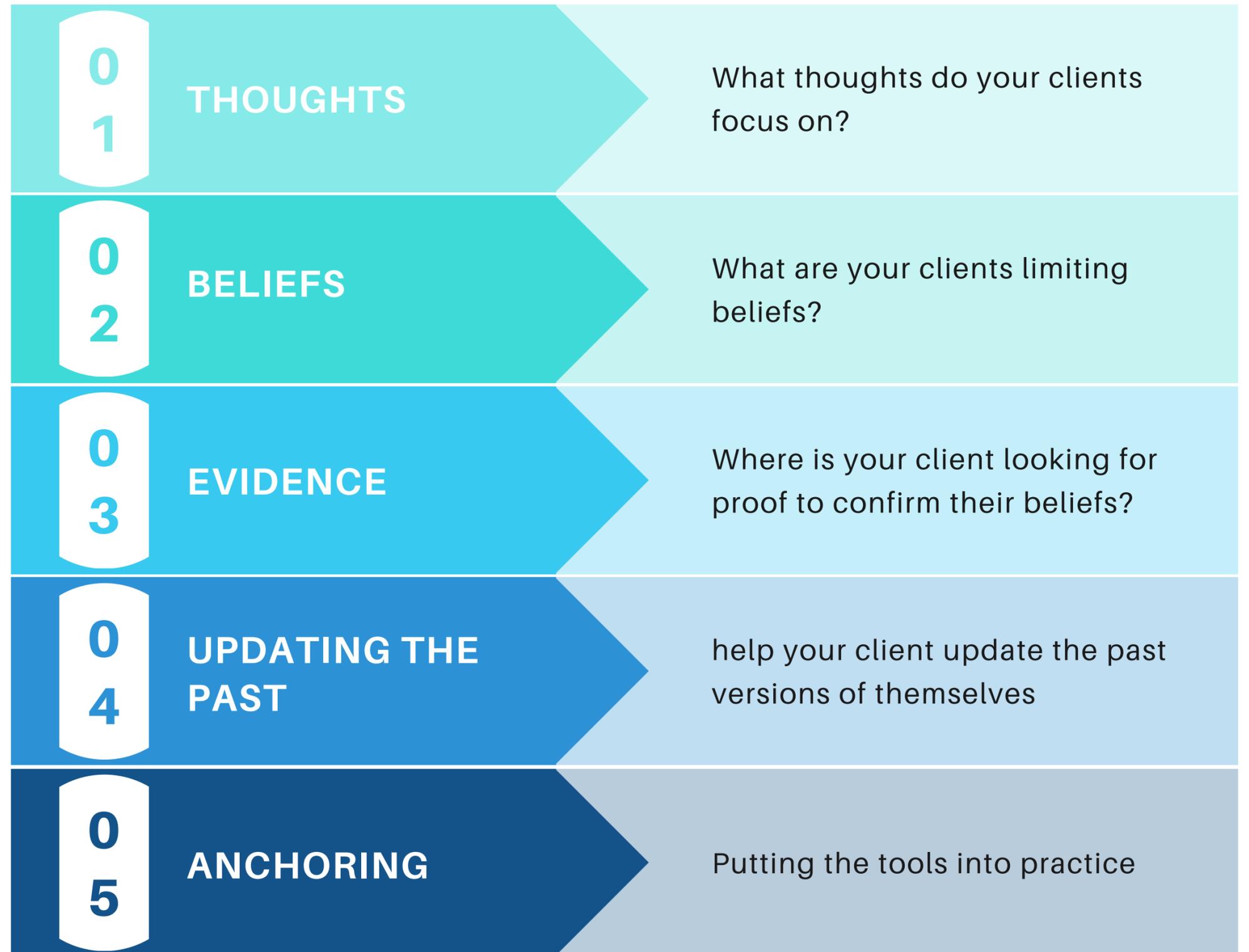
THE TRAUMA BLUEPRINT COACHING METHOD

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Module 2- Thoughts, Beliefs, and Evidence

We get proof where we
look

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THOUGHTS

What thoughts are playing out in your clients minds that are keeping them stuck?

[WATCH THE VIDEO HERE](#)



THOUGHTS

Identifying Recurring Thoughts

What thoughts do your clients focus on consistently? We all have many thoughts enter our minds on a daily basis, but only few we attach true meaning to and believe. When we are able to realize that 1 - Not all thoughts are true and 2 - We are not truly the voice of the mind, we are the one that hears it, we can truly break free from any limit we have placed on ourselves.

Work with your client to help them identify what thoughts they are repeatedly having and attaching to. This will help them see what state they are mostly living in and how they are developing their beliefs.

[Client Worksheet](#)

"When we start paying attention to our thoughts, we see what is really going on inside our heads.

It's like music at the mall playing in the background that we suddenly pay attention to.

We have to know what's happening behind the scenes to really make lasting change."



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BELIEFS

What limiting beliefs do your clients have?

WATCH THE VIDEO HERE



BELIEFS

UNCOVERING LIMITING BELIEFS

Thoughts, when enhanced by emotion, become beliefs. Our beliefs dictate our actions and how we live our life. When we can identify what limiting beliefs we have we can then work to eliminate them and replace them with better, more self serving ones.

Help your clients uncover their limiting beliefs around their food and why they feel they haven't been successful and or can't be successful going forward.

[Client Worksheet](#)

A scenic landscape featuring a range of mountains in the background, a calm lake in the middle ground, and a dense forest of trees in the foreground. The sky is a vibrant blue with scattered white and light-colored clouds. The overall color palette is dominated by blues, greens, and earthy tones.

All beliefs have been adopted, which
means any belief can be changed.

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EVIDENCE

Where is your client getting the proof to confirm their beliefs?

[WATCH THE VIDEO HERE](#)



EVIDENCE

WE GET PROOF WHERE WE LOOK

Where is your client looking for proof to confirm their beliefs? There are most definitely events in their life they are drawing on. Being able to see that proof is wherever you decide to look, will help the client shift their focus to show evidence of something better and more self serving.

Help your clients turn their thinking around by getting them to find proof of how their limiting belief is NOT true. Then help them turn it around to find evidence of something more empowering.

[Client Worksheet](#)

A woman wearing a red beanie and a red and black plaid scarf is looking through a telescope mounted on a red pole. She is standing on a snowy mountain peak. The background is a soft, out-of-focus snowy landscape. A semi-transparent blue banner is overlaid across the middle of the image, containing white text.

Everything is perspective. Standing at the bottom of a mountain has a different view than the top.

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UPDATING THE PAST

UPDATE

Help your clients update their past versions of themselves.

[WATCH THE VIDEO HERE](#)



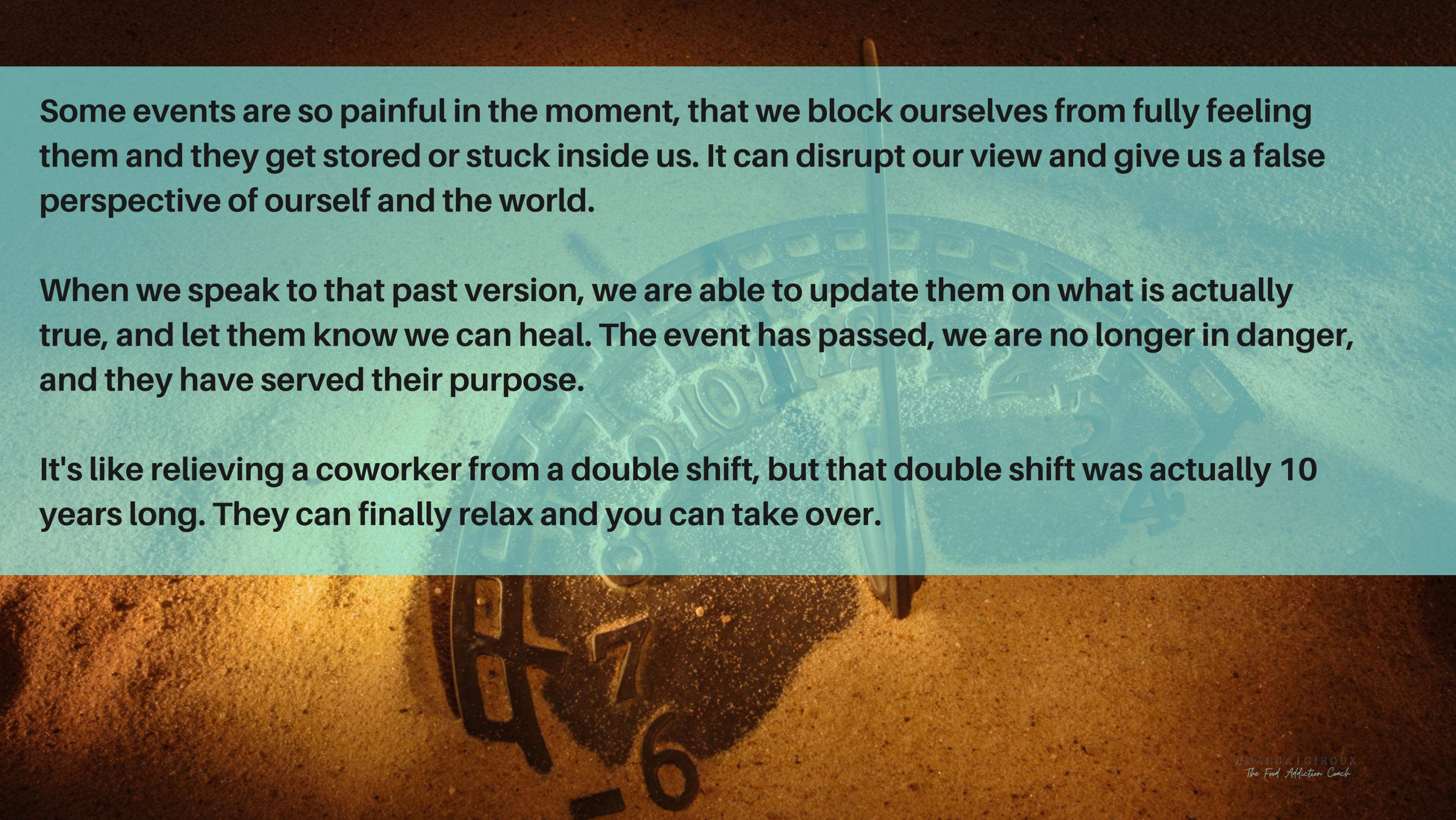
Updating The Past

Removing Emotional Imprints

Some events get imprinted on us emotionally and spiritually and can taint our perspective of ourselves and our life. By updating the past versions of ourself, we are saying to the subconscious - this perspective no longer serves me, it is not needed, and we can release it.

Work with you client t allow them to update the past versions of themselves, speak to their inner child, and release and rewrite their story.

Client Worksheet



Some events are so painful in the moment, that we block ourselves from fully feeling them and they get stored or stuck inside us. It can disrupt our view and give us a false perspective of ourself and the world.

When we speak to that past version, we are able to update them on what is actually true, and let them know we can heal. The event has passed, we are no longer in danger, and they have served their purpose.

It's like relieving a coworker from a double shift, but that double shift was actually 10 years long. They can finally relax and you can take over.

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ANCHORING

Putting the tools into practice.

[WATCH THE VIDEO HERE](#)



Anchoring

Training The Brain

Awareness is a HUGE part of the process, but it is not a magic wand. Just like hiring a new employee, you cannot JUST rely on the orientation process for the new guy to learn everything. It takes time, consistency, and they must be trained by a more seasoned, experienced employee. Same goes for the brain. The old self will try and creep in, but this version is now a lie, so the current self MUST keep an eye out and stay consistent with their new routines.

Help your client develop their new routines and habits with their updated versions of themselves. Help them develop anchors to really solidify the new learnings.

[Client Worksheet](#)



**Like a child learning
the piano, every
action takes time,
consistency, and a
willingness to
recreate the self.**

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Recap

What we learned in this module

THOUGHTS

HELPED CLIENTS IDENTIFY THEIR RECURRING THOUGHT PATTERNS.

BELIEFS

HELPED CLIENTS UNCOVER THEIR LIMITING BELIEFS AROUND FOOD.

EVIDENCE

HELPED CLIENTS DEBUNK THEIR OLD BELIEFS AND FIND PROOF OF SOMETHING BETTER.

UPDATING THE PAST

HELPED CLIENTS UPDATE THEIR PAST VERSIONS OF THEMSELVES.

ANCHORING

HELPED CLIENTS ANCHOR IN THEIR NEW LEARNING.



Resources

Resources

[Client Workbook link](#)

Conclusion

[WATCH THE VIDEO HERE](#)

See you in the next module!

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