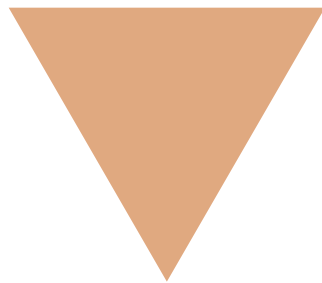


# Exceptions & Carb Phobia Workbook

**V I B E**  
**C L U B**



There is an **enormous**  
difference between  
“I am not allowed to  
have that”  
and “I **choose** not to  
have that”

# Intro

## *Exceptions & Carb Phobia*

This workshop is to help you uncover and unwind your current thinking around carbs and sugar. If your future self is someone who has a healthy relationship with carbs, then now is the time to start becoming her.

I want you to be open to being wrong about your prior beliefs about exceptions. Be open to a new experience. You may have proof from your past that you have no self control but through the Vibe Club process, you can create new proof and create more balance. Balance leads to easier consistency and sustainable weight loss.

# Detangling Carb Brain

## *Exceptions & Carb Phobia*

What is my current thinking around planning carbs and sugar?

**Example:** If I allow myself to eat carbs, I won't be able to stop.

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Are these beliefs helpful? Why or why not?

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How many times a month am I having unplanned exceptions?

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How could planning exceptions without overeating be helpful for my weight loss journey?

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# Future Self Thinking

## *Exceptions & Carb Phobia*

Do I see myself eating carbs after I lose my weight? Yes or No?

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What are some situations where I may want to be able to eat carbs?

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What type of relationship would I like to have with carbs? Describe.

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# Working Carbs Into My Protocol

## *Exceptions & Carb Phobia*

I am choosing to incorporate carbs into my protocol because...

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How often do I want to incorporate carbs into my protocol?

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How will I make sure I don't overeat when carbs are on my plan?

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What are some strategies for getting back to my normal plan?

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# Unintentional Thinking

## *Exceptions & Carb Phobia*

Plug in your unintentional thoughts about carbs into the think/feel/do cycle.

Think:

Feel:

Do:

Think:

Feel:

Do:

Think:

Feel:

Do:

Think:

Feel:

Do:

Think:

Feel:

Do:

Think:

Feel:

Do:

# Intentional Thinking

## *Exceptions & Carb Phobia*

Now, plug in intentional thoughts about carbs into the think/feel/do cycle.

Think:

Feel:

Do:

Think:

Feel:

Do:

Think:

Feel:

Do:

Think:

Feel:

Do:

Think:

Feel:

Do:

Think:

Feel:

Do:



# Planned Exception

*Exceptions & Carb Phobia*

Date: \_\_\_\_\_

## Before

Why am I choosing to plan this exception? Be specific.

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What strategies can I use to prevent overeating?

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Why is planning this helpful for my long term weight loss goals?

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## After

How do I feel?

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Did I eat when hungry? \_\_\_\_\_ Did I stop at enough? \_\_\_\_\_

What can I do differently to improve my next planned exception?

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# Notes

*Exceptions & Carb Phobia*

# Notes

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