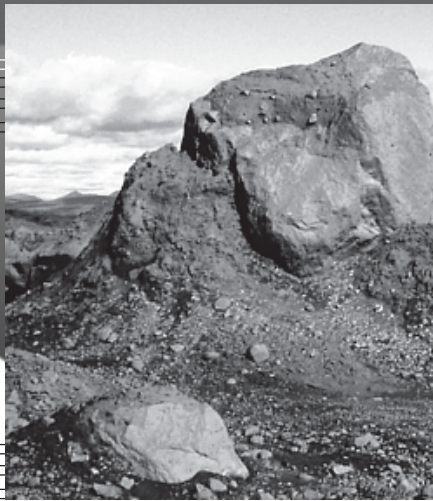


CHAPTER THREE

What's Been Getting In Your Way?



Chapter Three At A Glance

- Understanding the challenges of permanent weight loss
- Tackling the pain/pleasure problem
- Dealing with family and peer pressures
- Finding other ways to reward yourself
- Shutting down negative mind chatter
- See yourself slim
- Setting realistic goals
- Reveling in your imperfection
- Looking behind your protective layers
- Discovering your emotional motivators
- Hypnotic suggestions for eliminating roadblocks

Now that you've learned some self-hypnosis skills, it's time to put them to work confronting—and conquering—the roadblocks that have kept you from attaining and maintaining your ideal weight. You may be surprised at some of them. I'll get into some specific ones—and their solutions—in a bit, but first I want you to understand some general challenges that most of us are up against on this journey.



Your path to becoming slender for the rest of your life will be one of, if not the most, challenging journey of your life. It can also be one of the most rewarding experiences in your life. That's certainly been true for me.

In 1977 I studied chemical dependency at the Vern Johnson Institute and St. Mary's Hospital in Minneapolis. I was beginning my training to be a drug and alcohol counselor, though my career later took a different turn. While in this training, I began to think that I was an alcoholic. There were only two times in my life where I was actually drunk and overall I didn't drink very much, but I recognized in myself the feelings and behaviors of an addict. Confused and struggling for many years, I was later clinically diagnosed with depression. I never could adequately describe how I felt to therapists or to anyone else.

Today, I realize my addiction was not with alcohol, it was with food. Technically, food is not an addiction. With addictive behavior there is an element of choice in the development of the addictive behavior. But you have to eat food. You can't survive without food. It's a regulated form of behavior. The brain defends you from not eating. You cannot stop eating simply because you choose to stop eating—excepting those rare zealots who starve for a cause. You've got to continue to eat in order to survive. The brain protects you from starvation, and does it with remarkable resolve. Having said that,

I do treat weight loss as an addiction;
 in fact I consider it to be
 the most difficult of addictions
 to overcome.

I can send former smokers out the door after one session and they never smoke again. An alcoholic can stop drinking, attend Alcoholics Anonymous, and never drink again. Food was my drug of choice, but I don't have the luxury of never eating again. If losing weight was as simple as never eating again, weight loss programs would be out of business. But imagine telling a smoker that in order to survive he'll need to have three puffs on a cigarette every day. He'd be back to a pack or more a day in no time.

The pain of dieting

There's no getting around it—letting go of weight is apt to be a painful experience for those of us who used food as a drug. (Though using self-hypnosis techniques will make this journey easier, you are still apt to experience some emotional pain during the process.) In the past, when painful issues came up, we ate to numb out, to not feel, to feel what we wanted to feel or to fill a void. Marilyn put it this way: “I was trying to get in control of my emotional state by getting in control of my eating, rather than my emotions.” When food is no longer used for emotional purposes, our issues are in our face. We have the opportunity to do the healing work and leave the weight of the pain—and the pain of the weight—behind. For some, it's just too painful, and they give up on the program and themselves and go back to self-medicating with food.

Since we chowed down our first wooly mammoth around the campfire, food has been an ingredient of social, holiday and religious customs throughout the world. Every mother has used food to nurture her children. We gather for meals and break bread together. But today, our attention often shifts to the food, and we forget the people we are eating with.





Too many
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to live.

At least twice each day going to and from my office, I walk past an ice cream store. I have never been inside, but I have spent time standing outside watching the customers. I have been fascinated watching slender people sit in groups of two or more, often with a small cup of ice cream and several spoons. They look at each other, they are engrossed in conversation, and their ice cream is melting. Next to them, the overweight customers devour large portions of ice cream with lots of toppings. They are usually alone. If they are with someone, there is little to no conversation, and they're usually looking away from the person they're with—and there is no danger their ice cream will melt.

Food should be pleasurable, it should taste good, it should be wonderfully presented and it should be fun. But too many of us are living to eat rather than eating to live. People today are suffering from mental, emotional and spiritual dis-eases of the heart, and often they're using food to stimulate those parts of the brain that are meant for relationships—talking, flirting and just being together. If foods can work on the very parts of our brain that are designed for warmth, friendship and love, no wonder loneliness leads to overeating, drinking or drug use. A vicious cycle develops; the more weight you carry, the less likely you are to be active. The less active you are, the more isolated and lonely you become. A bowl of rocky road ice cream becomes a quick and easy way of masking the loneliness.

One client wrote on her intake questionnaire that she loved having “parties in her mouth” and feared giving these up. Dis-eases of the heart come in all shapes, forms and disguises. Dieting is an uncomfortable experience in and of itself for most people, just as any change can be painful.

Then there are all the familiar rituals of food to reconsider. Stopping at Starbucks and getting the morning latte; indulging in that morning Krispy Kreme donut; lunch with friends at work; that trip for the Snickers bar in the afternoon; enjoying a glass of wine with cheese while preparing dinner; and the cookies late at night when everyone else is in bed and the house is finally quiet.

And few people want to be different from everyone else, so with 65 percent of us overweight, the norm is to eat as only kings and

queens used to, which makes traditional dieting very hard to do. And then you add the physically addictive qualities of food to all the mental and emotional discomforts, and you can really have a tough road ahead.

It's not uncommon to have clients come in to their first or second session angry. Often they verbalize they're upset about the eating strategy, or they don't like something about our introductory kit. Sometimes this anger starts as soon as they make the decision to start the program. From time to time I overhear new clients creating all kinds of scheduling obstacles with office personnel or even tell us that it's up to us to call them the day before their sessions to remind them of their appointment. Well, guess what?



Having to give up the way you've been eating can make you angry. Who wants to give up old eating habits? People want to eat what they want to eat, when they want to eat it.

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“Other people eat that way. Why can't I?” they ask. It's tough to be different when 65 percent of the American population is overweight.

So if losing weight is an uncomfortable experience, how do you imagine finally taking control? After losing 100 pounds, in the October 3, 2005 issue of Newsweek, Arkansas Governor Mike Huckabee revealed: “I knew that I was not living a healthy lifestyle, and I wanted to change it. But I'd lived this way a long time, and I didn't think I could change. People have to believe that the benefits of healthy behavior outweigh—no pun intended—whatever benefits they perceive in overeating and under exercising.”

Yet letting go of weight is much more than just changing what and how much we eat. Letting go of weight means changing many beliefs about who we are, how we behave and what we look like. Letting go of weight means we can no longer hide. But there's no escaping pain. **Choosing to be overweight means choosing the different sorts of pain that go with that and accepting that pain is your normal, permanent state.**

What are you hiding behind?

After my Slender For Life™ clients have completed their initial individual sessions, I offer a weekly group session while they progress toward their ideal weight goal. One week the scheduled group topic was fat. I had my prepared notes. I had the hypnosis script ready to go. I was all set. One man, I'll call him Bill, was sharing his experience of recently being stuck in a pattern of up a pound or two, down a pound or two. I asked what that was all about. "I don't know," he responded, "I wish I knew." We had been there before. Bill had a pattern where he would drop three to five pounds, and then gain one or two pounds. He was down 59 pounds and had another 50 pounds to go. Often, his excuse was work-related stresses.

Weight was used as an excuse to insulate himself from friends.

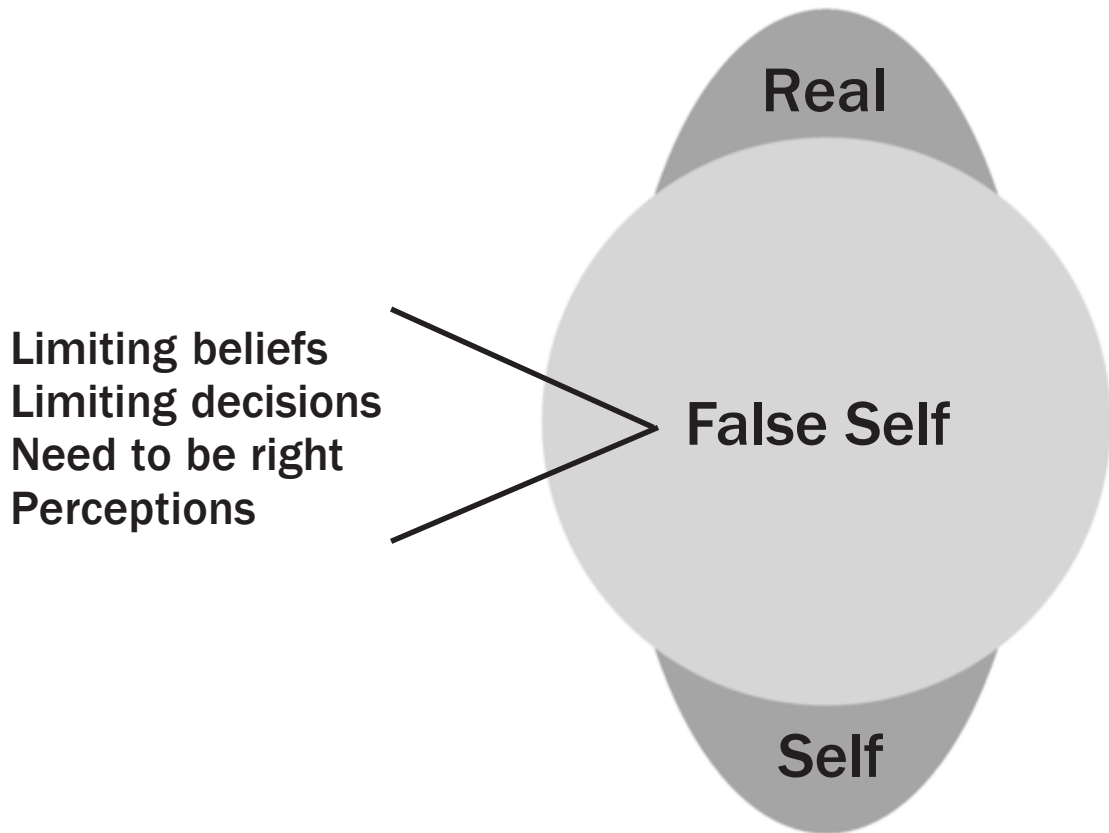
Then I asked about his identity, if he thought of himself as a 180-pound person or a 239-pound person. What unfolded was a captivating discussion about our false self and our authentic or real self. Bill believed that the excess weight was part of his identity, a part of who he was as a person. Weight was used as an excuse to distance himself from his partner and to insulate himself from friends and family—to keep them from getting too close. He used eating as an excuse to take a break at work and to self-medicate when stressed.

Bill used weight to keep from being the big V: VULNERABLE.

We began to discuss the authentic self and this false self. With tears in their eyes, others in the group started sharing about rejecting their authentic self and even hating their authentic self just as they hated their body. Some stated that they had no understanding of their real self. Wanting to find a way to illustrate this concept, I drew a diagram on the white board. (See next page.)

We talked about hiding behind the weight and hiding behind false beliefs that we held to be true about ourselves. Embracing the authentic self was so foreign to what most of us were taught that it seemed wrong and even selfish.

A different kind of identity issue came up in a consultation with Robert, who is in his 70s. He told me that he was a former bodybuilder. As a younger man, he was big and strong; he felt powerful. He associated personal power and strength with size. Today he is no longer a body builder, nor is he physically strong. In fact, his excess weight had weakened him. He was big all right, but fat



had now replaced muscle. Robert's fear was that if he lost his excess weight, he would be small—which meant that he was weak. I am sorry to say that Robert chose not to do Slender For Life™, his belief that being at a healthy weight meant that he would be weak was just too ingrained.

And then there is the issue of our family's and friends' perception of us. When we as individuals begin to change, we are no longer what our family and friends believe us to be. And when we don't meet their expectations, that alters their understanding of the world, and they often don't like that. They want us to be who they think we are, and they'll work hard at keeping us as they think we are. It's just like crabs in the crab pot: one crab starts to climb out, and the others pull it back in. Being who we truly are is challenging and often risky. Some may ask: Who do we think we are to believe

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that we have the right to make choices and to believe we are worthy? The reality is: Who are we not to be worthy? As Nelson Mandela said, "it is our light that frightens us."

I pointed out to the group that of course there is another issue. The unconscious mind is very powerful. It creates exactly what we believe to be true; holding on to the perceptions we discussed in Chapter Two. If we believe that we are unworthy, the unconscious mind will deliver unworthiness. The unconscious mind is like my office computer. It's powerful and yet it's an idiot. My computer is only as smart as the operator, which has certainly been the bane of numerous tech support people I've called for help over the years. Often I can't get my computer to do what I want it to do, because I don't know how to do it! It's that old cassette tape I mentioned earlier playing the same old song. Until we change what we believe to be true, we will continue to create the false self.

In hypnosis, I ask clients to imagine an infinite source of love, healing and light above them that shines into their heart, moves to their brain, and then moves through every cell of their body, illuminating all the darkness within them. It's as if they've been wandering around in a dark scary cavern all these years, tripping over unseen, frightening objects. Then one day, they discover a light switch and they realize that this is not a dark scary cavern, but a beautiful cathedral filled with all the gifts, talents and resources they need for this lifetime. Everything they need is within them.

journal exercise



What are you hiding?

Now ask yourself:

- How have your own self-limiting beliefs kept you from your true self?
- What aspects of your true self have yet to find expression?
- What does your true self know about you that others don't?
- What hidden talents or gifts would you like to share with others?

The answers are all in there

So what can you do about the dis-eases of the heart, the mental and emotional discomfort that drives people to sugar and fat? You need to make a choice. You can either do what everyone else does and continue putting on the weight, or step out of the multitude and start living differently. The key is to step out of the pack without anyone knowing it.



Changing your relationship with yourself and with food is a gift you are giving yourself.

If you're lucky, there are two, maybe three people in this world who will truly support you. For most of your family and friends, it is none of their business—so don't tell them! You do not need anyone telling you that one fried chicken dinner won't hurt you.

I remember when I was in my 20s my wife and I went to Iowa to visit my grandmother and my great aunt. I had lost about 30 pounds (I was still significantly heavier than I am now). My great aunt took one look at me and tore into my wife accusing her of not feeding me and not taking care of me. Her tirade was followed with a meal of pig's feet, beans and fresh homemade white bread. Sad to say, after that experience I very quickly put on more than 30 pounds.

Next, I'll go over the most common roadblocks people face when embarking on this journey to becoming slender for life. And the good news is—each one comes with ways to leap right over it.

There are better rewards than food

Food is often used as a way of rewarding yourself for a job well done. Whether it's completing a big project at work or just scrubbing the toilet, many people use food as a special treat. On your journey to becoming slender for life, it's essential that both long-term



and short-term rewards be developed that are safe, healthy and ecological on all levels. Trading food rewards for maxing out your Visa card or gambling online are not safe, healthy and ecological.

Solution to using food as a reward:



Rewards can be surprisingly simple, such as leaving your desk and walking to the water fountain, going for a stroll around the office building, enjoying the ritual of making hot tea, or curling up with your dog and a good book. Immediate rewards such as a cup of tea are more useful than long-term rewards. Seeing yourself looking great a year from now at your ideal weight in your new bathing suit on a white sand Maui beach is a great long-term reward. But when the stuff is hitting the fan, that Snickers bar will win out over that fantasy of the beach every time.

journal exercise



How have you used food as a reward?

Recall some instances when you used food as a reward. See if a pattern develops. Are there certain situations where you are most apt to crave a food reward? They are likely to be times when you are emotionally aroused. Having a confrontation with a demanding boss is much more likely to trigger a desire for food rewards than simply cleaning your house.

Now make a list of typical events that trigger your need for food rewards, leaving space to write after each one. When you are done, after each event write a new kind of reward that would be more appropriate than food. For example, holding your ground with your boss and not acting like a doormat might get rewarded with a weeknight outing to a movie, or perhaps a trip to the bookstore to browse for something on self-empowerment, or maybe you'd rather have a massage. The key is to match the reward to the level of achievement. Only you know what that is for you.

Silencing negative chatter

Think about a time in the recent past when you either ate too much or you gained weight, and try to recall your self-talk. For instance: What's the matter with you? You're no good. You'll never be successful at losing weight. You can't keep any commitments. Negative self-talk is trance. Now, remember, Dr. Candace Pert has shown us that all thought, all memory, all emotion occurs and is stored in every cell of our body. What we are working with is cellular memory. It is very real to you.

Margaret was talking about the voice in her head that was telling her: "This is too hard... you will never be successful." For Stan is was: "I've failed at every weight loss attempt I've ever made, why should this be any different?" And Sue had been hearing the same refrain her entire life: "You'll never look like your sister, you'll never be as pretty and as thin as she is."

We all have mind chatter and too often it is negative.

Fortunately there are tools for working with this chatter.

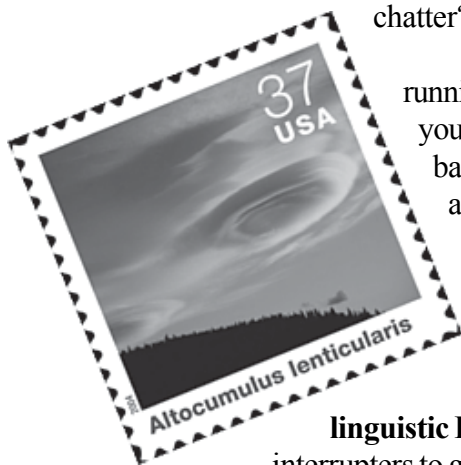
Solution to negative chatter: try bringing to mind your negative chatter.

Is it your voice or someone else's? Now take this chatter and turn it into a cartoon character like Daffy Duck, a Teletubby, Bugs Bunny, Porky Pig or Olive Oil. What happens to the power of that chatter? It becomes comical, doesn't it?

Now bring it back again in its original voice, get it running in your head and then imagine it emanating from your big toe. Again, the power diminishes. Finally, bring it back one more time in its original voice, get it running and then shrink it down to the size of a postage stamp. If you are right-handed, place it in the far left hand corner of the room on the floor. (Left-handed people place it in the far right hand corner of the room on the floor). What happened? It's gone, isn't it?

All three of these techniques are Neuro-linguistic Programming (NLP) techniques. They are powerful interrupters to get you out of the negative trance of that chatter. And yes, when you are in that chatter, you are in a trance. Is your alarm clock a pleasant sound? Mine isn't! How about the smoke detectors

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Just as you
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conscious
of what
you think.

in your home? Mine are loud and obnoxious. Alarm clocks and smoke detectors are wakeup calls, attention getters. You need to break that trance just as an alarm clock shatters your sleep. You need to create a call to a different action.

As I said before, one of the chatters that ran my life was “Not good enough, Roger.” No matter what I did, it was never enough. It would get so that I would stop trying to do things because I kept raising the bar, and I could never be successful. To this day, there is not a day that goes by that I do not hear “Not good enough, Roger.” But where it used to be an anchor, it’s now a friend—it’s my wakeup call, a call to action. The message now is “Stop coasting, Roger, be your best. Be enough.”

What is the opposite or positive statement that can be created from your negative chatter? For example, if you typically tell yourself: “I can’t win. . . every time I try something new I fail,” then the next time you start to run that tape, replace it with a positive counter statement. Such as: “I am a winner. . . I have wonderful ideas that produce great results.” Or, if you say to yourself: “Why bother with dieting. . . I always regain the pounds I’ve lost,” think instead: “I now have the tools and ability to permanently release my excess weight.”

The key is to learn to monitor your thoughts so you catch these insidious negative thoughts before they become further ingrained in your subconscious. Just as you need to become more conscious of what you eat, you need to become more conscious of what you think. **So fill out this chart and refer to it often, until you master the skill of monitoring—and replacing—your negative mind chatter.** Some of your positive replacements may make good hypnotic suggestions, and/or you may want to carry an index card with them in your pocket or purse. Some people like to post these positive affirmations where they can be reminded of them throughout the day.

Negative thought

Positive replacement

Ten-minute exercise

Here's a slightly different approach to try. When critical thoughts are running through your mind, for ten minutes write the opposite of every negative thought as fast as you can. It's okay to repeat the same opposite message. If the thoughts are: "I am a failure" and "I am a fat slob," then write: "I am succeeding at releasing this weight" and "I am slender, trim, healthy, and I look fabulous!"

The
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mouth.

You can take control of your life

Clients regularly tell me that they "know it all" when it comes to nutrition. They've read every book and tried every diet and have still failed to keep the weight off. Their knowledge of what they should do, coupled with the many past failures makes it almost impossible to believe they could ever be in control of what they eat, how much they eat and ultimately, their weight. There is often fear of "one more failure." I've had people leave a consultation in tears without starting Slender for Life™ because they do not have the strength to endure one more failure. For some, not trying is far less painful than one more potential failure.

This lack of belief in your ability to be in control can be an impetus for failure. It's almost as if some people are waiting for failure to happen or looking for an excuse to fail. People who don't believe they can be in control tend to give up on themselves easily.

Solution to feeling out of control:

One of the hypnotic suggestions I use is: "You are the one in control of what you eat, how much you eat, and ultimately your weight." The reality is, no one else is telling you what or how much

food to put into your mouth. **The means to seize control is self-hypnosis.** As I've said, I believe that hypnosis is learning to be in control of the trance you are in. By starting out each day with suggestions like the following ones, you have an excellent chance of learning to control your behavior.

- I am present and conscious in my body throughout the day.
- I am in control of what I eat, how much I eat, and ultimately my weight.
- This time I am changing my life for the better, and I succeed at creating a healthy body.



CD NOTE

In order to succeed in anything in life, it is necessary to first have confidence and belief that you can and will succeed. The CDs contain tracks that have been carefully created to increase your self-confidence to provide an amazing level of inner control, as well as melt away the dis-eases of the heart and improve your long-term success. See the Emotion Trigger Track.

Can you see yourself slender?

It's difficult to be committed to something you can't even imagine. If you had difficulty in Chapter One visualizing yourself slender, then that can also be a kind of roadblock to your success. Here's a tip to try. Prior to releasing my own excess weight as an adult, the last time I weighed my current weight was in grade school. I had no clue what I would look like at 150–155 pounds. That was unimaginable to me. When I envisioned myself, it was with 100 extra pounds.



Solution to lacking a clear image:

So that I could begin to create an image in my mind's eye of myself at my ideal weight, I finally found a photo of a man in an underwear ad that was about my height and frame size. I put that photo on my bathroom mirror so I could focus on that image of myself every time I brushed my teeth. You can do all sorts of creative things with your images: make a treasure map, a dream board or a collage. Use images from magazines, or even better, old pictures of

yourself at your goal weight if you have them, or you can Photoshop yourself thin on your computer!

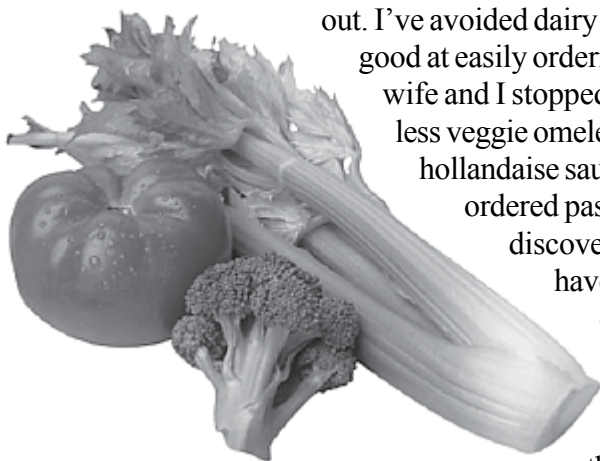
There is no way to diet perfectly

Some people try to diet perfectly and want a specific diet plan to follow. They want to get out their food scales, their measuring cups and start counting calories and grams of fat. The ultimate result of perfectionism is failure.

There is no way of dieting perfectly. There is no way to follow any eating strategy perfectly. Give it up. It can't be done.

You just do the best you can. Even when you try to make healthy choices, you can't count on what will be served when eating out. I've avoided dairy products for years and have gotten pretty good at easily ordering in a restaurant. Once on a road trip my wife and I stopped for lunch. I ordered a fake-egg, cheeseless veggie omelet—but it was served to me with hollandaise sauce slathered all over the top of it! I have ordered pasta with tomato sauce and veggies, only to discover there was cream in the tomato sauce. I have even ordered a veggie wrap with “no cheese and no dairy” and my first bite was a mouthful of sour cream. When I walked back to the counter, the young girl who took my order replied: “But that's just sour cream.” Apparently she didn't know sour cream is a dairy product! So you learn to scrape off what you don't want and you move on.

Many of my clients are nurses. I have the greatest respect and admiration for nurses. They work long hard hours, often in hospital



units that are understaffed. They seldom get a bathroom break and meal breaks are often impossible to take. When it comes to dieting, nurses are some of the most difficult perfectionists to work with. Of course, one of their skills and strengths is perfectionism. Perfectionism is essential to their job. They must be exacting in which patient they are administering medications to, giving the right medication and correct dosage. But when they turn their perfectionism on themselves, it bites them on the backside.

Joan's story goes something like this: It's the fourth work day of the week, she put in several hours of overtime the previous three days and today is looking no different. She's tired, has had no time with her family and little sleep. She's been on her feet for hours; she is seriously hungry and hasn't had the opportunity to take a lunch break. There are M & M's and an open bag of chips at the nurse's station, so as she runs by, she grabs a handful of each. Though she's only been a Slender For Life™ client just over a week, her sense of failure is overwhelming. Since she feels she's blown the day, she gives up and eats whatever is easily available. "What's the use? I will never be successful with weight loss anyway," she rationalizes to herself.



None of
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In her next session we discussed her perfectionism and the places in her life where it served her and the places it did not. Over the following weeks, Joan became more loving and accepting of herself and she treated herself—and her body—with love, dignity and respect. She created a new relationship with herself, one that allowed her to obtain her ideal weight and one that allows her to maintain her ideal weight to this day.

None of us is perfect, and we need to get over it. The real challenge, certainly, is learning to love ourselves and to forgive ourselves.

Another way perfectionism sabotages us is when we set goals that are unattainable. A mental attitude of creating unreasonable and impractical expectations for yourself in both your weight release results and in any kind of program you may use or join, will only lead to heartbreak. At the first indication of not living up to your high perfectionist ideals, you may be ready to quit. Since it's impossible for

anyone to do this or any other weight release program perfectly, it's unlikely you will be the first!

Solution for perfectionism:

Realistic, attainable goals are crucial for weight release success. Focusing on letting go of two pounds this next week is so much more imaginable than shedding 50 or 100 pounds. Exercising three or four times a week is doable, and anything more than that is a bonus. For most people, a goal of daily exercise, while beneficial, is a setup for failure.

**journal
exercise**



Nobody's perfect—even you!

If bells are going off in your mind telling you that this is one of your issues, **try journaling about your desires for perfection.** Ask yourself what happens when you are less than perfect—which, let's face it—has to be all the time! Ask yourself why you're so hard on yourself. Wouldn't it be nice to be more gentle with yourself by setting realistic, attainable goals? That way you can experience the joy of meeting them and end the punishing cycle of perfectionism.

You may want to first try setting realistic goals for something less emotionally charged than weight loss. For example, if you've always been the kind of person who has to have her home in spotless order at all times, experiment with more flexibility around cleaning schedules. I promise you, the sun will still come up tomorrow even if you go to bed with dirty dishes in your sink. Once you learn to relax

around other aspects of your life—and enjoy all the free time that creates!—try being less demanding of yourself when it comes to your eating program. It doesn't have to be a pass/fail situation. You can do well for a week, then slip up a bit one day and still make overall progress. You will never attain perfection, so you might as well stop trying right now.

95%

Focus on the progress you are making and not perfection. Ninety-five percent perfect is good enough. Always have a plan to get back on track should you ever catch yourself deviating from your eating and exercise strategy. Forgive yourself if you slip up.

Stop Judging Yourself

My take on forgiveness is to not focus on the act, but on the judgments we hold about the act. Too often I hear forgiveness described as a sort of fairy tale about an incident—making it okay that we just ate a whole package of Oreos. But it isn't okay and it will never be okay. Still, we don't need to judge ourselves for it either. I encourage clients to leave their whips with me in my office. They don't need them anymore.

Rosalie and I were talking one afternoon about forgiveness.

This 50-year-old woman carried a great deal of guilt and self-judgment about her actions and choices that she'd made as a teenager and as a young woman in her 20s.

She also talked about her father and his behavior toward her as a child growing up. We discussed how forgiveness too often comes across as making actions okay, that what happened was okay, when it really wasn't. Or forgiveness may turn into creating a fairy tale about the past. Or else it appears as if you're rewriting history to exclude what really happened. If you were abused as a child, how do you forgive the abuser? Somehow, "I forgive you for abusing me" doesn't seem very authentic. And if you've just eaten the entire pint of Ben & Jerry's, it is difficult to make that okay.



By letting go of the judgment we free ourselves from the continued abuse of the action.

Solution for self-judgment:

I suggested to Rosalie that forgiveness should be focused on her, that is was time to stop punishing herself for things she did 30 years ago. Self-forgiveness can be a powerful, loving process. Self-forgiveness separates who we are from our actions and judgments.

The real issue is your judgment. Your judgments of yourself and your judgments of others are what poison your psyche. By letting go of your judgments, you can put the past behind you and move on. By letting go of the judgment you are not making your behavior or someone else's behavior okay, you are ending the negative mental self-talk.

I learned about forgiveness at the University of Santa Monica. This is the first approach that ever made sense to me. When clients are self-flagellating about how terrible they are, I encourage them to take out a piece of paper and do this exercise.

Fill in the blanks:

I forgive myself for judging myself as _____

In the blank line, you write the judgment. For instance, I would write: I forgive myself for judging myself as not good enough. I forgive myself for judging myself as fat. I forgive myself for judging myself as having no control.

Next, you write a person's name and the judgment you hold of them. I forgive myself for judging _____ as _____.

Examples: I forgive myself for judging my spouse as abusive. I forgive myself for judging Bob as hurtful. I forgive myself for judging Mary as skinny.

You see, our actions are our actions. They occurred, right or wrong. Whether these actions occurred one minute ago or 30 years ago, it is our judgment about the action that eats at us, that decimates our self-esteem. It's not up to us to judge, and by letting go of the judgment we free ourselves from the continued abuse of the action. Some people have experienced inexcusable acts of abuse. But many

years later, they are the ones carrying on the abuse—not the abuser. What happened, happened. There is no need to pretend it didn't. But what hurts us now is our judgment about what happened. Our job is to let go of the judgment.



There are
so many
reasons
why
people use
food for
protection.

Uncovering protective layers

Imagine believing that an activity is not safe physically, mentally, and/or emotionally and then going ahead and doing it—for the rest of your life! Now that's a challenge!

There are so many reasons why people use food for protection—and I'm convinced now that men use food for protection as much as women do. Often clients are unaware—even shocked—when they realize their weight is protecting them from something, and that they really don't want to let go of their excess weight. It's as though they have two different warring halves. One side wants to release the excess weight, and the other side wants to hang onto the instant satisfaction that sugary, fatty foods provide.

Rachel talked about her “evil twin” who was there to protect her. She eventually created a new relationship with her now “loving twin.” The job of this “loving twin” is to protect her in ways that serve her best health and interests today.

A common excuse I hear from both men and women is that when they were thinner (and almost always when they were much younger) they were sexually promiscuous. And now their fear is that if they get to a healthy weight, they will again be promiscuous.

Sylvia is a delightful woman in her late 70s who had 60 pounds she wanted to let go of. In one of her sessions I asked her if it was okay for her to release her extra weight. . . did she need to keep the extra pounds. She looked stunned, but only hesitated for a moment when she began telling me about how she loved her husband of over 40 years and had a monogamous relationship with him. But she also explained that she'd been sexually promiscuous as a young adult prior to meeting her husband. Sylvia realized she feared that if she was at her ideal weight, she would again be attractive to other men and cheat on her husband. I asked her if she was the same person today as she was in her 20s and asked what she had learned through life experiences. I also asked if she was presented with the opportunity

now, would she really cheat on her husband. “No!” she emphatically replied, “I love him. . . of course I wouldn’t do that!” This is one of those moments where I can see a client’s neurology changing as that shocked look comes over her face, and she realizes what an unfounded fear she’d held on to.

People who have been sexually abused, both men and women, frequently use excess weight to protect themselves from others. Several gay men have shared with me that by being overweight they are protected from AIDS, as no one wants to have sex with a fat man.

What else
will I
expect of
myself?

The reasons people believe they need to keep weight on are limitless and extend far beyond physical and sexual abuse. People hide out, keeping others safely at a distance; they use weight to have an excuse to keep from doing something, such as cleaning the house or going to parties. Some people even rely on their excess weight to draw attention—when it’s difficult for them to move, they can get others to wait on them. Ultimately, they all avoid vulnerability.

Another common protective excuse is, *If I’m successful attaining my ideal weight, what else will I expect of myself? Or, If I’m successful at reaching my ideal weight, what else will others expect of me?* Louis understood this well, once he realized he was using his morbid obesity to keep his sons at a distance. He’d never been particularly athletic, and he didn’t enjoy playing catch and other sports with his children. His weight was his excuse for not playing sports. By the time his two boys were in grade school, Louis had eaten himself out of close relationships with his sons. They were so embarrassed by his appearance that they had stopped asking him to come out and play with them.



When Louis finally understood that he was missing out on a lot more than shooting hoops in the driveway, he had all the motivation he needed to change his lifestyle and get out of his recliner.

Donna is an attractive woman in her late 50s. She was about 40 pounds overweight and was embarrassed by her appearance. She turned down social events, parties and fund raisers because of her embarrassment. Donna had been very socially active, yet she didn’t

particularly enjoy the social scene. Even though she was overweight, she was well liked and highly respected and continued to receive social invitations. She realized that without her extra fat, she would no longer have an excuse not to attend those social functions. Happily, Donna did reach her goal weight and did learn to say “No” to unwanted social events.

And then there are issues surrounding attention.

Women often feel uncomfortable having men notice them. Sometimes husbands will sabotage their wives (or wives will sabotage their husbands) so that no one else will be attracted to them.

Sometimes simply being noticed is uncomfortable. A common feeling is, “No one will notice me when I’m fat. I can hide.” And some people are uncomfortable being complimented when they do lose weight. They don’t want the attention and wonder why they’re receiving it just for weighing less. There is sometimes anger over this attention as they wonder, “What was wrong with me as a person when I weighed more?”

The extra fat meant she had time to grieve in peace.

For Lori, who packed on over 100 pounds in under a year coping with the death of her partner—and sadly, also the next person she got close to—the extra fat meant she had time to grieve in peace without fending off more eager new men. In two years she doubled her weight and finally felt safe from unwanted attention. The real trouble started several years later when she thought she was ready to release the weight. Until she made peace with the role her weight had been playing in her life, it was absolutely impossible for her to keep the extra weight off, because she had convinced her unconscious that the extra weight was a wonderful, useful thing.

Solution for protective layers:

First it’s important to do some self-examination to determine if you’re holding onto weight for protection. Awareness is the first step. Sometimes all it takes is a light bulb moment to be ready to release long-held weight.

journal exercise



What are you hiding?

To uncover what you might be protecting yourself from, journal about these words and what they mean to you:

- protection
- safety
- vulnerable
- exposed



Another way to think of your extra weight is as armor.

So what battles are you preparing for, against what demons are you defending yourself? If you could snap your fingers and be slender, what would you be afraid of?

Then, if you decide this is one of your weight issues, you can take the next step. When it comes to being sensitive about attention, the real issue is learning to give and receive attention to and from yourself. It's important to recognize that the common denominator in all your relationships is you. You are the only one who shows up in all your relationships. If you're uncomfortable receiving attention, ask yourself: What is it about you that is uncomfortable? What is it about you that you're denying? What is it about you that you're rejecting? It's only by accepting and loving you and your body as it is right now that will you ever be able to give the self-care that will allow you to make healthy eating choices, exercise and ultimately let go of your excess weight.

The number one job of your unconscious mind is to preserve your body. Milton Erickson would call it bringing the

conscious mind into rapport with the unconscious mind. You can learn to dialogue in a healthy way with the various parts or aspects of yourself and integrate these parts of yourself so that they all work together in supporting you in obtaining your goals, and this is a technique we'll explore in Chapter Four.



If you don't want to release your excess weight—If you believe it's not safe for you to lose the weight—then there's a part of you that somehow benefits from being overweight.

If you believe it's not safe for you to be slender, then long lasting weight release will be almost impossible. If you determine that this describes your situation, then I urge you to schedule some sessions with a qualified therapist who can guide you in releasing these negative emotions that no longer support you.

You may need to release weight, but do you have the motivation?

Now that I've identified many common roadblocks to weight release success and given you numerous tools to combat them, we need to look at the biggest boulder of them all: a lack of true motivation.

I guess maybe I'll give this a try . . . I know I should lose weight . . . it would be better for my health. These are typical half-hearted reasons I hear to release weight. And then there are the reasons for failure like: "Oh, this is too hard." or "I'm too busy or stressed to do this now."

While you may have a NEED to let go of the weight, the real question is: How motivated are you? Without the motivation to live the rest of your life slender and healthy, you will diet and then just put as much or more weight right back on. **Arriving at your goal weight is a mile marker; it is not the end of the journey. You must focus on living the rest of your life as slender and healthy.**

Need is defined as something that is essential or vital. In terms of weight control, a need to lose weight would include reasons related to health, relationships (when weight is affecting them), self-esteem,

number of pounds overweight, etc. Motivation is defined as your incentive, desire or drive to take action to make a change. Regardless of the need to make a change, you may not have the motivation to accomplish the goal.

HOT



Motivation is the one essential ingredient to successful weight control. Motivation is stronger when fueled by a high need to lose weight. However, when the pounds drop off, so does the need to lose weight. This, in turn, may reduce or eliminate motivation to continue healthy eating habits.

POINT

Commitment may fade when a level of comfort is reached. I see this both with people who have large amounts of weight to release and people who have only 20 pounds to shed. A person who has 100 pounds to release may slim down 50 or 60 pounds and feel great. They feel the best they have in years. Their blood pressure is down, their blood sugar is down, they can get up off the floor. They feel great! And then the motivation to continue on disappears. They wonder how could life be any better than this. And before long, they stop doing the work as their attention has drifted to other matters.

Being commitment-challenged means you may have had problems in the past keeping focused on doing what you need to do to release your excess weight and maintain your ideal weight. You may have treated weight release much the same way as you treat a common cold—you took some medicine and temporarily changed your behavior. But soon, you're right back to your same old poor habits. This is classic dieting mentality. This pattern reveals that you desire the end result, but you have not yet become resolved to really want to change your bad eating habits for the rest of your life. You're content with depriving yourself of foods you believe you enjoy just long enough to obtain results, then, for whatever reason, you stop dieting, old habits return and with them all your lost weight.

You would think that health would be a great motivator to lose weight. Sadly, it is not. I am sure you've seen someone on the street with an oxygen tank and a cigarette. Even this obvious health need to quit smoking is not enough to make some smokers quit. Telling people that if you don't change your diet or quit smoking, you

are going to have a heart attack is not that motivating in the long run, because it's too scary to think about it, so they don't. When someone has had a heart attack, they will do anything you tell them for about a month or two, and then the denial comes back and they often go back to their old patterns, because they think it's too hard or too scary.

I am reminded of Mike, who goes to the same gym I do. Mike comes in about twice each week to work out with a personal trainer. He's a highly successful businessman in his 60s. He travels around the world and winters in warm climates. Mike is overweight, has high blood pressure and has had heart surgery. He has a high need to lose weight. He knows he should and is always talking about it. When he is here on the island during the week, he loses a pound or two. But come the weekend or a few weeks of travel, and he returns to his high-fat gourmet meals with wine, and his pounds return. Mike is not motivated to give up the immediate gratification of the "good" life for a potentially longer life of health. He is not committed to losing weight.

In the United States we spend an astonishing \$1.8 trillion a year on health care; this represents 15 percent of the gross domestic product (GDP). The vast majority of this money is expended by a relatively small percentage of the population for diseases that are, by and large, behavioral.

For example, two million people a year have coronary artery bypass surgery or angioplasty to treat their heart disease, at a cost of \$30 million. These procedures, in and of themselves, rarely prevent heart attacks or prolong life, because the affected vessels get clogged up again and again. Doctors tell their patients that if they drink less alcohol, eat less, stress less and get more exercise, they will live longer and not need repeated surgeries. However, research has shown that 90 percent of all people who have bypass or angioplasty don't change their behaviors. Ninety percent!

Why do we resist behavioral change so tenaciously? Why, even at the risk of death, do we hang on to such dysfunctional behavior? Because the facts speak only to our conscious minds, and our subconscious minds have a different agenda

Behavioral change only comes about when our emotions get involved. Feelings, not facts move us beyond our old limitations. Dr. Dean Ornish, the distinguished founder of the



Why do we resist changing our behavior so very strongly?



Preventive Medicine Research Institute in Sausalito, California, has a world-renowned program for cardiac patients, which includes psychological, emotional and spiritual dimensions. Dr. Ornish finds almost 80 percent of his patients stick with their lifestyle changes and safely avoid bypass or angioplasty surgery. He says it's not fear of dying that motivates people to change, it's getting a new vision of life.

You need to believe you can feel better, not just live longer. Joy is a far more powerful motivator than fear—it's not change or die, it's **change and live!**

So what is your compelling reason to be at your ideal weight? What will your life be like at your ideal weight? What will your life be like at age 80, if you live from now until then weighing 130 pounds instead of 200 pounds? What would it be like at age 80 to go on vacation in Italy and walk the streets of Rome weighing a youthful 130 pounds, instead of sitting in a wheelchair in a senior care facility weighing 200 pounds? Do you want to spend your later years being sedentary, or would you prefer to take your grandchildren to Disneyland and enjoy it with them?

Solution for lacking motivation:

The motivational answer is to discover what it is about living the rest of your life at your ideal weight that makes eating fewer cookies worth your effort.

journal exercise



Welcome to the rest of your life

To do so, consider the following questions.

- What is it about living the rest of your life at your ideal weight that makes drinking less wine worth your effort?
- What is it about living the rest of your life at your ideal weight that makes exercising, shopping, buying and preparing healthy meals and snacks worthwhile?
- What activities would you like to enjoy when you are 75 or 80?
- What activities could you enjoy now if you were at your ideal weight?
- How would your social life change if you were at your goal weight?

- Would you make different career moves at a lower weight?
- Do you think you'd be perceived as more valuable as a thin person? Would you earn more money?
- Would you be more fearless, more adventurous at your target weight?

With the advantage of self-hypnosis, you'll have a much greater chance of success.

Yes, there is a price to be paid to get to your ideal weight. You must burn more calories than you take in. And to maintain your ideal weight, you must burn all the calories you take in. There is no other way. That basic formula of weight loss is unchanging—though with the advantage of self-hypnosis techniques, you'll have a much greater chance of succeeding than you've ever had before. But without the motivation to live your life at your ideal weight, the pain may be far too great, you may not believe you can be successful, you might quit the first time you cheat, you may cling to your reasons for being overweight, and you could create even more stress in your life and eventually fail to achieve your ideal weight.

So are you committed to do what it takes?

Unfortunately, many weight-loss clients are not committed to making any real changes in their eating and exercise habits. It seems that most are looking to hypnosis as a magic pill to lose weight while maintaining their unhealthy eating habits and lack of exercise. This attitude is not a commitment: Let me drink the Slim Fast, get this weight off, and then I can go back to McDonald's and my ol' buddies

Ben and Jerry. I describe true commitment as: I see this as a lifelong change in my relationship to myself and my relationship with food.

In the first weight loss session, I hand out the following written homework assignment called My Slender For Life™ Commitment. I ask that clients complete their Commitment over the week, make a copy for themselves and bring it to their second session. **These questions are specifically ordered so that you start with ten years from now and work your way back to the present.** I urge you to put your heart into completing this commitment that you are making to yourself. Put time and effort into this, do not rush through it. You can download a printable version from www.slenderforlife.com.



My Slender For Life™ Commitment

This is a commitment you are making to yourself. Please write your weight, physical fitness and activity goals as well as how you picture your life in the future on separate paper or on your computer. **Make sure that you sign and date your commitment.** Your goal is to live the rest of your life at your ideal weight. What will your life be like at your ideal weight? How will you feel about yourself? What physical activities will you be doing that you can not do now, or how will your physical activities improve?

Goals for Ten Years

Goals for Six Years

Goals for Three Years

Goals for One Year

Goals for Six Months

Goals for Two Months

Goals for One Month

Goals for One Week (What is it that I am willing to do to release at

least two pounds this next week)

Things That I Have Been Unable to Start

Things That I Have Been Unable to Change

Things That I Have Been Unable to Stop

Healthy Things That I Am Unwilling To Do To Meet My Weight Release Goal

What My Life Will Be Like In Ten Years If I Reach My Goal

What My Life Will Be Like In Ten Years If I Do Not Reach/Maintain My Goal

Your goal is to live the rest of your life at your ideal weight.

Here are some examples of what clients have written:

Michael wrote: **Goals for Three Years:** “In three years I will be 60 years old, slender and physically fit. I will be in good enough shape to train and climb Mt. Rainier. I may decide that I don’t want to climb Mt. Rainier, but then it will be my choice. Right now, I do not have a choice; I am too fat to climb.”

Joann wrote: **Goals for Ten Years:** “I have weighed 135 lbs. with ease for almost ten years. I have no physical problems. My joints feel like I am in my 20s or 30s. I take numerous trips every year that center around physical activity, such as hiking, biking, skiing, walking. People mistake me for a woman much younger in years. Overeating, eating more than is good for me or more than my body needs, food cravings for sweets—these are habits from the distant past that I haven’t felt in years and years. It’s almost like that was another person who felt and acted that way. If people describe me to someone, they call me ‘that slim woman who loves to exercise.’ My ability to reach and maintain my weight has spilled over into other parts of my life. I have abundant energy and confidence. I pursue activities with gusto. I have the kind of body where my clothes look elegant, no matter what I have on. I can be dressed in jeans and a tee shirt, but they look chic on me.”

Joan continued on: **Goals for Six Years:** “I have weighed 135

for almost six years. I still remember that it was 2006 when I first made the commitment with Slender For Life™. Now it's 2012. Some days it seems like just a very short time ago that I was worried about my weight, overeating, suffering from food cravings. Other days it's hard to imagine that I was ever that way. I still catch my reflection in a mirror or window and marvel that it's me. I think to myself: Hey, I'm not walking along worrying that I look too fat and wanting to make myself invisible."

"I feel so good
that I don't
even think
about eating
any other way."
~Joan

More from Joan: **Goals for One Year:** "I reached my goal of 135 lbs. Many friends and my husband kept thinking this was just a phase I was going through and soon I would begin eating fish and steaks again. I try to explain to them that it is not hard, that I feel so good that I don't even think about eating any other way."

What my life will be like in ten years if I reach my goal: "I will look much younger than my age. I will feel fantastic and vibrant and active and sexy. I will be healthy physically and mentally. I will have a life that includes a lot of physical activity. I will feel that I can go anywhere, do anything without feeling shy or inhibited by anything. I will have assumed the identity of a vibrant, good looking, active person. It will feel natural to me. I won't even think about living any other way."

What my life will be like in ten years if I do not reach my goal: "I will probably have health and joint problems, unable to get around so well. I will be grumpy because I won't like the way I look and feel. That will make me angry, and I will not love myself. I will look older and not feel very sexy. I will feel inhibited in trying new things in life. I will feel self-conscious about my body. I will limit things that I do, like visiting our friends in Hawaii, because I might have to appear in a bathing suit. I will feel like I failed."

Sonya wrote: **Goals for six years:** "I am turning 50 in the best shape of my life. I run, hike, participate in athletic events, keep up with my husband and am generally active every day."

Sonya added: **Goals for three years:** "I have kept my weight off and am strong and fit. I can take on hikes with steep elevation gain and celebrate the view at the top. I have completely redone my wardrobe with hip, stylish clothes, size 8. I can shop in New York with my husband for the latest trends, knowing I will find clothes to fit.

My husband can buy clothes for me...something he has wanted to do since we met.”

More from Sonya: **Goals for one year:** “I HAVE REACHED MY GOAL: For the first time in my life, on New Years Eve, I don’t make a resolution to lose weight. I am where I want to be. I am fit and strong. Exercise is no longer a should but something I look forward to. My relationship with food is healthy: food is a fuel and the most important tool to ensure I don’t get heart disease and die young. My body is fit and strong, and I am wearing a sexy black dress that drives my husband wild!”

Sonya added: **Goals for six months:** “I no longer feel deprived when I pass up rich or fattening food. I feel good knowing that I am fueling my body with what I need to live a long life. It has gotten a lot easier to have the right food on hand. It is summer and I am wearing shorts and swimsuits, hiking and swimming and have had enough weight loss to believe that I really can reach my goal.”

Lyn wrote: **Goals for ten years:** “I’m the coolest 62- year-old grandmother. I weigh 125 pounds.” **Goals for three years:** “I have maintained my ideal weight. What a success! Food has totally ceased to be an obsession. Nutrition, exercise, self-hypnosis are automatic daily routines. Medication for hypertension is minimized or unnecessary.”

“My eating patterns have become second nature.”
~Lynn

Lynn added: **Goals for one year:** “Almost there. My goal is in sight. I look and feel great. I’m motivated to continue to my goal. I’m proud of what I am accomplishing. I am no longer pre-diabetic. My doctor is impressed.” **Goals for two months:** “My eating patterns have become second nature. I enjoy my food choices and my exercise routine. I sleep well and expand self-hypnosis to help relive stress.”

What my life will be like in ten years if I reach my goal: I will be healthy, slim, happy, looking and feeling great, not old and creaky; I will have broken the family history cycle of adult onset diabetes and heart disease.”

Lynn summed it up like this. **What my life will be like in ten years if I do not reach my goal:** “I may not be here. I will have diabetes and heart disease.”

**Stay
focused
on what
you say is
really
important
in your
life.**

I discovered the following quote on my cup one day while enjoying a cup of coffee: “The irony of commitment is that it’s deeply liberating—in word, in play, in love. The act frees you from the tyranny of your internal critic, from the fear that likes to dress itself up and parade around as rational hesitation. To commit is to remove your head as the barrier to your life.” ~Anne Morriss (on a Starbucks cup)

Consider your Slender For Life™ Commitment to be a work in progress. Keep your head out of your way and stay focused on what you say is really important in your life. Periodically, revisit your Commitment and update it. Remember, it is your motivation that will propel you to be slender for the rest of your life.

Eliminating mental and emotional roadblocks using self-hypnosis

Of course using your One Minute Light Switch Self-Hypnosis with written suggestions is a powerful tool for taming those tigers. Here are some suggestions you can use or adapt for yourself.

Mental and emotional pain

- My new eating habits are more and more comfortable each day.
- The child in me is no longer responsible for what I eat. The loving, nurturing adult part of me is in control of my healthy new eating choices.
- I release myself from unhealthy holiday traditions and create new traditions that support me in my goals.
- I desire to release my excess weight more and more each day.
- It is now easy for me to think in a way that creates my ideal body.
- I am in control, even when others are eating unhealthy fattening foods around me.
- I enjoy eating low-fat, healthy foods more and more each day.
- I only feed myself healthy foods and positive thoughts.
- I give thanks each day for all that is right in my life.
- It’s okay to release the weight.

Creating success

- I am successful in obtaining and maintaining my ideal weight.

-
- I have infinite control of my eating habits.
 - I create my ideal body with my thoughts and my actions.
 - A craving is just a thought. Like all thoughts, I create it, I can control it, I can change it!
 - I command my body to release the excess weight.
 - It is now easy for me to behave in a way that creates my ideal body.
 - A craving is just a thought, and I am in control of my thoughts and emotions.
 - I am successful, because I am a success.
 - I am assuming the thoughts, deeds and actions of a physically fit, happy and healthy person.
 - I am making the right choices to release weight and change my eating habits.
 - I indulge in appropriate behaviors.
 - I allow myself to achieve and remain at my ideal weight.

Perfectionist expectations

- I forgive myself for judging myself as not good enough.
- 95 percent perfect is good enough.
- I forgive myself and instantly get back on track.
- I am free to give and receive unconditional love.
- I focus on my positive results and not perfection.

Secondary gain

- As I become more slender and attractive, I am becoming more self-confident and more self-assured.
- I am protected by my protective shield.
- Others around me do not bother me or disturb me.
- I am at peace with the world and everyone in it.

Commitment

- I am motivated to live my life at my ideal weight.
- I choose to be happy, healthy and physically fit.
- I obtain and maintain my ideal weight throughout my life.
- It is up to me to create my ideal body and I am doing it!
- I am committed to my weight release goals.

- I succeed with my weight release goals. I am committed to changing my eating habits—permanently—for the rest of my life.
- It is time for me to release my excess weight forever.
- I really want to eat only food that is healthy and nutritious.
- I give my body permission to release my excess weight.
- My determination increases more and more.

Practice using these techniques and select the one or ones that work best for you.



Remember, there has been a negative dialogue going on in your head most of your life, but this negative dialogue is just plain silly. However, there is nothing silly about having a healthy, loving and nurturing dialogue with yourself.

I really believe one of the reasons we're on this earth at this time is to learn to be the loving, nurturing adult for that part of us that is hurting, so that we can be loving and nurturing to ourselves and to others. Until we give ourselves love and acceptance, there will never be enough love from our spouse, children, family, friends—and certainly not from food—to meet our needs.

To recap, in this chapter I talked about overcoming these roadblocks to weight release:

- Using food for rewards
- Negative mind chatter
- Feeling out of control
- Inability to see yourself slender
- Needing to be a perfect dieter
- Self-judgment
- Hiding behind protective layers
- Lacking real motivation

If you know or suspect there are other roadblocks in your own path, then I encourage you to do the following journal exercise

journal exercise



What’s in your way?

Get into a relaxed state and ask your subconscious mind what barriers you have placed in your own way. How long have they been there? Why did you place them there? What will it take to remove them? If you have difficulty getting answers, you can also try asking yourself these questions just before sleep, along with the suggestion that you will know and remember the answers when you wake.

Horizontal lines for journaling.



CD NOTE

I realize that the work of this chapter will require of some readers the biggest leaps of progress. So if you are having strong reactions to some of the material in this section, please take some time to journal about them and keep listening to the Emotion Trigger CD Track. There is no timetable for this weight release journey. Take as long as you need with each step in the process, until you feel ready to continue. If you experienced a lot of “bingo” moments in this chapter, I do think you’ll find a lot of help in Chapter Four, in which I’ll show you many ways to overcome emotional eating and stop eating as a reaction to stress. **So when you’re ready, put down that bag of Doritos and discover some healthier ways to nurture yourself.**