

sure to complete these exercises. In a later chapter we will cover how you can integrate these beliefs into your nervous system.

Seeing is believing. Once you start seeing yourself as the person you intend to be, you will start to become that person. Decide how you want to want your life to be and say it out loud or write it down and read it every day as you imagine yourself as that person. Here are some suggestions that you can use right now to see yourself as already being that person.

I see myself with a trim and healthy body that is just perfect for me.

I see myself as the happy, loving person I was meant to be.

I see myself enjoying healthy foods in jus the right amounts.

I see myself free of the negative feelings and emotions that held me back.

I see myself loving and being loved unconditionally.

I see myself feeling energetic, inspired and filled with enthusiasm.

I see myself poised and confident, filled with the belief that I am already successful.

I see myself feeling happy being me, knowing that I am a special person.

I see myself enjoying happiness every day, finding joy in everything I do.

Write down any of your own that you feel are right for you.

Identifying Your Limiting Beliefs

Some common limiting beliefs are:

- I'll never be able to lose weight.
- I can't stop eating sweets.
- I can't control myself.
- I don't believe I can change
- No one in my family is thin. It must be in my genes.

What have you said to yourself in the past, even if you don't think it is true? An easy way to find them is to say, "I'm heavy because _____." Whatever follows the "because" is your belief.

Write down as many as you can think of now. Be sure to do this because we will use them in a later exercise.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Identifying Your Trigger Feelings

I always start working with individuals by asking, "When do you tend to over eat?" I ask them to finish this sentence: "I eat when _____." Then I hear answers like, "I eat when I'm bored, I eat when I'm lonely, I eat when I'm depressed", and a whole list of other reasons. The reason diets don't work is because they do not address these core issues or feelings that trigger the desire to eat. Write down all of your reasons for eating and we will use them in a later exercise.

I eat when I feel:

***Make it habit to catch yourself doing things right.
Value Yourself***

Most people compare their worst traits to others best traits. We all have skills that we are good at. Most of us have been taught to not brag about ourselves. Because of that, we focus on our perceived “flaws” and ignore our skills. Now is the time to value yourself for your abilities and skills.

Write down 10 things that you like about yourself. This is no time to be modest. You have so many good qualities that it will be hard to stop at 10. If you have trouble with this (which most people do) ask yourself what your best friend would say about you. Are you a good friend, a good mother / father / sister / brother / daughter / son, a good worker, kind to animals, etc?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Your actions are not you

What are some behaviors in regard to health and eating that you have that you know you should change but haven't changed? How does that make you feel? Write these behaviors down followed by one word that best describes how you feel about each one.

Behavior	Feeling
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Now ask yourself this question. Do these behaviors make me a bad person?

Of course, the answer is "NO". Your actions are not you. Just because you may have made some unhealthy choices in the past, that does not make you a bad person. You are simply a good person who has some behavior you want to change. Instead of beating yourself up for this behavior, ask yourself what you can learn from this and how you can you can act differently next time. Go back and cross out the words you used to describe your feelings now.

Forgiveness is the key; Learning is the reward

New Behavior Exercise

Think back to a previous time you ate too much food or unhealthy food. Where were you? What emotions were you feeling? Were you alone or with someone?

Now, write down the new behavior you will use the next time you are in this situation. It is important to write it because it clarifies your thoughts and gives them life. There is amazing power in writing down what you want.

Now, imagine that you are in the same situation again and notice how you use your new behavior so easily and powerfully. Live the experience in your mind the way you wrote it down. Make the experience as real as possible. You are now programming yourself for a new conditioned response and a new behavior.

Secondary Gain

When you continue a certain behavior, it is because you gain something from your actions. What do you get by holding on to this behavior? What are the benefits of not changing? It may be the pleasure of eating. It may be some emotional need that is being fulfilled. For some people, food is a companion or certain foods are connected to feelings. Others may get a feeling of security from eating because it is something they can control.

For many years I had an uncontrollable urge to eat ice cream every night. No matter how full I was, I would still eat the ice cream, often having second helpings and feeling painful. Through hypnosis, (and the help of a fellow hypnotist) I was able to trace the source back to my childhood. My mother loved to have her ice cream every night, and I would always eat it with her. When she died, this became my physical connection to her, and that is when I developed the urge to eat ice cream every night. It was not the ice cream I desired. It was the feeling that the ice cream gave me because of my memories that was driving me.

Think of what you gain by eating too much or eating unhealthy foods. Allow yourself to search your feelings. Write down as many ideas as you can. We will use these for a later exercise.

1. _____
2. _____
3. _____
4. _____
5. _____

Creating Emotional Leverage for Change

As I have said many times, we are not driven by logic, we are driven by emotion. If you want to create a change, you need to create emotional leverage that drives you to create that change. Since you have attached positive emotions to eating, those emotions have been taking you down the path that satisfies those emotions. This exercise will help you change the emotional ties to eating that have held you captive.

What has it cost you in your life?

Write down 5 ways that having this extra weight has cost you in your life so far. What have you missed in your life that you might have had? How do you think this has held you back in your personal and professional life? How does that make you feel? Really engage your emotions and feelings.

1. _____
2. _____
3. _____
4. _____
5. _____

What will it cost you if you don't change?

Write down 5 ways that it will cost you in the future if you don't change. Don't just say, "I will be heavy". Write down what it will cost you physically, emotionally, in your social life, in your self-image. Be specific and include your feelings.

1. _____
2. _____
3. _____
4. _____
5. _____

What will you gain when you do change?

Write down 10 ways that your life will improve when you do change. Really think about these and how it will make your life better. Be specific and include your feelings. As you do, allow yourself to imagine these changes have already happened, and see how good that makes you feel.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Notice Your Feelings

When you try to suppress your feelings by putting more food in your body, you are also not addressing the real need. You are only reinforcing the habit of trying to suppress the feeling, but the real problem is still there. Instead of ignoring your real feelings, ask yourself what you are feeling. Be honest with yourself. You might even try asking as though you are your own best friend trying to help yourself feel better.

When you identify the feeling, identify the cause of that feeling. If you are feeling lonely, what is causing you to feel lonely? If you are angry, what are you really angry about? If you are sad, what is the cause of your sadness? Once you identify the feeling, you can deal with that instead of using food to try to change the way you feel. In a later chapter, you will see how you can release the feelings that you are trying to tranquilize with food.

Write down the feelings you identify and any related causes that might have come up. If you are not sure where the feeling came from, just focus on the feeling and see if it comes up later.

Feeling	Cause
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Eating Record

Day _____

Time / Place	Emotion / Cause
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____
_____ _____	_____ _____

Right now, write down 5 foods that you have eaten in the past that you know are unhealthy. Then take each one and change it in your mind to make it less appealing. Change the color, smell, taste, texture; even make it old and moldy if you like. Do this at least twice for each food.

1. _____
2. _____
3. _____
4. _____
5. _____

Now write down five foods that are healthy. They don't have to be foods that you already enjoy. You can even take foods that you didn't enjoy in the past and make them appealing. Use the same process to change the color, closeness, freshness, anything that would make them more appealing to you. If they are foods that you don't care for, imagine them combined with foods you do like and notice how much you enjoy them now. Allow your body to feel energized and healthy from eating these foods. Do this twice for each food.

1. _____
2. _____
3. _____
4. _____
5. _____

On a scale of zero through ten, list some of the foods that you feel would fall into each group. Some of these are probably foods that you have eaten in the past.

Very Healthy 7 - 10

1. _____
2. _____
3. _____
4. _____
5. _____

Some Nutritional Value 4 - 7

1. _____
2. _____
3. _____
4. _____
5. _____

Empty Calories (or very low value) 2 - 4

1. _____
2. _____
3. _____
4. _____
5. _____

Harmful 0 - 2

1. _____
2. _____
3. _____
4. _____
5. _____

What You Ate Yesterday

Think back to everything you ate yesterday (or the past 24 hours). This should include all of your regular meals and any snacks you had. Even if it was just a hand full of nuts or popcorn, write it down. List each food item separately.

Beside each food item, write down a point value for that food.

Food	Value
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

How to Love Your Life More and Food Less

Now take a look at the values you have listed. How many were below 5? How many were above 5? How many were unhealthy (0 - 2)? How many were healthy (7 - 10)?

If you have way too many foods that are below 5, you really need to change what you are eating. Remember, it is not enough to be thinner. Your goal is to be trim and healthy. You can actually get to your ideal weight by eating junk food if you eat a small enough amount, but you wouldn't be healthy.

Reframing the Unhealthy Foods That You Eat to Excess

Write down 10 foods that you have a hard time passing up or that you eat too much of. Identify the characteristics of the food, such as the texture, sweet or salty, soft or crunchy, etc. Then write down a healthy (or healthier) alternative food that is similar in characteristics.

Unhealthy Food	Healthy Alternative
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

***Every time you reach for some food, ask yourself this question:
“Is this going to help me or hurt me?”***

*“If man made it, don’t eat it!” –
Jack LaLanne*

Journaling Exercise

Think of a pleasant experience you have had recently. It may have been something simple like something someone did for you or you for them. It could be a hug from a child, watching a sunset or just being with someone. Relive the moment making it brighter and stronger. Take a deep breath to anchor the feeling.

After you relive the experience, write down a few words as a reminder phrase.

Think of something that happened recently that you wish had turned out differently. Go through the disassociation/association exercise and write down your new behavior. Example: I always remain calm when driving in traffic.

My most important values are:

(Here are just a few are below to start your thinking.)

- | | | |
|--------------|------------|---------------|
| love | friendship | family |
| peace | stability | relationships |
| joy | wisdom | freedom |
| happiness | knowledge | comfort |
| independence | serenity | sex |
| security | passion | intimacy |
| adventure | health | faith |
| fitness | courage | giving |

My most important values are:

What is most important to you in life?

Daily Checklist

Morning: 5 minutes

Find a relaxing place, close your eyes and think about what is good in your life. Then focus on the “you” that you are becoming. Imagine yourself going through your day with your healthy new habits. Use EFT to having a great day. Take 10 deep power breaths followed by E-Motional affirmations.

Afternoon/evening: 20 minutes

Listen to your CD or use your self-hypnosis script
Use EFT for Trim and Healthy

Before bed: 10 minutes

Journaling:

- What was good about today? Anchor your good feelings
- What behavior would I like to change? (If any)
- Is there anyone I need to forgive (including myself)
- What did I eat today? Goal: 50% Healthy, 80% rating of 5 and above. How much water did I drink?
- Take 10 deep power breaths
- Use EFT for Happy Life (or anything else you choose)

Anytime during the day:

Practice E-Motional affirmations (E + M = E-Motion) at any time, such as driving your car, after self-hypnosis or anytime you want to add good feelings to your day.

Before you eat:

- Ask yourself if you are really hungry
- Close your eyes, take a deep breath, as you exhale imagine yourself slim and healthy. Make a powerful gesture and feel the E-Motion.
- Rate your food – 1 through 10. Make sure half of your meal is in the Healthy Group. Make sure that 80% has a value of 5 or above.
- Eat slowly (mindful eating)

Emotional desire to eat:

- Focus on what you will gain by not eating and what you will lose by eating
- Use your “feel good” anchor to give you the feeling that you think the food will give you
- Use EFT for cravings
- Use EFT for driving emotion

How to Love Your Life More and Food Less

Date _____

Journaling

Day _____

What were the special moments today? Relive them and anchor the feelings.

Think of anything you would like to do differently. See the old behavior disassociated.
Write your new behavior. See the new behavior. Then, live the new behavior.

Write down what you ate today. Assign a point value. Goal:50% healthy, 80% 5 or above.

If you ate an excess of unhealthy foods, use your imagination to make them less attractive
and make healthy foods more attractive