Welcome to Week 7

Look into the mirror and be honest about what you see

Do you find it difficult to look at yourself in a mirror? Do you make sure that your bedroom mirror is in a poor light? Do you avoid changing room mirrors when you are out shopping? Do you even avoid looking at your reflection in a shop window?

Is it time you stopped avoiding the truth and faced up to the facts?

Well, this week I am going to show you how to use a hypnotherapy technique which might bring you up sharp. It may even make you feel miserable, but I promise you it will be worth it in the long run.

**The hypnotic mirror**

So imagine you are in an empty room with just a mirror.

Approach the mirror and really look at yourself. This is you at this important point in your future if you carry on doing what you have been doing up until now; eating too much, being lazy, drinking and stuffing cakes. All those things you do are making you like this.

Really notice everything you see in the mirror. Even if it feels uncomfortable and painful take everything into your vision. Notice how you skin looks unhealthy and grey, notice how your posture is poor, notice how your clothes are ill-fitting.

**Use your mind to face the facts?**

As you look at yourself get a sense of your mood and thoughts. Ask yourself if this is what you wanted. If this is what you deserve? What the rest of your life will be like if you go on like this?

Allow all these thoughts and feelings to really come through to the forefront of your mind, confront them. Ask if this is what you want.

If you say NO, then allow yourself to come back to that fork in the path, that place of choice and responsibility.

And breathe a sigh of relief. What you have seen hasn’t happened yet and it isn’t going to happen. The fact that you are here actively participating in this process shows that.

You will make a different choice. So come back and I will show you a different mirror. One which shows the you you want to be and can be.



Look into the mirror and see what you can become

Once again imagine you are in an empty room with just a mirror.

Above the mirror there is a sign which says: “This is what you can become. “

The mirror is shiny and beautiful and it as if a light surround it.

You approach the mirror

**The hypnotic technique of looking at the ideal you**

Look into the mirror

You see the you you can be - the you at an ideal weight.

Stop

Look

Enjoy what you see

Notice everything about this new you.

**The sharpest reflection for you**

Imagine the reflection you see sharpening up, so it is absolutely clear.

Look at your clothes. Just look at how stylish they are, how well they fit.

Perhaps you are wearing something you never believed you could.

**All aspects of the slim healthy you**

Notice how healthy you look. Your skin is glowing, your hair is shiny and perfectly cut, your posture is good - you look taller somehow. Feel how it feels to look this good.

**Read your own mind**

Look into your eyes and imagine that you can read the thoughts of this you in the mirror.

Look into the ideas of this ideal you - as you do notice that you know what she is thinking.

Notice the difference which is making such a difference

This you makes plans

You plan your eating as well as you plan your work schedule

Your behaviour around food is calm and controlled

You think about food less - instead your time is taken up with many exciting things.

Take as long as you want to familiarise yourself with this new pattern of thinking and enjoy what you are experiencing.

When you have the feeling you know everything you need you can move on.

Do this exercise as often as you can so you become familiar with this new slim you. As you internalise how this person looks, what they are wearing, how they think, how they feel you will find your behaviour changing. It will become increasingly easy to make the good choices for you. You will feel as if there is a slim you inside your head, guiding you to a bright new future.