Welcome to Week 12

Enjoy the journey as well as the goal

Which works best for you? The carrot or the stick? I’m more carrot than stick myself and there is one reason for this. If you are overweight, then you have probably spent enough time beating yourself up and getting ever more fretful every time you step on the scales or look in a mirror. So if you are saying ‘oh no how did I get like this?’ every time you look in a mirror then you are already pretty miserable aren’t you? And it would feel good to stop this misery, wouldn’t it?

Well you can do that today. Losing the weight may take a little longer, but from now you can be different. And that will make a profound change in your life.

So decide to focus on what you are doing now, rather than some far off goal. If you do this, you will get benefits immediately. Eventually you will lose weight, but the benefits you will gain are so much more than this and they are immediate.

So, there you are standing in front of the mirror feeling rotten. Decide this is the last time you are going to do what has made you feel rotten. You will know what this is for you. Decide now it stops. This minute.

Now imagine how things are going to be. Don’t just think appearances think behaviour as well. And think about how you are going to think and feel as you behave as someone who looks after themselves and cares about what they eat.

Don’t focus on the end goal of weight loss, focus on how good it feels to be doing what you know is good for you. This feels good now, in this moment. It has good consequences too – you will lose weight. But it is good in itself – feeling like a responsible, confident adult who is taking the right decision for their own well-being gives you a huge boost of confidence.

Can you see where I am going with this? Think about how much more enjoyable tomorrow would be if you:

* Ate what you needed and no more
* Did interesting things which had nothing to do with food
* Made a plan and stuck to it
* Got more exercise

Your weight will not change overnight – at the beginning you are still going to be fat. But you will still feel better about yourself. And enjoying this feeling better about yourself will lead to you losing weight. So you will get to your goal, but in one way you will have already reached the most important goal. Changing your behaviour, the weight becomes incidental.



How it feels to be in control

This exercise works even better if you use all your senses.

So take some time for yourself and decide you are going to use your imagination to fill in the gaps. By the end of this exercise you will have a complete and vivid idea of how you are going to behave from now on.

So imagine you are starting with your new attitude from now. Imagine:

* what you are going to do
* how you are going to think and feel from now until the end of the day

Use all your senses to do this. So imagine:

* How you will sound, a confident person speaks differently don’t they so work on exactly how your new confident voice sounds.
* Use that much neglected sense, smell. Smell is a sense which is closely related to emotions and memory, so get a favourite smell which invokes confidence in some form for you. If you can replicate this reality (if it is a perfume for example) then even better. Make that your new signature smell.
* Think about touch and what it means to you, what it evokes. What is your favourite touch sensation, imagine you are touching that and identify that touch with your new ways.
* Now use your visual imagination, but in as much detail as you can. How exactly do you look and move? How does the world around you look?
* Then add how you feel. Imagine you are going inside yourself to look for that new feeling, scan around your body until you find it. Then magnify it, imagine it getting bigger and deeper.
* Now do a reprise. Run through what you are creating, using all your senses. Enjoy it, focus on how good it is to be in control of your eating and not let it control you.
* Reprise again, make everything even more real and detailed. Put right anything which seems a bit out of place or wrong in some way.

Now take a mental break. Think of something pleasant but different for a few seconds. (perhaps a pleasant memory of a holiday).

Now reprise again really immersing yourself in the creation of you.

Notice how this feels good in and of itself. This is a worthwhile state to get yourself into immediately and make it your regular mindset. You will feel better now. You will lose weight later and that is a benefit. But feeling confident and in control is the best.