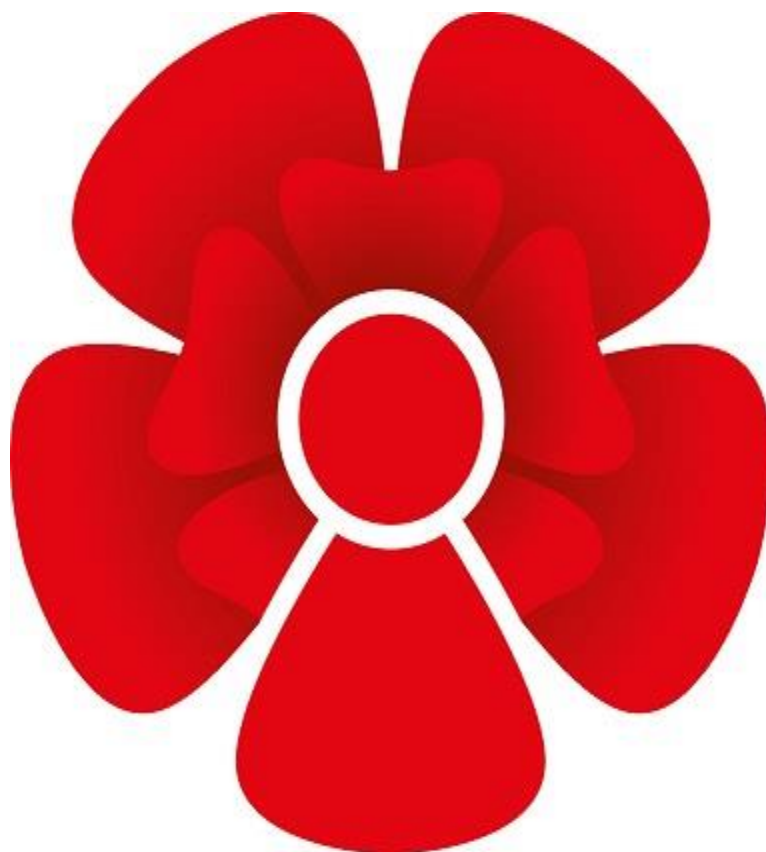


**Hampshire School of Hypnotherapy**



# **Group Weight Loss Session Manual**

# Group Weight Loss



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# Group Weight Loss



## Preparing The Course

Invite people to come along for FREE to find out if this workshop is for them. Keep it to an hour meeting, lots of energy.

Think about your marketing strategy and whether you are going to do this online or in person. If in person, find a suitable venue and consider the costs of the venue how much you want to earn from the session.

Once you know this, consider how many people you want in the room. We recommend that you consider 8 people face to face and to 10 people online.

Then you can work out how much you NEED to charge per person. We suggest you are clear about the cancellation policy i.e. what to do if a client misses a week. You might need to think about offering a discount for payment for the whole course up front. Just be careful that you potentially have all the money upfront, but will still need to cover the cost of the venue etc.

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## Day ONE

Introduce yourself and then start a discussion asking each person to share:

- Why they are here (obviously to lose weight) what has made them come
- What they would like to achieve.
- Talk about what they have tried before to lose weight. What worked, what didn't.

After about 15 - 20 minutes then talk about how when we are on a diet and have 'forbidden foods' or 'bad food' we can't help ourselves as we want to have a treat!!! But this is a mind-set and as a hypnotherapist we specialise in the language of the mind.

We know how to help you to change the way you think and feel about food.

Explain what hypnosis is and how it works.

Explain that you would be running the workshop one day a week for 10 weeks and that it will be fun and interesting. They will need to bring a note pad and something comfortable for them to lie on the floor with for a relaxation.

With regards to setting your charges you can offer a weekly fee however, if they paid for the 10 weeks in advance they would get a discount. Book people on the course.

Each meeting will be about an hour to one and a half hours. (You will get quicker once you have run a few workshops)

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## Day TWO

Run the folded paper exercise:

- Ask the group to take a piece of paper out of their notepad.
- Fold the paper in half.
- On the left hand side of the paper, write the heading – Things I don't like about myself.
- Then ask them to write on the right side of the paper – Things I like about myself.
- Then ask them to tear along the fold and to take the left hand side and screw it up.
- Get a bin and ask them to bin it. They have spent long enough focusing on what they don't like. Now is the time to focus on what they do like.
- Get them to read out the things they like about themselves.
- Tell them to put the list on the mirror in the bathroom. To remind themselves of how lovely they are. Or put it somewhere so that they can see it every day.
- Explain how good it is to focus on good things.

Now let's talk about: THE SECRET OF THIN PEOPLE

1. For most thin people, being thin is a natural state.
2. It can be as easy and as natural to lose weight as it is to gain it.
3. Thin people do four simple things that fat people don't, and they never diet.
4. There are certain reasons why people gain weight, certain reasons for keeping it, and specific ways to get it off and keep it off that work.
5. You can stay thin naturally, without effort or struggle, and enjoy yourself in the process.
6. The secret is a way of thinking about food and eating based on a simple, natural principle. Tuning in to that principle, adopting that new way of thinking, feeling, and behaving, is the key to getting your thin body back.
7. The weight is not the problem - it is the mentality behind it. Get rid of the mentality, and the weight comes off by itself, as quickly and naturally as it came on.

Do you ever say:

- "Go on, eat that Danish pastry, you deserve it."
- "You were bad to eat that piece of pie."
- "You've already blown it. Might as well have the cream too."
- "I'll start losing weight on Monday."
- "A nice person like that wouldn't want to go out with someone like me."

This is the overweight "you" speaking. The thin "you" would NEVER speak like that.

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Up to now, the heavy "you" has pushed the light "you" into the background, and it's not going to give up without a fight. But the more it screams and squirms, the closer you are to finding your own answers, trusting yourself, and letting go of your negative self-image - to being free.

## A WARNING

1. When people examine what they've done in the past in relation to food, there is a tendency to become grim and use it to punish themselves. It is important to remember that it was probably appropriate or even necessary at the time.
2. The past is past. This is a tool for learning to be thin, not a whip to beat yourself with. Let it support and encourage you forward.

## SEEING THE MISTAKES

To fix a broken machine, you need to examine the damage in order to know how to repair it.

To change your mentality, you need to examine the "you" that you don't like. In order to change your relationship with your body, you must understand how it got there and what makes it stay.

We are not doing this to get a list of do's and don'ts, or to make life grimmer than it is. The idea is to get rid of restrictions, not to impose them.

The main word of advice is - be gentle with yourself - it will bring the thin person out much faster.

There is also a tendency to say "Oh no, I'm even worse than I thought". This is not necessary. Just notice what you are doing and accept it for what it is.

## Weight Loss Questionnaire

- Now issue the weight loss answers sheet for them to fill in
- Explain how to fill it in and to be honest.
- You will not be naming and shaming.
- You will have the feedback from the questionnaire next week.
- Read out the following questions and ask them to TICK when a YES applies

## Section - REASONS FOR EATING

1. Sometimes there's nothing in the world so comforting as eating. It doesn't get cross with you. It doesn't withdraw its love. If something upsetting happens or you have a problem with

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relationships, or even if you just feel depressed for no reason, eating will ease the pain, whether it's physical or emotional.

2. You love the taste of good food. That finely honed palate is always on the prowl. What if you miss eating something? It may be your last chance.

3. You were so good today that you deserve to eat. You worked so hard, did such a good job, at the office or with the children. God knows, it's time you did something for yourself. You have to reward yourself when you're good, don't you?

Maybe you've stuck to your diet all day long and now it's 9.00 p.m. Surely you deserve a reward for that.

**OR** you've overcome some great trial, weathered some storm. Your car battery was dead this morning and you had to have it recharged. That ought to be worth at least a couple of Mars bars.

**OR** you spent your whole lunch hour talking to a friend who was depressed. Even saints have to keep their strength up.

**OR** after all, you cooked it. Who has a better right to eat it?

4. "Don't you dare leave food on your plate when there are starving children in the world." You've heard it since you were two years old. It's a tape that plays in almost everyone's mind, consciously or subconsciously. You're not only selfish and spoiled, you threaten world peace and prosperity if you don't eat that last bite.

A variation of this is the Clean Plate Club. Only those who clear their plates are allowed to get up from the table or have dessert. The rest have to sit there until they stuff every last piece of food on the plate into their overfed bodies.

When you can't leave anything on the plate now, you're probably not thinking about the starving children or the Clean Plate Club, but the rule is still in your mind. An empty plate is good, you believe, and it's bad to throw anything away.

5. This is very similar. It comes from those bits of wisdom handed down to us at the dinner table like "Take all you want, but eat all you take." The person who said it may not be standing over you any more, but the rule remains.

6. Someone else is paying for it, so why not? You might as well have the soup AND the salad AND the dessert. You don't get taken out to dinner every day, so you should get as much out of it as you can.

**OR** you've found this wonderful little market or restaurant where the prices are so low you can't resist. Who can pass up such a bargain? Take the eclair. It's a steal. Take three! It's cheaper than ONE at the other place.

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**OR** the place down the road has an "all you can eat" night on Wednesdays. You didn't want to go but someone dragged you there. As long as you paid the whole price, you have to get more than your money's worth. Of course, to do that, you'll have to have three or four helpings.

**OR** it's free. Free samples in the supermarket. Cakes and goodies at a party or the free meal on the aeroplane. It doesn't matter. If it's free, you've got to take it. Nothing's free anymore so see how much you can eat.

7. Sometimes when you have a project to do, you lay out all the materials and then decide you want something to eat. The next thing you know, you're drifting towards the kitchen. Some people stare into space. Others bite their nails or watch TV. You eat!

8. You never watch TV without eating and never eat dinner without watching TV. You hardly ever use the table in your kitchen or dining room. You use a tray in front of the TV. The two things, TV and eating, are firmly locked together. In fact, if the TV breaks down, you lose weight. Sometimes it becomes such a fine art that there are certain foods for certain programmes. Pasta with Tomorrow's World and chocolate biscuits with News at Ten.

9. Get it now, because if you don't, someone else will. This is your last chance, you might not eat again for days. There will never be another strawberry shortcake like this one. You'd better have it while you can.

10. Your friend insisted you try the speciality at his favourite restaurant or you don't want to offend your hostess by not finishing dinner. It would be impolite to refuse a second helping, wouldn't it? You can't say no to people. You don't want to be rude. It's more important to be liked or get approval than to be thin.

You were going to go right home after the concert but they insist you stop for a pizza. And then they tell you they're too full to eat the last piece so you have to finish it off.

**OR** you go home and your mother has laid out enough food to cater for the Thirty Years war. She made it all for you and you can't hurt her feelings by not eating it.

11. You're away from home and you may never get back to that great little restaurant in Weymouth. You eat as though you were collecting souvenirs, except when you get home you can't put them on the mantelpiece - you've already put them on your hips! Sometimes when you're away, you feel like a giant worm, eating your way from place to place.

12. You're bigger, so you need to eat more, right? If you don't, you'll become undernourished. You'll be ill and have to go to hospital. Then you'll become anorexic.

"Feed a fever, starve a cold." Or is it the other way round? Best be safe - feed them both.

If you stop eating you'll start smoking again. Better to gain a few pounds than to die of lung cancer.

"I only ate junk food today so I'd better eat something nutritious to balance it out."



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13. If you don't eat now, you may get hungry later. And who knows if they'll be anything to eat later? You'd better have another helping just in case.

14. Eating divides up the day. It gives you permission to do what's next. Coffee and rolls means you're halfway to lunch. Lunch means you're halfway through the day. Dinner means that work is over and you can relax and get on to your personal or social time. Eating can be a way of letting you know it's OK to go on to the next part of the day.

15. Next Monday, you're going to start the new diet and make it work this time, even if you die in the process. It's Sunday night, the condemned person's last meal. What does it matter? You'll be taking it off anyway, or you'll be dead, so what difference does it make? Eat up all the temptations. Think of how good you're going to be tomorrow morning.

**OR** you've just come off a diet. You've spent a whole week picking at grapefruit and hard-boiled eggs and now the thought of them makes you sick. Maybe you even lost a few pounds. You have a little leeway now and besides, you'll never go back to eating the way you used to. Why not have just a LITTLE forbidden fruit to prove you can do it. You certainly deserve it.

16. You need to keep your strength up if you're going to exercise. You'll probably faint in the gym if you don't have something to eat. Anyway, it'll all come off when you workout.

After you exercise, you feel good. You burned off all those calories and you deserve something to eat.

17. You eat for no better reason than that no-one's watching. Most of the day there are people around. They're always watching you, probably adding up all the things you are eating and shaking their heads. Well, they aren't around now - you hit the kitchen!

**OR** you go out with friends and have nothing but a salad. You're watching your weight after all, and they're watching you. They admire you and praise you for having such willpower. That's great - but when you get home you can't wait to get to the kitchen.

18. You have spent years looking for something that will really satisfy you. You can't seem to get what you want from your job or your relationship, so the best place to look for it is in the fridge. Every day you open the fridge door and stare at the shelves, looking for something that will make you happy. As you search through the shelves, you are continually popping things into your mouth.

19. You have funny feelings in your stomach and it starts to rumble. Your mother told you those were hunger pains and so you think "I'd better eat something quick".

**OR** you realise that food expands the stomach. When it shrinks back down to normal, it makes those noises and has those feelings. It's healthy and it feels good. Great! It's shrinking! See how much you can stuff into it.

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20. When we were children, our parents had a lot of control over what we ate. Sometimes that made us cross and we unconsciously adopted the point of view "When I grow up and have my own money, I'm going to eat everything they wouldn't let me have." We spend the rest of our lives proving that no-one can tell us what not to eat.

21. There are certain times, places and situations in which you just eat as if part of you were an automatic eating machine. Each time you go to a cinema, you head straight for the popcorn. The first bite is wonderful. The second bite is good too. But after that you go unconscious and the next thing you know your hand is at the bottom of the bag. Most of us eat unconsciously 95% of the time.

22. You have time on your hands - what are you supposed to do with it except eat? It takes time to eat after all. You have to think about what you want, go to the shops to buy it, spend time preparing it and finally you get to eat it. Then you have to wash up and put everything away. You can spend four to six hours a day repeating this ritual. It is a way to fill your time. It works in reverse too. You don't have enough time so you'd better shove it all in while you can. Or you have so little time for yourself that you should do whatever you want to do, and what's more fun than eating.

23. Things aren't going well at all. You're tense and anxious. You don't know exactly what it is, but something is wrong. What's the quickest, easiest way to stuff down those feelings? Eat. **OR** this is a time in your life that is upsetting. Maybe you're going through a divorce, or the pressure is on at work, or you've had a personal crisis. Instead of really experiencing the emotions you're feeling, you push them down with food. The problem of course, is that they always come back, just as big, or bigger than they were before because you haven't dealt with them. Maybe one particular situation makes you nervous - out to dinner with new people or with people you don't really want to be with, at a party or a big business meeting. Any time you want to get rid of anxiety, all you have to do is eat. The only problem is that it always comes back.

24. You love to cook, and you're good at it. It's one of the ways you express yourself. You certainly can't be expected to give that up. And once you've cooked a glorious gourmet dinner, you can't be expected to throw it in the dustbin either. **SOMEONE** has to eat it, yes? It might as well be you.

**OR** you're into exploring new foods. It's part of your adventurous spirit, your zest for living, for discovering the finer things of life.

25. It's your birthday party. You're expected to eat. Everyone overeats at parties, even thin people. What would your party be if you didn't eat yourself into a coma and have to lie down after dinner?

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Christmas can be even worse because it lasts longer. Birthdays are over in a day but Christmas lasts for weeks. Holiday parties and family get-togethers. Eat, drink and be merry. You don't want to spoil the party for everyone. You don't want to be a wet blanket. And anyway, that's what holidays are for - to celebrate. Who ever tried to lose weight during holidays?

26. You need energy if you're going to face this day, let alone get through it. And at night when you're tired, you have to fortify yourself with more food.

**OR** you're afraid you'll have too much energy if you don't eat. Eating calms you, soothes you, keeps you on an even keel. If you don't eat, you'll get hyperactive and nervous.

27. You eat certain things at a certain time, or under certain circumstances, and you do it every day, no matter what. If the ritual is to go to the shop for a Mars bar at 3.30, you'll do it even if it's hailing golf balls outside. If you don't eat when the ritual calls for it, you feel cheated.

28. It's 12 noon. Time to go and stand in line with everybody else.

**OR** it's morning, the most important mealtime of the day. Eat breakfast like a king. Your body needs to be loaded up every morning whether it needs it or not.

29. It might have started with something as simple as getting up late or forgetting to make an important phone call. Or maybe you screamed at the kids or made a mistake at work, or just don't feel good about yourself that day. How do you deal with guilt? Eat. Now you can feel guilty about eating too. You've blown it already so why not sit down for a double helping at dinner?

30. Whether you're falling into it or out of it, love can lead to eating. If you're falling OUT of love, it's the end of a relationship. You're unhappy, anxious, upset, confused and hurt. You yearn for the comfort and temporary quiet that food can give you. It's not a happy time and all you want to do is go unconscious. Besides, now that it's over, who cares whether you look good or not. If you're falling IN love, it's a happy and exciting time. It brings new feelings, including its own set of anxieties. Even though you've longed to have those feelings, they can be unfamiliar and disconcerting. One sure-fire way to tone them down is to eat.

## REASONS FOR LOSING WEIGHT

1. To look better. No denying it - you would be more attractive without the weight. Maybe you're not so bad now, but without those pounds, you would look wonderful.

2. For the big event. It may be a party, a holiday, a school reunion, a date, going home to visit your family, any occasion where you want to look your best. You plan to lose the weight just before you go so you won't have time to put it back on.

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3. Relationships. "I just got divorced and I want to get back to my hunting weight." The only way to attract a partner is to lose weight.

4. Habit. Life is an endless diet. You wouldn't know what to do with yourself if you gave up the quest for thinness. You've always wanted to lose weight and if you stopped trying, just think how bad it would get. You don't even think about going on a diet any more - you just do it as a matter of course.

5. To get attention. When you go out to lunch with friends, you can tell them you're trying to lose weight. They'll feel sorry for you and ask you all about it. "What kind of diet is it? How does it work?" If you didn't have this problem, you might have to spend the whole lunch with nothing to say.

6. To get a job or promotion. You're going to breeze into that office looking like a stick and they will beg you to take the new position.

7. Clothing. The button that popped off last week was the first clue. Time to knock off a few pounds or you won't be able to wear your clothes. You'll have to buy a whole new wardrobe. **OR** maybe you want to buy a new wardrobe, but won't spend any money until you lose all the weight.

8. It's summer. Sunbathing. Bikinis. The beach with all those half-naked bodies - including yours. Big sweaters and baggy trousers look out of place in summer.

9. Life is going to be wonderful. You'll finally cross the river into Happyland where all thin people live. Everything over there is great. All will be perfect.

10. To gain self-confidence. When you get thin, the world had better watch out. You'll be a human dynamo. Nothing will be able to stop you. Then you'll be able to go anywhere and get exactly what you want.

11. To prove you can. Whether you're proving it to yourself or other people, someone is going to know that you can do it.

Everyone is beginning to think you can't, after all these years. It was starting to be too much for your pride. You'll show them.

12. To win a bet. A way to get thin and a little richer at the same time!

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13. To be healthier. No more worrying about all those diseases and conditions you thought the weight might be fostering. You'll be the perfect specimen of health and just wait till you get back on the tennis court. You'll live to be a hundred.

14. To stop the nagging. You are fed up of that. It would be worth it just to shut people up.

15. To start eating again. You fantasise about how you'll look when you've lost all that weight. And where do you picture yourself? In a restaurant, eating the biggest banana split in the world. When you're thin, you'll be able to eat anything you want without feeling guilty. Pizzas every night and gallons of Coca-Cola. Aahh!

16. To end the misery. Life isn't worth living if you have to live like this. Every day you feel worse about yourself. You hate the way you look and you feel that you're such a slob you don't do anything about it. You'll do anything to stop feeling so miserable.

17. The doctor. Either he's already told you that you have to lose weight, or you have an appointment coming up. You know he's going to make you get on the scales and you can see his eyebrows rising.

18. A special person. This is your big chance. If you blow it with this person, there may never be another. Besides, you want to please him or her. If ever there was a time to do it, it's now.

To be better at sport. Having twenty or thirty pounds fewer to lug around might make it easier. You feel so bloated and tired you can't even get started

20. To look younger. When people see a picture of your face, they think you're one age, but when they see a picture of your whole body, they guess fifteen years older. The extra weight is making you look old before your time.

## REASONS FOR KEEPING THE WEIGHT

1. You're good, able and attractive enough already. You don't have to lose weight to prove it. If they don't like you the way you are, who needs them?

2. To prove someone wrong. If they've shaken their heads and told you that all you have to do is follow the diet and you'll be thin, then you can prove to them that it's not as easy as they think. You have a far more serious problem here than they imagined and you're going to let them know it.

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3. People would leave you. They would be so envious of your beautiful new body that they wouldn't want to have anything to do with you. You'd rather keep the weight on than make them feel uncomfortable.
4. The weight would just come back. Once you lose it, there's no way to keep it off, so why make yourself miserable trying? It's hopeless. You don't have any willpower.
5. Money. You would have to buy a whole new wardrobe. Everything you own would be hanging around your knees. At today's prices, it'll cost a small fortune, and you don't have the money to do that just now. Better wait until you get more money.
6. What would you do with yourself? What would you talk about, worry about, read about, plot about? How would you occupy the time if weight and food were no longer the big issues of your life? What would the new purpose of your life be?
7. If you're married, it's safer to be overweight. What if everyone were after your slender body? You don't want to ruin your present relationship, do you? You might become promiscuous!
8. There would be no more excuses. If you lost the weight, you would have to confront relationships, success, and all those other things on your "after I lose weight" list. Now you can blame the weight for not having those things. Look, you can blame almost anything on weight. It covers a multitude of sins and who wants to lose a great excuse?
9. You like yourself just the way you are. So why change? You'll just get wrinkles and saggy skin.
10. It won't make any difference anyway. You're wise to the ways of the world. You know being thin doesn't mean being happy. What's the point of losing weight and putting yourself through all that agony if everything else is going to be the same?
11. Discipline is hard. What a drag! There are enough problems in life without discipline. Besides, you don't think discipline is exactly your strong point. What if you try and fail again?
12. Feeling rooted and strong. If the weight were gone, they would get you for sure. But people know not to mess around with you. You're someone to reckon with, you can throw your weight around and people take notice.
13. Health. Losing and gaining weight again and again can actually cause health problems. Look at Mario Lanza, the famous opera singer - they say that's what killed him. Better to stay as you are than get back on that roller coaster.

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14. You can say people reject you for your weight and not for who you are. It's another great excuse. If someone doesn't like you, or leaves you, you can say they're leaving your overweight body and not the real you.

15. There might be an even bigger problem waiting. The weight problem is familiar, we all know how to handle it - we complain about it! If it were to disappear, there might be an even bigger problem waiting in the wings. Keep the weight around and you keep the other problem waiting for ever.

16. To punish someone. If someone doesn't like you being overweight, they've handed you the perfect weapon. Any time they do something you don't like, you can just head for food.

17. You don't like your body anyway. And you treat it as if you don't like it. Why do something nice for someone you hate? You don't deserve to be thin.

18. You'll become too vulnerable. The armour that protects you will be gone, exposing those tender, sensitive places inside you to everyone. The feelings you've been stuffing down may pop up to the surface and dealing with them would be scary and uncomfortable. Better to keep the weight right where it is.

19. To avoid sex. Sex is something you don't enjoy and would rather do without. Overweight people don't arouse erotic passions in the opposite sex. So there is safety in weight.

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Then talk about one thing that they would like to change about their current eating pattern. For example too much chocolate, crisps or cake.

Once each delegate has come up with ONE eating habit they would like to change then ask them all individually if they know of someone who naturally can say NO to that food.

Take the group into hypnosis and use the ADD RESOURCE script.

## ADDING A RESOURCE

1. "Identify the resource you want. Let me know by raising a finger or nodding your head"
2. "You know that you have that resource, so give yourself permission to experience it. Let it fill the whole of your body!"
3. "Now think of someone who has that resource you need in abundance"
4. "OK. Now beg, borrow or steal that resource. Now really feel that resource now. When you can feel it, let me know by raising your finger or nodding your head"



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5. "Now run a movie in your mind seeing yourself using your new resource".
6. Continue with some positive suggestions. Before counting the group up

Close the session and set homework for them from the homework ideas and ask them to make a conscious effort to always leave some food on their plate at every meal. No matter how small.



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## Day THREE

Start the session with feedback from the questionnaire.

Give colour test to each person and jot down their suggestions. Let them know that you will be sending them the feedback before next session.

### WHAT IS THE DIFFERENCE?

Thin people eat because they are hungry, and for no other reason. When they have had enough, they stop.

Two questions:

1. Do you really know what hunger feels like, or are you an automatic eating machine?
2. Do you use food to satisfy all kinds of hunger - emotional hunger, intellectual hunger, sexual hunger?

You feel the craving and automatically assume it is for food. The problem is that these hungers are never satisfied by food.

The reasons you ticked for why you want to lose the weight have one thing in common - they are not good enough. If they were, you would have lost the weight and kept it off.

The reasons you ticked for keeping the weight also have one thing in common - they DO work!

Now we've taken a major step forward - we're starting to recognise what works and what doesn't. Now we have the reasons, what about the fears?

### TO SUMMARISE

1. Diets don't work as a way to lose weight. They are great for gaining weight though.
2. Nobody seems to know what DOES work for losing weight.
3. There are numerous reasons for eating, but only a few have anything to do with physical hunger.
4. All of these other reasons cause you to GAIN weight, and some of the payoffs are terrific.
5. None of your reasons for losing weight have worked for you.
6. All of your reasons for NOT losing weight have worked very well indeed.
7. If you do lose the weight, you'll just gain it back like before. This makes it sound hopeless, but that doesn't mean there's no solution.

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All of the above is a reflection of what we call a "Diet Mentality". With this, you can never become thin permanently. So if you're going to get anywhere, you are going to have to change your views and attitudes about your weight. This means giving up all your ideas about losing weight, what works and what doesn't, and turn your back on the past. Our job is to help you do that and develop a new mentality.

## 3 THINGS TO DO NOW

1. Have you ever said "I can't be bothered to do that now", and put something off till later or another day? Have you ever done that in relation to food? So don't put this off.
  2. Do you use bathroom scales? How often? THIN PEOPLE DON'T ! So get rid of them or weigh yourself once a week.
  3. Get rid of two words: "Should" and "ought". When you catch yourself using them, say "WHO SAID SO?"
- PROFILE OF A THIN EATER Could YOU be like this?

1. "Thin" is a natural state. The overweight people have created myths, patterns and rules to make and keep them overweight.
2. They enjoy food more, because they actually TASTE it.
3. They never use food as a reward. There is nothing naughty about food, therefore it is not a reward.
4. They never graze because they have something specific in mind.
5. They never feel deprived. Food is there all around - there for the taking.
6. They have given themselves permission to eat what they want, so what's the hurry?
7. They just don't care about nutritional value.
8. It's not "feed a cold, starve a fever", it's "does my body feel like eating?"
9. They never engage in "closet eating". They have nothing to hide.
10. They may eat a big meal today, but nothing at all tomorrow.
11. When anxious, they undereat rather than vice versa. Food is the farthest thing from their mind.
- 12 The crowning insult - sometimes they forget to eat at all!

## HOW "THIN" PEOPLE THINK AND ACT

The secret is both the simplest and most difficult thing in the world. What makes it difficult is that it involves some basic fundamental shifts in how you approach food, eating, yourself and your life.

Thin people do four fundamental things that fat people don't:

1. They hardly ever eat unless their body is hungry.
2. They eat exactly what they want to eat.
3. They don't eat unconsciously; they stay conscious of what they're eating and the effect it's having on their body.

# Group Weight Loss



4. They stop eating when their body's hunger goes away.

Two things to help:

1. Put fork down before starting to chew.
2. Stop halfway through meal, put fork down and take a break.

Think about what to do after the meal Think thin, but don't overdo it.

For some people, hunger is so new it makes them high and they want to do it all the time. They go for days without eating to see how hungry and high they can get. This leads to bingeing. Starving and then bingeing defeats the purpose of thinking like a thin person.

One way or another it makes food important. Food is NOT important. You eat it when hungry, enjoy it, then stop. That's all. The concept of times for eating (breakfast, lunch, dinner) is a cultural idea, not a natural one. The clock hits a time, you hit the kitchen! This leads you towards unconscious eating. Look at your rituals and time. Just because you have a break, does it follow that you have to eat? If you're hungry, go for a stroll instead. Mealbreak at work? "If I don't eat now, I'll be starving by the time dinner comes." Maybe so, maybe not. Eat what you want now, and let later take care of itself.

Your eating habits and patterns will be changing. You may not eat at the same times. Let the body develop its own patterns. Avoid preventative eating Who says you must wait for dinner anyway? You can eat any time you're hungry. You and your body are in charge, not the clock!

Discuss what each delegate would like to change for example: snacking, chocolate etc.

Make a note of what each delegate would like to change. Take the group into Hypnosis and create new parts. Then Homework.

## CREATING NEW BEHAVIOURS

Go round the group and ask them what behaviour they would like to change before hypnosis. Keep a note of each change that the delegates want to change.

Take the group into hypnosis and then

ask them to "go inside and find the part of them that helps them to (insert behaviour here i.e.snack, eat chocolate) when they have found that part ask them to raise a finger or nod their head. (Then proceed)

# Group Weight Loss



Now I want that part to let you know what it is genuinely trying to do for you and when you know just let me know just raise your finger or nod your head.

Now I want you to go to your higher self and have your higher self produce 3 new alternative choices that are readily available, practical and sensible for you to use and will help you to get slimmer fitter and healthier.

Let me know when you have one alternative choice by moving that finger.

Now a second alternative choice (WAIT).....

and now a third.....

I want you now to go to that part of you that runs the behaviour of helping you to (snack, binge whatever it is that the client wants to change) and ask that part if it is willing to take responsibility for these new alternative choices which will help you to achieve your goal and just let me know PAUSE .....(make sure that the part is willing and then proceed)....

I want you now to run a movie in your mind and in that movie I want you to see yourself going about a normal daily routine see yourself using your new and alternative choices whenever you need to and just as you see it now that's how it will be.....run that movie now and just let me know when you have finished.....by raising that finger.....

Now bring all the parts round the chair of your higher self and ask all the parts if they are happy working together to help get slimmer and let me know by moving your finger.....PAUSE.

I want all the parts to go back knowing that they are working together to help you to get slimmer, fitter, and healthier.

Now get a picture of yourself exactly the size and shape you want to be.

When you can see that let me know by moving your finger. PAUSE.

Now see how good you look. Notice how you feel and think. PAUSE.”

Now awaken the group. Then set the homework for the week.

# Group Weight Loss



## Day FOUR

1. People with weight problems never actually choose to be the way they are.
2. It is assumed that overweight people should want to be thin.

This is where the Diet Mentality does most damage – thin is good!! You do what you do for a reason. Your reasons for choosing NOT to diet are better than those FOR dieting. By the same token, your reasons for having a weight problem work better than those for being thin – or so it seems.

Weight problems can be linked to important aspects of your life.

Let's look at some of these to find the Diet Mentality's reasonable and attractive payoffs.

1. BAKE someone happy. Sometimes people (particularly parents) use food to tell you they love you. They can't find another way, so they bake a cake. We then eat it to show we love them too.
2. You can use food to make people spend time with you. i.e. BAIT the table to make everyone sit down and talk to each other.
3. Parents are hard to win over. Because they love us they want us to be as good as possible. But when we get near the goals, they raise the standards. It seems we can never be good enough.
4. We also do this to ourselves. We up our standards and punish ourselves for failing to live up to them. Spanking doesn't make us better – it makes us sneakier. The same is true with weight.
5. Food can be a great barrier. You can put it between you and someone else to avoid any real contact. If you are both eating, it's easy to pay attention to the food instead of each other.
6. Weight can be a way of not having to deal with the whole business of sex and relationships. Once bitten twice shy. Just don't want to be involved.
7. Being thin could be a threat to your partner – i.e. you would be more attractive to others.
8. It is an integral part of the relationship – partner nags, teases, goads. If there wasn't a weight issue to talk and argue about, what would you say to each other.
9. "If that weight doesn't go, I will" – used to manipulate. If you can't lose weight, you can at least be a better wife, or do things you'd rather not do. Leads to stubborn resistance.
10. Keep the weight to see if you are loved for your body, or who you really are. Oh yeah!! Who's testing who?
11. Nothing is more important than anything else except by agreement. Who has to agree? You do. It doesn't matter what anyone else considers important unless you agree.
12. Being a thin person is as easy as you make it. It isn't complicated or significant – it's just being thin.

# Group Weight Loss



13. The change is within. You don't struggle with yourself. There is no recrimination or guilt. You can choose!

14. The four rules come from a state of mind. Without that state of mind, they are just a better form of dieting. The most important quality of this mindset is freedom.

15. It's OK if the weight fluctuates a pound or two. You KNOW you'll lose it and your body will be drawn back to the weight it wants to be. There's no need to monitor it.

By now the group will be used to going into Hypnosis take the group in and create a positive of how they want to be introducing exercise and a very positive image of their goal.

Homework.

# Group Weight Loss



## Day FIVE

Take the whole group into hypnosis and deliver full script. Offer to sell the MP3 to them.

Now if you've got yourself settled somewhere, the first things I want you to do is just take a deep breath. Nice and slowly, breathe in, and breathe out.

That's good.

Now just close your eyes and let's begin to relax physically now.

I want you to begin by concentrating on your legs and feet. And as you do this, just relax every part of your legs and your feet. Every nerve. Every muscle. Every fibre. Just let them come completely to rest, so the whole leg just feels loose and limp and completely relaxed. Let them come completely to rest.

And then, when you've relaxed your legs and your feet, move your concentration up to your stomach and your chest. Now just relax all the muscles in your stomach and your chest. Feel yourself sinking down into the comfort of the place where you are resting. As you do this, you may find that your stomach starts gurgling. If it does, then that's fine. That's a good sign.

You may also find that as you settle down, your breathing begins to slow down too. Just slow your breathing down so you're breathing deeply and evenly as you relax all the muscles in your chest.

Now let's work on your hands and your arms. Just relax the fingers, the hands, the wrists, the forearms, the elbows and the upper arms, so the entire limb feels loose and limp and completely relaxed and rested. Just loose and floppy.

Now let that relaxation sweep across your shoulders. Just feel your shoulders settling down. All the tension coming out of the muscles in your shoulders.

And let that relaxation go up the back of your neck, across the top of your head, and down onto your forehead. And as you relax your forehead, so any frown wrinkles just smoothe out as your forehead relaxes.

Relax your eyes, so that they are gently closed.

Don't hold them closed by force. Just let them stay gently closed and comfortable.

# Group Weight Loss



Then bring it down to relax your cheeks and all the muscles around your mouth and chin. If your mouth wants to drop open, that's fine. And if anywhere along the way, or even now, you have felt the need to swallow, that too is a very good sign.

So as you're sitting or laying there now, every part of your body is resting. It's loose. It's limp. It's relaxed, and it feels good and comfortable.

So now let's relax the mind.

I want you to create a picture in your mind of a waterfall. Just picture a waterfall. It may be one that you know, or it may be one that you just wish to imagine.

But just see yourself looking at a lovely waterfall on a beautiful summer's day.

And as you do this, if any other outside thoughts try to creep in, then this is the time to send them away, and ask "not now, later. I'm concentrating on a waterfall".

I want you to keep on doing this until all you can see is that waterfall and all your concentration is fully upon it.

So look at that waterfall now, and study the waters cascading over the top of it and falling down into a little pool that runs into a stream. See a very beautiful sight.

As you look at it, you feel yourself calming down. You feel yourself relaxing. It makes you feel good.

So as you concentrate on that waterfall now, notice too, that by the side of it, there is a grassy bank, and there is a tree.

And I want you to go and sit yourself down on that grassy bank with your back against the tree. Now just relax by that stream, looking at the waterfall for a while. And as you relax by that stream, you begin to feel good.

You can also feel that the energies from that tree are entering into your body and strengthening you, because as you know, trees are a source of energy. So as you sit by that tree you can feel as though your batteries are being charged up, and you can feel yourself getting stronger and feeling good. And you feel fine.

You feel very happy just sitting on that grassy bank. looking at the waterfall and watching the waters running by.



# Group Weight Loss



As you sit there in this way, your gaze starts to wander around, away from the waterfall to the surrounding scenery.

And you find that very close by there is a building – a very nice and attractive building. It can be any kind of building you want to imagine. Anything from a garden shed to a stately home.

But whatever kind of building you choose to see, it looks good to you.

You find that as you sit there, you feel as though you want to go and have a closer look.

So you get up from where you are sitting on that grassy bank and you walk towards the building and go to the main entrance of that building. Open the door and walk in.

And you walk in to a place that is exquisitely decorated and furnished. It's a really lovely building and you feel very much at home there.

As you wander about, you go into a room where it's almost as though the whole wall is taken up by a mirror. It's a full-length mirror.

You stand in front of it and you can see the full length of yourself.

So I want you to go over to that mirror and look into it. But as you look into that mirror, the image that you see looking back at you is a picture of you as you would really love to be.

Just look at that picture of the you that you want to be. And as you look at that picture, you notice that it's slim, it's shapely. It's exactly the shape that you would wish to be.

You look at that and you think "Yeah. That looks good".

It's almost as though you're looking at a picture of your goal.

You're looking at a picture of how you want to become, of the shape you want to be. Here you can see that shape in its full glory, reflected in that mirror. And as you study that shape, you're looking at your goal. This is how you want to be.

And I want you now to tell yourself in no uncertain terms that that's how you're going to be.

This is what you're working towards.

# Group Weight Loss



And so, as you study that shape with admiration, I want you to lift your gaze and look at the face on top of that body..

The face that is looking back at you is a happy face. It's a confident face, full of self-assurance. You're looking at the face of yourself, again, as you want to be – somebody who feels good about themselves – someone who realises their own value – and somebody who is, in their own right, a beautiful person.

So you're looking at a happy person, a confident person, a self-assured person.

And as you look at that face and see yourself in this way, I want you now just to imagine what it would feel like to be like that. Just imagine how it feels to be confident, to be self-assured, and to be happy with yourself as you are.

Try to capture in your mind the feelings associated with that face, and try to make it as though you feel those feelings yourself now.

Just imagine yourself being confident, self-assured, proud to be who you are.

And as you begin to feel these feelings inside you as you look at it, I want you to realise also that this is how it is going to be, because you are looking at a picture of your future.

In a very short while now, you're going to look like that. You're going to have that shape. You're going to have those feelings and they will be yours.

Even now, as you imagine what it would feel like, you've already begun to put those feelings inside you, and already you're feeling much more confident than before.

Already you're feeling much more of value. And already your selfimage has begun to improve.

I want you to study that reflection in the mirror, because this is not a flight of fancy, it's how it is going to be. But I want you to get that picture clear in your mind. This is the picture of your goal. This is how you are going to be.

So study it well and take good note of how you are going to build that new body of yours. And you are going to feel like that all the time.

Once you've studied that for a while, I want you now to just turn round and come away from that mirror, and I want you to walk out of the building.

# Group Weight Loss



As you walk out of the building, I want you to stop on the doorstep, just for a moment.

Take a breath of the fresh air around you, and just take stock.

As you do this, you'll find that you've taken from that building some of the feelings of the person you saw in the mirror. You've got them with you now.

You feel more confident. You feel better. You feel like a better person.

It's already begun to stick. It's already begun to change you.

So now, as you walk back towards your tree so you can sit down to rest again, I want you to settle down and reflect on your little experience in front of that mirror.

It feels good to feel like that.

In a few moments, when you awaken, you're going to have those feelings with you, and already you're going to feel as though you've taken steps along the road to being like that person you saw in the mirror. That feels good.

So as you settle now, up against that tree, I want you now to take a very deep breath, and just feel those energies charging up your batteries.

And in a few moments, when you feel that you are ready, I want you just to open your eyes very slowly and come back to normality.

But when you come back to normality, you'll feel good. You'll feel fine. You'll feel comfortable. You'll feel relaxed.

And already you're going to feel a lot more confident and self-assured than you were before.

So when you're ready now, just open your eyes and come back into this room, feeling good, feeling fine and feeling relaxed

Homework.

# Group Weight Loss



## Day SIX

### BE THIN FOR A DAY

Pick a day of relative freedom, say a Sat or Sun, and create the experience of eating meals the way a thin person would.

These will probably be the most special meals you will ever eat.

You may want to eat alone, so you can concentrate on the process of eating like a thin person. If not alone, make sure that the person is participating with you and supporting you in the exercise.

#### 1. RATING YOUR HUNGER A scale of 1 to 10;

10 = so hungry you feel faint

1 = so stuffed you can hardly move.

Up to 4.99 is "hungry"

From 5.01 up is "overeating", "too much".

Issue The Hunger Scale handout sheet.

#### 2. DISCONNECT THE "EAT" MACHINE

Keep your attention on the food in your mouth to actually taste it.

Put the fork down before starting to chew.

Pick it up again after swallowing.

This is a test of patience.

#### 3. SIZING UP YOUR STOMACH

If you're completely empty, the volume of food you need to satisfy your body's hunger would fill a container the size of your fist.

#### 4. RATING YOUR FOOD

Another scale from 1 to 10;

the low numbers are your least favourite foods, those at the top are your favourite foods of all time.

1 or 2 have no business being in your mouth at all.

Thin people generally eat only 9s or 10s.

10 Wonderful, "orgasmic"

8 Pretty good

6 OK but not quality

4 Not good

2...UGH!

# Group Weight Loss



## 5. GETTING IN THE MOOD

Treat yourself like a thin person for the whole day.

- When you sit down to eat, pretend you're an honoured guest and someone has gone to a lot of trouble to prepare a delicious meal for you.
- Dim the lights, play soft, relaxing music.

## 6. DOING WHAT THIN PEOPLE DO WHEN NOT EATING

Perhaps look up your list of incompletions and do some.

The point of this is to do other things rather than think about food or weight.

## 7. WHAT TO EAT 8s, 9s, & 10s.

As much fresh food as possible.

"If it won't store in your cupboard, it won't store in you."

## THINGS TO HELP THE CHANGE

1. Be patient with yourself. There's plenty of time.
2. Leave room for error – it's OK to make mistakes.
3. Expect things to be different. Don't be surprised when people treat you differently.
4. Keep your sense of humour. I've never met anyone who lost weight by being grim and serious about it.

# Group Weight Loss



## Day SEVEN

The key thing is the breakthrough.

It's like smoking – one minute you're a smoker, the next, you're a non-smoker.

First you get oriented, then give yourself time to discover and deal with your special problems.

This time, you're doing it for you.

Principle: If you don't please yourself in life, the rest of it isn't worth much. You're still not happy.

Once you realise this, you can begin to create your new body.

Your breakthrough will be uniquely yours. Let it be the way it is without any judgement or criticism. That's how it should be.

The important thing is, you're doing it for yourself and nobody else. That way it will last and you can enjoy it.

The real transformation is not in what you do but how you think about yourself.

E.g. non-smokers don't want cigarettes. Smokers who won't let themselves smoke do.

Where's the fun in that?

### A GIFT TO YOURSELF

You don't think twice about giving presents to others, but when was the last time you gave yourself a gift just because you were you?

What matters is the fact you cared enough about yourself to do something nice for yourself.

### COMMITMENT TO BEING HAPPY

Most think happiness is a thing they're moving towards. "I'll be happy when ..." But as soon as the goal is reached, it vanishes and another is set up.

They are always searching for it but never getting it. So they end up unhappy.

It's the trip, not the destination that matters. That's how to carry happiness with you.

# Group Weight Loss



You don't need a reason to be happy. Let yourself have happiness as a gift. Do you smile because you're happy or are you happy because you smile?

Not letting yourself enjoy living as a thin person until you've proven you can take pounds off, is a sure way to keep them on. Bringing your thinness along with you every step of the way and enjoying it now are sure ways to win.

OK. It's an exciting new world. But you don't know how to act. What do you do next?

First, give yourself time to make the transition, and be gentle with yourself. Sometimes it takes a while, so be patient with yourself.

Take group into Hypnosis and get them to see an image of themselves exactly how they want to be.

Homework.

# Group Weight Loss



## Day EIGHT

Now you've had the opportunity to experience what it might be like for you to be thin, you'll be clearer about the choice you'll want to make. So let's now look at why this may not be a clear-cut decision to make.

1. Weight can be about POWER. It can give you control over others. They worry about you, try to help you, give you attention, even if it means getting angry with you.
2. If you get more attention for being overweight than you did for being thin, the odds are that you will continue to be overweight.
3. This is also true if you give yourself the wrong kind of attention. If you're always thinking and worrying about it, then you're getting something out of being overweight that you might not get if you were thin.
4. BIG IS POWERFUL! The weight protects. No-one will mess with someone that big. Thin people get pushed around.
5. Others think the reverse. They fear the power they think will come to them if they get thin. They feel powerless NOW!
6. Thin means sexy, powerful and successful. What if they don't succeed.? OR, thin = successful. You think you would be more successful if thin.
7. BUT, success can be its own problem. The spotlight brings a fear of failure, can make others jealous, can lead to being rejected and alone.
8. Fear of losing control. Eating is a tried and tested way of dealing with discomfort, stress and anxiety. What if you didn't have that.
9. Another reason for keeping weight is to avoid creating a new image. Old friendships die hard. The replacement is a happier person and more like the real you.

### SOME TACTICS THE "BIG YOU" WILL USE

- "Yes but no-one can change themselves and start thinking that differently."
- "Yes but you're being kidded into trying again and failing. Just because they did it doesn't mean you can".
- "Yes but if it were really that easy, everyone would have done it by now."
- "Yes but I'm OK the way I am. Looks aren't that important to me."
- "Yes but I don't have what it takes to change."
- "Yes but I give so much to others \* eating is all I give to myself."
- "Yes but look at the trouble you'd get into if you lost weight. You couldn't hide \* you would be threatening to others. Things aren't so bad as they are now."

### THE "BIG YOU'S" TRUMP CARD

Once you say "I can't win", you try to avoid losing.

You play small. Don't try to win. Don't play 100%.



# Group Weight Loss



## PLAY SAFE. YOUR CHOICES

- a. Fat and Unhappy The choice of the Diet Mentality. Do what you've been doing. Deprive yourself. Worry about your weight. Call yourself a failure. Keep trying all the new diets. If there are plusses to being unhappy (attention, sympathy) then acknowledge it.
- b. Thin and miserable This is just like fat and unhappy except that you spend 98% of your energy and time staying thin by effort, struggle and diets.
- c. Fat and happy Accept yourself for what you are and get on with your life. What if you were 7ft tall? If you don't have to fight against food, it ceases to be an issue. You eat what you want. However, you are likely to lose some weight and settle down to a constant.
- d. Thin and happy Let the thin you come forth and take control. You got fat for good reasons. Now forgive yourself for your past and move forward. Accept there is no magic wand – it will take time and it will be scary. So now make your choice.

Anything other than d, there is no point in continuing. If you choose d, give up the other 3 and let go of the past – let go and move forward.

Take group into Hypnosis and reinforce.

Homework.

# Group Weight Loss



## Day NINE

"I want something" doesn't have to mean hungry, it can mean thirsty. If you crave "something", ask about your level of hunger and get nothing, try drinking water instead. 98% of the time the craving will go. If still hungry after the water, then eat something, but put hunger to the water test first.

### EXERCISE

Next time you feel hungry, try a glass of water and see if the hunger goes away.

### EAT WHAT YOUR BODY WANTS 9s and 10s

You'll notice that they only stay 10s for a short while. Their big attraction was they were forbidden.

Once you get enough, you'll only want them, occasionally.

Another thing is wanting funny things at funny times. If you eat it, you'll be satisfied.

If you don't, you'll dwell on it until you do eat it.

### CONSCIOUS EATING

Food is different when eaten consciously.

When aware of what you're putting into your mouth and enjoying it, you don't need nearly as much. You don't want to. You're experiencing it, not shovelling it into a hole.

### THE RULE OF 3

If halfway through your meal, you can't decide if you're hungry or not, give yourself permission to have 3 more bites.

Not just any bites, the three most delicious. Then ask again. If no signals, then the odds are that you are past 5 and feeding your head. Constantly stay in touch with your body, especially when eating. Listen to what it tells you. When you get to a 5, then stop.

### EXERCISE

Exercise is NOT supposed to be a punishment. It should be a gift you give to your body.

Listen to your body and it will tell you when it wants to move around and play.

# Group Weight Loss



Only do exercise that produces results for you and that you enjoy. If it's unpleasant and makes you miserable, then don't do it. The right kind of exercise will relax you, eliminate stress and make you look younger and firmer. "No pain, no gain" = RUBBISH! ENDORPHINS! Yes, you do it for results, but it should be play, not work. Never mind "Rome wasn't built in a day, but I wasn't on that job." There is no urgency - listen to your body. Start slowly. A little today, a bit more tomorrow.

Rushing makes you sore and tired, and makes you want to quit. Walking burns as many calories as jogging. You don't have to warm up, cool down, or buy special jogging shoes.

## LISTENING TO YOUR BODY

You will never hear if you do not listen. (There are none so deaf ....)

It will talk to you if you let it speak.

It does not talk in words, but in feelings, hungers and desires. So learn the language!!!

The body tries to heal itself. Picking at a scab slows the healing down. Mentally picking at weight stops the natural progress towards a healthy weight.

Feeding the head makes the job hard. When the body cries out for something and is told "Shut up and eat this", it's not getting the food it needs. It tells you what it needs by the cravings it gives you.

Body or head? If you've been depriving yourself of certain foods because of a diet, you may crave those foods as much as those your body needs.

There are emotional cravings as well as physical ones. Once deprivation is removed, there will be a phase when emotional cravings are fed. But the phase will pass and your body will tell you "enough is enough". Then you will settle down.

## PRINCIPLE

Your body is geared towards health and knows what it needs as regards food and exercise. Don't just listen to it, TRUST what it tells you. - Make your body your friend!

## THINGS TO HELP THE CHANGE:

1. Be patient with yourself. There's plenty of time.
2. Leave room for error - it's OK to make mistakes.
3. Expect things to be different. Don't be surprised when people treat you differently.

# Group Weight Loss



4. Keep your sense of humour. I've never met anyone who lost weight by being grim and serious about it.

Again take the group into Hypnosis and give very positive suggestions towards achieving their goal.

Homework.

# Group Weight Loss



## Day TEN

### IT'S OK TO HAVE FEELINGS

Most food habits have been linked to emotions. In some cases the purpose of eating was to get rid of emotions - by literally stuffing them down with food. Mixing food and emotions is a dangerous game - one you can't win.

YOU WILL ALWAYS HAVE EMOTIONS, positive and negative. If you head for the fridge each time you feel negative, you'll put weight on fast.

If you can separate food and emotion, two things happen:

1. Your weight won't depend on how you feel.
2. You can bring your emotions to the surface, experience them and do something about them.

You can't deal with something you won't let yourself see. If you let sadness, grief, loneliness, anger, etc. come to the surface, they'll go away quickly. If you bottle them up, they won't. --- defence mechanisms --- food!

Abreaction - cry for a week, then stop. Gets it out of system, then normality returns.

One book says "Make yourself feel as sad as possible for 15 minutes. Afterwards, sadness is the last thing you feel." Keeping emotions down is like blocking a dam. If you don't relieve the pressure, the dam will break.

- You can't feed alcohol to plants and expect them to be healthy.
- You can't put water into a car and expect it to run.
- You can't feed food to an emotion and expect it to go away!

### YOU AND PEOPLE

People will be surprised, even upset, or think you've gone mad.

Order a pizza - "I thought you were on a diet" - "Yes, a pizza diet!" OR tell them about this course. They will have the same doubts you had when you first came here.

- THEY may think it won't work.
- THEY may think you'll balloon up.
- THEY may think you've given up.
- THEY STILL THINK THEY KNOW BETTER THAN YOU!!!

# Group Weight Loss



Just remember the 4 steps:

- eat only when hungry
- what you want
- eat consciously
- stop when the hunger goes away

You can't argue with that. Anyone who eats like that will lose weight.

THEY think you have to suffer to get a worthwhile result. It's hard for them to accept it can be this easy. But when they see the weight and inches coming off, they'll believe. Till then, they'll be relating to you as the overweight person they knew in the past, not the person you are now. You may have to establish a whole new relationship with them.

The first thing is to explain what you're doing. They may or may not understand. You can tell them what you want from them. There's no right way to do this! You're the only one who knows. Some may become "experts" - they know what's best for you. Do you want people like this in your life? You want support, not criticism.

FACT: If you concentrate wholeheartedly on living and eating like a thin person, you'll probably have a lot of people rushing to your support.

## EXERCISE

1. These are the types of resistance I may meet from the others in my life when I start living like a thin person.
2. This is how I will handle each of those types of resistance.
3. These are the types of support I want.

## DEPRIVATION

Using a diet makes forbidden fruits more tantalising. This yields 2 results:

1. You eat them anyway and feel guilty
2. You don't eat them, but life isn't worth living. You're a martyr, nailed to your cross -  
WRONG!!!

Being thin is about enjoying life and ending your preoccupation with food. Part of it is eating what you want. If you deprive yourself, you're thinking like a fat person, not a thin one. Wanting to avoid certain foods is not dieting. When your body rebels against certain foods, it's not because it shouldn't have, but because it doesn't want it. It's talking to you!

# Group Weight Loss



## SCALES

1. Lost weight? Ahead of the game, can afford to cheat a little.
2. Stayed the same? Are you doing all this for nothing?
3. Gained weight? Angry and depressed.
4. Domestic scales may be inaccurate.
5. Weight does NOT mean shape.
6. Tape measure is a better monitor.

## CALORIES

You need few calories to sustain fat. You need lots of calories to sustain muscle.

## NATURE'S NASTY TRICK

After about 26 yrs old, half a pound of muscle per year turns to fat, whether you like it or not. In ten years, that's 5lb more fat, even if you weigh the same. Old clothes won't fit (they didn't shrink in the wash!)

## AN OLD SAYING

"If you don't know where you're going, you're likely to end up somewhere else."

1. Create a mental image of what you want to look like.
2. Visualise WHERE you want to lose the weight.

## WILLPOWER vs. IMAGINATION

Pushing against a spring, Stop "trying"

## ENTHUSIASM

If you're enthusiastic about something, it's exciting and you're having a good time. So love thin instead of hating fat.

## LIFE IS A GAME

Games have goals and purposes. Goal = to win Purpose = to have fun. If the goal becomes too important, it's no fun any more - defeats the purpose. The purpose for everything you do is to be happy. If others don't like your ways, that's their problem. Let them have their views, but don't let them change yours.

## KEEP CENTRED ON YOUR REALITY.

NO-ONE out there knows any more than you do.

# Group Weight Loss



Never forget it takes:

- 4 weeks to break old habits,
- 4 more to establish new ones,
- 4 more to make them automatic.

Allow yourself to make mistakes - it's normal. Learn to love yourself



# Group Weight Loss



## HOMEWORK IDEAS

1. Make a list of things you would like to do for yourself that would make you feel cared about.
  - a. at work
  - b. at home
  - c. in your relationship
  - d. about your body
2. Unfinished business. Make a list of things you began but didn't finish – letters not written, that room you keep meaning to sort out, communications not delivered, etc. – things you thought about doing but did not do – anything that's not complete for you.
3. What were the circumstances in your life when you first began to gain weight?
  - How old were you?
  - What were your relationships like?
  - What was your money situation?
  - How successful were you at school/work?
  - Was there some trauma, crisis or pressure in your life?
4. When trying to imagine the thin “you”, what objections come to mind?
  - “Good mothers aren't thin and sexy”,
  - “People might expect more from me”,
  - “my friends and family might not like it if I change”,
  - “I'll have to do all the things I said I would if I ever got thin”.
5. Look back over your answers to 3 and 4, and see if you can find the underlying laws that motivate you to overeat.
  - Are they still useful or true?
  - Do they reflect an accurate picture of your life as you now know it to be?
6. List the laws you've invented which cause you to act the way you do.
7. Make two lists:
  - a. The emotional hungers you try to satisfy with food.
  - b. The specific foods you use to satisfy those hungers.
8. List the fears you can think of that may be stopping you from losing weight.  
Write down what you think it would take for you to break through those reasons and fears.

# Group Weight Loss



9. "This is the first step I would have to take". "This is the next step."
10. Do you eat only when you are hungry? If not, why not?  
Do you eat exactly what you want to eat? If not, why not?  
Are you conscious of every bite you eat? If not, why not?  
Do you stop eating the moment you are no longer hungry? If not, why not?
11. Make a list of all the reasons you ate in order to win your parents' love or approval. List the foods you remember when you think of your parents.
12. List the general attitudes your parents gave you about your body. List the subtle messages you got from them about food.
13. List the phrases relating to food that you remember from childhood.
14. If food was ever used as a means of reward or punishment, write down how. If you used food to avoid punishment or avoid talking about your problems, note how you did this too.
15. Get comfortable, close your eyes, and spend the next five minutes visualising the body you would create for yourself if there were no-one else on earth. When you've finished, describe it in detail.
16.
  - a. List the emotions you suspect you've been stuffing down with food.
  - b. List the worst things that could happen if you let your emotions come to the surface.
17. List some of the things you would start doing if you just accepted yourself the way you are and gave yourself permission to get on with your life
18. What is your level of hunger right now?  
What would you guess is usually your level of hunger when you eat?  
What would you guess is usually your level of hunger when you stop eating?
19. If I chose to exercise, these are the things I would do to enjoy it.
20. As regards eating like a Naturally Thin Person, what specific things do you want in the way of support from the people in your life? Whom do you need to tell?
21. List the people for whom you've tried to lose weight in the past. Now list the reasons you want to lose weight for yourself.

# Group Weight Loss



22. What types of resistance may I meet from the others in my life when I start living like a thin person?

How will I handle each of those types of resistance?

What types of support do I want?