



## You've lost weight, now what? ©

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### Do you know who you really are?

How many times have you said to yourself: "Wow, why did I do that, it is not like me!"

And how often have you set a goal and within hours, days or weeks, forgotten all about it? Why is it so hard to stick to it once we have identified what we really want? Sometimes it feels like we are 2 people. On one hand you have what I call "the adult-logical You" who knows what he or she wants and knows how to get it, and then you have "your young self" who wants the cake and chocolate while skipping workouts but still wants to look amazing. This is the topic of my first chapter in "You've lost weight now what?©" because I find it is crucial to know what makes you tick before you go further.

Here are some important words when you give up on a goal:

1. You give up on yourself because you don't believe in yourself;
2. You listen to all those voices from your youth that pretty much said you were "a loser";
3. You don't believe you can change your situation in the long term; it is just too much work!

### Ask Yourself

- ❖ When you set a goal to lose weight and suddenly you eat a lot of junk food, who is running the show?
- ❖ Who are you, really? Are you still that little girl who used food as an escape?
- ❖ Is this perception of yourself your own or others?
- ❖ You love your parents, siblings, friends, spouse, your children; what about you? Do you love you?

Be the best You that you can imagine.

## You can be the best You, today, right now.

Here is my experience: When my younger self takes charge, my world becomes depressing and sad with no hope for escape. I have no doubt that this is how I felt when I was young. When my current self is in charge—the self who is more self-assured, more in control, feels more self-love, and who feels that I have choices—then my world is full of possibilities. I have found love with a great husband, I had fantastic coworkers, and great friends. When I am centered in my core, I am master of my domain. I build my dream board, I plan my goals, I eat right, I exercise, and life is great. I am not trying to separate myself into multiple people, but I firmly believe that I have within me a small version of me who is stuck in time. She is still there in pain and afraid, and she feels stuck in her circumstances. Every once in a while, an event will occur to wake her up. I am fairly strong-minded and pig-headed so we inevitably end up wrestling.

To wake up my eight-year-old frame of mind (yes that is my estimate of how old she is), I have to activate a pattern, which is that I think very negatively. I build up the negative side of everything in my life. I build up the pain, the anger, the anxiety, and the feeling that I am a loser and will never accomplish anything worthy. I build all that up with extra feelings and then I act it as if my world were hopeless, with no way out, exactly like I thought it was back then. So instead of living in the present and being at my goal weight, happy and content, I suddenly act as if I were everything to the contrary. I knew about using “act-as-if” to improve your life, but I never in my dreams thought I was using it to bring my life down!

This makes so much sense. All these years, I was trying to figure out why I was disappearing so easily behind a part of my self that should not exist anymore. When I was saying I couldn't move on until I resolved this, I was right. As long as I play the role of the victim in my head, I cannot move on to be anything else. So all those goals and dreams will not happen until I let go and release this part of my self that insists on remaining stuck in time.

This also includes the “voice” from a parent, a sibling, a teacher; a person of authority in your youth that insisted on bringing You down. You know the voice I am referring to. Even if it has been 20 years or more, you still hear it in the back of your head, the nagging voice bringing you down. Isn't it time to get rid of it, once and for all?

“No one can make you feel inferior without your consent”.

**ELEANOR ROOSEVELT**

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## Re-write your story

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This topic is huge and we will spend 2 newsletters on it, but for now here is what you can do, to start improving your life:

### Exercises:

- ❖ Pay attention. Just putting a light on this internal process that you are going through will wake up all kinds of "Ah-Ah!" moments and feelings.
- ❖ Start listing what feelings and patterns put you in that frame of mind.
- ❖ Don't be judgmental. You need to realize that this escape mechanism you created in your youth saved your life. You needed an escape, for your own reasons, and now be grateful to yourself that you were so brilliant at the time to be so creative.
- ❖ Lets add Love. With the events of late in Newtown, we realize there is not enough of it in the world and it needs to start right at home with ourselves. A few times a day, congratulate yourself and be grateful for your loved ones and tell them, every day, that you love them.

## Next time in our Newsletter:

- ❖ What are the feelings you are trying to cover up with junk food?
- ❖ Go back in time; what started this behavior?
- ❖ Lets review the tools and processes we can put in place to resolve this problem.

Start living in the now. Little by little, take a moment of your day (at work, at home, at the movies...) and for that moment, don't think of anything else but where you are. You will feel a sense of peace and self-content.