



Week 3 Lesson 1

START NOW

Self-compassion is key



It's not your fault if you have a negative body image

Many people go through life body shaming themselves because they are a few pounds or several pounds heavier than they would like to be or they are not where they were ten years ago.

Of course, hearing their own voice saying negative things about themselves in their head many times a day will make them feel miserable and they might even feel like a failure.

A common way people deal with difficult emotions and negative self-image is ironically: (binge) eating. Eating is an inexpensive, quick, easy, and reliable way to temporarily take away the pain and hurt of how we feel.

It's not your fault if you emotionally eat to deal with the pain of having a negative body image. It's also not your fault if you have a negative body image.



It's not your fault if you have a negative body image & you eat to feel better

Our bodies are designed to crave sugar, salt, and fat

Our bodies are designed to crave sugar, salt, and fat because they were scarce when we evolved many years ago. So, now, the craving is still there, even though these ingredients are easily available.

Breast milk is also high in sugar and fat

Breast milk is also high in sugar and fat, so our brain associates the feelings of being loved and cared for with these flavors.

We have been conditioned to respond to discomfort with food

Many of us have been conditioned from infancy to respond to discomfort or feelings of pain through food.

Food becomes the soother of all emotional and physical pain and is also a perfect distraction from body shaming.



It's not your fault if you have a negative body image & you eat to feel better

The food industry makes more profit from processed food

To add insult to injury, the food industry makes more profit from processed food than it does from healthy, unprocessed food. Their ads send us the message that these foods and sugary drinks will make us happy, confident, loved. They associate these foods with having fun with friends and family.

The diet industry's role

Society bombards people with images and comparisons that promote a negative body image if they don't meet those standards. Advertising is designed to make you believe that you need their products to look good. But what you need is self-compassion.



You are not alone

Everyone feels negative about their bodies at one point or another, whether they want to admit it. If you think you are the only one hating your body sometimes, and no one could understand what you are feeling, think again! This is just part of being human.

According to the American Psychological Association...

- 9 out of 10 women in the US are unhappy with their appearance.
- 81% of 10-year-old girls experience a fear of being fat.
- Adolescent girls are more afraid of gaining weight than getting cancer, losing their parents, or nuclear war.
- 2 out of 5 women would give up 3-5 years of their life in exchange for weight loss.
- 97% of women confess they have at least one “I hate my body moment” each day.



Self-compassion breaks the vicious cycle

We have been taught to be hard on ourselves to achieve our goals. We tell ourselves that deprivation and self-criticism is the only way to get to the desired body image.

But it isn't. Self-criticism only fuels the vicious cycle of overeating and negative body image.

When you operate from a place of love and compassion, you will treat yourself well.

The key is to give your body the nourishment that it needs but don't overdo it. It is ok to say no to yourself and not eat when you are not hungry.

You will feel better about the pounds that you have lost being kind to yourself.



Self-kindness instead of self-criticism

Treat yourself like you would treat someone you love.

Chances are, you would never try to body shame someone you love (a friend or family member), so why do it to yourself?

Love yourself for who you are and not what you look like. Work toward bettering yourself for the right reasons and not just because you want to look like the models in a magazine.



Self-awareness and mindfulness

Be aware of when you are body shaming yourself and start hating on your body and want to use food to get you out of the emotional rut.

Work yourself away from the binge eating of sugary, fried, or greasy foods, and eat healthier food choices, more vegetables, and fruits.

Eating mindfully will promote healthy eating and good health. It will even help you lose weight without even noticing you are doing so.



You can love yourself as you are and still want to change

No matter what the numbers on the scale show, you are beautiful in every way.

Yes, there could be things that you would want to work on to make yourself healthier and feel better; however, you are still beautiful no matter what.

You can love yourself as you are and still want to change, that's ok.

If you love yourself, you want the best for your body. You eat healthily and exercise to feel good and to have a healthy and long life instead of losing weight. As a side effect, you will also lose weight. Isn't it better if you feel good during the process?

When you are comfortable with yourself in your skin (even if you do not look like a poster girl), those around you will see you for who you are and not the flaws you think you have.

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My Commitment To Practice Patience And Self-Compassion

Initial each one of the statements in the blank lines below. Review these commitments daily to reaffirm your commitment.

I commit to be patient with myself as I embark on this journey _____

I promise to be kind to myself and practice self-compassion _____

I will not judge myself harshly _____

I will practice self-care daily _____

I will take steps to prove to myself that I love and care about myself _____

I will ask for help whenever I need it _____

You can find this in you Weight Loss Journal and Tracker.



Homework

- Work towards accepting your body how it is right now and understand you don't always have control over it.
- Introduce new healthy habits because you love yourself and want to feel good and have a healthy, long life instead of losing weight. As a side effect, you will lose weight too.
- Understand that hating your body sometimes is just part of being human. Nothing is wrong with you!
- Be aware of when you are body shaming yourself and start hating on your body and want to use food to get you out of the emotional rut.
- Instead of this negative self-talk, start talking to yourself like you would to someone you love.
- Keep practicing slow, mindful eating as often as possible.

