



Week 5 Lesson 2

START NOW

Your beliefs are holding you back



Your beliefs define your existing habits

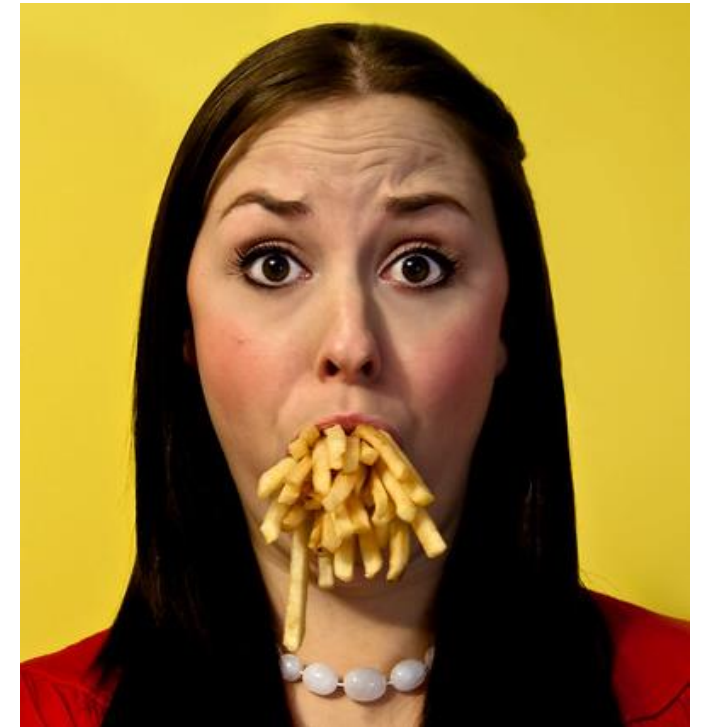
It's not your fault that you struggle with food and overeating and your weight no matter how many times and how hard you tried to get this sorted out before.

The problem is that the tools and **solutions you tried in the past did not address the real cause of your struggle.**

They told you what to eat, what not to eat, when to eat, and how to exercise but they **ignored what actually drove you to overeat.**

These diets work for a while but then you just can't stick to them anymore, you lose your willpower and return to your old habits. Why is that?

It's because you have not figured out why you tend to eat too much food when you are stressed or angry or lonely or even happy. **They told you what to eat but first, you need to find out what is eating you.** Without knowing this, no amount of willpower will be enough to stop you from overeating.



Learned helplessness

Sometimes we have so many failures and associations with pain related to our weight and body image that we start to form the belief that we can't do anything to make it better.

You may start to feel that it's **pointless to try anything new because you will fail again anyway.**

If your internal belief system clashes with your goal of losing weight, it will never happen.

Our beliefs are filters we see the world through; they are information we heard, memories, and old behaviors that our brain stored and then became our reality. Our brain constantly looks for evidence to strengthen these beliefs and filters out everything that would weaken them.

Now, these beliefs create our thoughts and feelings about everything, and they drive our automatic actions. And most of the time we are not even aware of them.



Disempowering beliefs

If you want to change behaviors/habits, focus on the beliefs that drive these behaviors first.

Our limiting, disempowering beliefs stop us from taking action when we want to do something new based on past (negative) experiences.

If you tried to lose weight before and failed, your brain sees that as pain and wants to protect you from this pain. So it creates beliefs that cause you to think “I can’t do this, I don’t have enough willpower, nothing works for me”.

These limiting beliefs about yourself, your weight, and your body can originate from fear of failure (you tried to lose weight and always failed, why would it work this time), fear of success (people will not like you if you change), lack of self-worth (you don’t deserve to have everything you want in your life) and many more reasons besides.

It is important that you acknowledge these disempowering negative beliefs about yourself and replace them with positive, empowering beliefs.

As long as you believe something, your brain automatically searches for references to validate your belief and filters everything out that would question it.



Identifying your beliefs

Brainstorm all the beliefs you can think of, positive or negative, about food, yourself, your weight, and your body.

Think back to your childhood and note down any memories related to eating, weight, and body image that may have impacted your own attitude towards these things.

What surprises you about these memories? What do they teach you?

Think about your if-then beliefs: If I do, then I will

Think about your global beliefs about yourself, food, etc. For example, healthy food is boring, thin people are mean...

What are you afraid of happening if lose weight?

Is there a reason you'd rather not lose weight? What holds you back?



Examples of limiting beliefs

	DISEMPOWERING BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
1.	Food is how I enjoy myself.		I can take pleasure in many other things.	
2.	Eating helps me relax.		I can use meditation, exercise, and other healthy practices to relax.	
3.	When I'm eating, life seems easier.		I can find other ways to release stress.	
4.	I need comfort food to feel better.		I don't need food for comfort. I can do other things to relax.	
5.	I'm a mom/wife/professional/entrepreneur, I don't have time for me.		Making time to care for me makes me an even better mom/ wife/ professional/entrepreneur.	
6.	My kids have to come first.		By taking care of myself, I'm showing my kids how to value and care for themselves in healthy and balanced ways.	
7.	I have to eat on the go. I don't have time for real meals.		I can take time to do healthy things that make me feel good, and that includes preparing healthy meals.	



Examples of limiting beliefs

	DISEMPowering BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
8.	If I can't cook it in the microwave, I don't have time for it.		I'm excited to eat more fresh food that's not right out of my microwave.	
9.	My life is too busy already.		Eating healthier food, exercising, and taking care of myself is worth the extra time because it gives me energy and makes me feel so much better.	
10.	My family doesn't like healthy food, and I don't have time to make myself separate food.		I can make healthy food that tastes delicious, and let my family know how important this is to me.	
11.	My body changed after I had kids.		I am so grateful to my body for giving me kids. Now it's time to take better care of it.	
12.	I'll never have the body I had before I had kids.		Having children is a reason to love my body more, not less.	
13.	Ever since I turned __ years old, it's impossible to lose weight.		My lifestyle, not my age, is what matters most when it comes to losing weight.	
14.	My metabolism just isn't what it used to be.		My metabolism can and will change as I adopt a healthier lifestyle and stop overeating.	



Examples of limiting beliefs

	DISEMPOWERING BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
15.	This is the food I grew up eating.		I'm willing to try new ways of cooking, eating, and living my life.	
16.	I'm weak because I can't control my cravings.		I can use the tools I learn here to calm intense food cravings and allow myself to relax.	
17.	My whole family is heavy/overweight.		My family's weight doesn't determine mine.	
18.	I've always had a slow metabolism.		Increasing my metabolism is about eating differently, stressing less, and exercising.	
19.	I'm always tired.		I'm tired of not having energy, and I'm ready to make changes that make me feel better.	
20.	My friends/family don't like it when I lose weight.		I can lose weight for me, not to please other people.	
21.	Watching what I eat makes me miserable.		Eating more nourishing food makes me feel much better--it's so worth it!	



Examples of limiting beliefs

	DISEMPOWERING BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
22.	If I'm watching what I eat, I'll be boring.		I am worthy, fun, and lovable, no matter what.	
23.	No one will like me if I lose weight.		I want to lose weight for me, not for other people.	
24.	People like me better when I'm big.		People love me for who I am.	
25.	I can't live without sweets.		I can use the tools learn here to quiet cravings, and then make a choice that supports my health and wellness.	
26.	Healthy food gives me a stomach ache.		Healthy food makes me feel great.	
27.	I don't have time to cook.		Making time to cook and eat healthier food is so important that I'm willing to make time for it.	
28.	If I see sweets, I have to eat them.		If I see sweets and feel tempted, I can use the tools I learn to calm my craving.	



Examples of limiting beliefs

	DISEMPowering BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
29.	As soon as I see food, I have to eat it.		I can create a healthier and more balanced relationship with food.	
30.	I'm always hungry.		I can use my new tools to discover why I'm hungry	
31.	I don't have time for meditation.		Meditation makes me feel so much more relaxed, it's worth taking time for.	
32.	I don't fit in with healthy/thin people.		I get along with all kinds of people, regardless of weight.	
33.	I hate my body.		I am grateful for all my body has done for me.	
34.	I look fat no matter what I weigh.		It's safe for me to see my body in a new light.	
35.	I won't be myself if I lose weight.		My size and weight do not define who I am.	



Examples of limiting beliefs

	DISEMPowering BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
36.	I'll never be attractive.		I can let my light shine whenever and however I choose.	
37.	People will notice me if I lose weight.		I can feel safe attracting attention.	
38.	I don't like it when people look at me.		It's safe for me to be seen.	
39.	I don't like getting attention.		I can attract attention and still feel safe.	
40.	I'll be alone if I lose weight.		I can have great relationships and friendships regardless of my size.	
41.	I've never been thin.		My past weight doesn't determine my future weight.	
42.	Every time I lose weight, it comes right back.		I can learn the tools to help me relax, lose weight, and keep it off.	



Examples of limiting beliefs

	DISEMPOWERING BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
43.	I've been heavy since I was a kid.		I've been heavy for a long time, and I'm ready to change that.	
44.	Eating out is more fun than cooking.		Cooking healthy food will be a new adventure. It'll be fun!	
45.	Healthy food doesn't taste good.		Healthy food can be delicious.	
46.	I don't like vegetables/fruit.		I can't wait to try all these new vegetables and fruits, and discover which ones are my favorites.	
47.	Food that's good for you isn't worth eating.		Food that nourishes my body can taste great.	
48.	Healthy food doesn't fill me up.		Healthy food can be very satisfying.	
49.	Cooking my own food is too much work.		I can relax and enjoy cooking healthier food for myself.	



Examples of limiting beliefs

	DISEMPOWERING BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
50.	Eating should be fun, not more work.		I can let myself enjoy cooking and eating healthier food, knowing it's nourishing my body and making me feel better.	
51.	I don't have time to think about what I'm eating.		Eating healthfully gives me more energy, so it's worth making time for.	
52.	I can't live without _____.		I can make healthy choices and still enjoy treats, just in moderation.	
53.	The holidays just won't be the same without all that great food.		I can enjoy the holidays, including the food, without overstuffing myself.	
54.	Healthy food is boring.		Healthy food is varied and delicious.	
55.	I'm not the salad type.		Healthy, nourishing food tastes delicious in many different forms. I'm excited to try all of them.	
56.	I don't believe in depriving myself.		I don't have to deprive myself.	



Examples of limiting beliefs

	DISEMPOWERING BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
57.	I hate drinking water.		When I drink water, I'm giving my body more energy.	
58.	I have to have soda.		I can use the tools to calm all of my cravings.	
59.	I have bad joints so I can't exercise.		My sore joints are my body's way of telling me to lose weight and get more active, and I'm ready to listen to what my body is telling me.	
60.	I hate exercise.		I can enjoy moving my body, I just haven't found an enjoyable way to do it yet.	
61.	Exercise is too hard/uncomfortable.		I can enjoy light exercises and walking and gradually increase my stamina.	
62.	I can't breathe when I exercise.		Everyone's out of breath when they first begin exercising. I can increase my stamina over time, and enjoy moving my body in the meantime.	
63.	I'm too big to exercise.		There are so many ways to exercise, so I can always find a way to make it more comfortable and enjoyable.	



Examples of limiting beliefs

	DISEMPOWERING BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
64.	I'm not in the mood to exercise.		Even when I'm not in the mood to exercise, I can still do it and end up feeling a lot better.	
65.	Everyone stares at me when I exercise.		When I'm feeling self-conscious about exercising, I can use meditation to let go of that and then enjoy moving my body. I can also exercise at home.	
66.	I'm not the gym type.		I can find ways to move my body that I enjoy, whether in or out of the gym.	
67.	I don't have enough energy/time to exercise.		The more tired and stressed out I feel, the more exercise helps me.	
68.	I'm too out of shape to exercise.		When it comes to exercise, everyone's out of breath at first. I can build my stamina over time.	
69.	Losing weight means I'm giving in to the idea that all women have to be thin.		Feeling good about myself is my #1 priority. I'm losing weight for me, not for other people.	
70.	Being thin isn't healthy.		I don't have to be either overweight or skinny. I can find a healthy weight that looks and feels good.	



Examples of limiting beliefs

	DISEMPOWERING BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
71.	Eating makes me feel strong.		Food isn't the source of my strength—I am!	
72.	Being big makes me lovable.		I'm always lovable just as I am.	
73.	No matter what I try, I can't lose weight.		My past experiences don't determine my present or future.	
74.	I can never lose more than ___ lbs.		My body can shed weight naturally.	
75.	I'm too fat to lose weight.		I can lose weight regardless of my current weight.	
76.	I'm big-boned.		Calling myself "fat" and "big-boned" makes me feel bad, so I'm going to practice not using those labels.	
77.	I don't have the body type to be thin.		I can appreciate my body as it is, and support it even more by losing weight in a healthy, balanced, and nourishing way.	



Examples of limiting beliefs

	DISEMPOWERING BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
78.	Being thin is too much work.		Taking care of myself in healthier ways is worth it because it makes me feel so good.	
79.	People don't like me because I'm big.		People like me for who I am.	
80.	People feel sorry for me because I'm big.		People appreciate me for who I am.	
81.	I'm a failure because I'm big.		My weight does not define me or my life.	
82.	To lose weight, I have to starve myself.		I can lose weight while still really enjoying food, just in moderation.	
83.	To lose weight, I have to give up everything I love.		I can lose weight and still do things I love to do.	
84.	To lose weight, I have to stop going out with friends/family.		I can still have a great social life when I'm losing weight.	



Examples of limiting beliefs

	DISEMPOWERING BELIEF	RATING (1-10)	EMPOWERING BELIEF	RATING (1-10)
85.	Losing weight means giving up everything that's fun.		I can lose weight and enjoy my life even more.	
86.	I'm more comfortable when I'm big.		I don't have to be a certain size to feel comfortable.	
87.	Keeping weight off is too hard.		I can keep the weight off without depriving myself.	

Which negative beliefs got the highest scores?

Those are your disempowering beliefs, plus the beliefs you found in the previous brainstorming exercise.

Congratulations, you've identified your negative beliefs! This was a very important step!



Homework

Brainstorm all the beliefs you can think of, positive or negative, about food, yourself, your weight, and your body.

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What surprises you about these memories? What do they teach you?

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What are you afraid of happening if lose weight?

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Go through the list of negative beliefs and score them. Write down your highest scoring beliefs and save them for a future lesson.

