



Week 4 Lesson 3

START NOW

Change your negative self-talk



How to change your negative self-talk

"Talk to yourself like you would to someone you love." Brene Brown

You are stuck with yourself for the rest of your life. Is it a good thought? Are you good company? Are you nice to yourself?

Your negative inner critic can really undermine your self-esteem and it can lead to low confidence, anxiety, self-sabotage, emotional eating, and even depression.

If you want to lose weight, it is especially important to change your negative thoughts since they can make it really hard or even impossible to achieve your goal. In fact, when you start to crave unhealthy habits, most of the time it is a sign of your inner critic's actions.



Talk to yourself like you would to someone you love

If we talked with our friends the way we talk to ourselves sometimes, we probably wouldn't have any friends.

Try looking at yourself from the outside, as if you were one of your friends or a child and motivate, encourage, help, and most importantly love that person (yourself).

When you find yourself saying negative, mean things to yourself, stop, and let yourself know that this kind of behavior is not acceptable.

You can dislike what you did and still love yourself.

Look at yourself from the outside and you will understand better why you did what you did.



Treat your negative thoughts as unwanted guests

Your negative thoughts are just unwanted guests in your head, so don't make a big deal out of them. You will just make them stronger.

Let them come and go. Don't fight them; try to accept them without criticism.

Imagine your unwanted negative thoughts as fluffy clouds flying across the blue sky. Then send a positive thought after them!



“I could eat unhealthy food whenever I want to, but I choose not to. I choose to be healthy and fit.”

“Everything is available for me, including an ideal body.”

“I deserve to be healthy, happy, and successful.”

Homework: Write down the negative thoughts you regularly think about yourself. Now write a positive thought after them that you are going to use whenever the negative thoughts pop up in your head.



Live in the present

Your negative thoughts are often related to the past or the future.

You are dwelling on something that happened in the past, or you are worried about the future.

Live in the present, not in your head!

Don't dwell on the past, you can't change it anyway. Give your best in the present, pay attention to your present feelings, and learn from them.

Look at yourself again from the outside and try to figure out what initiated the negative thoughts. Develop your own strategies for avoiding these situations in the future. Remember, you start with a clean sheet every day.



Humming and gibberish

When the chatter in your head is too loud try humming or speaking gibberish.

Take a deep breath and as you breathe out, hum all the way to the end of your breath. Feel your own vibration. The longer you can hum, the faster you will quiet your mind.

Do this for about a minute, or for about twenty breaths. Hum louder than your thoughts.

Another great way to quiet your mind is speaking gibberish. Make up your own gibberish language and speak it for one or two minutes when you want to quiet your mind.



Journaling and self-monitoring

Try keeping a journal of your thoughts and successes.

You can write down a list of everything you eat during the day, and your thoughts about it.

You can use your journal to reflect on your thoughts, the various emotions you are feeling, learn what drives you to eat, (and keeps you from eating) as well as the outcomes of your eating and exercise habits.

Journaling can reinforce positive behaviors so that you can easily look back on where you once were and reflect on the positive path you are now on.

Use the Food & Lifestyle Journal and the Self-Love Journal to write about your feelings, emotions and thoughts about yourself, your weight and your body.



Meditation

Meditation helps you clear your mind.

Through meditation, you can learn to be more mindful in your life.

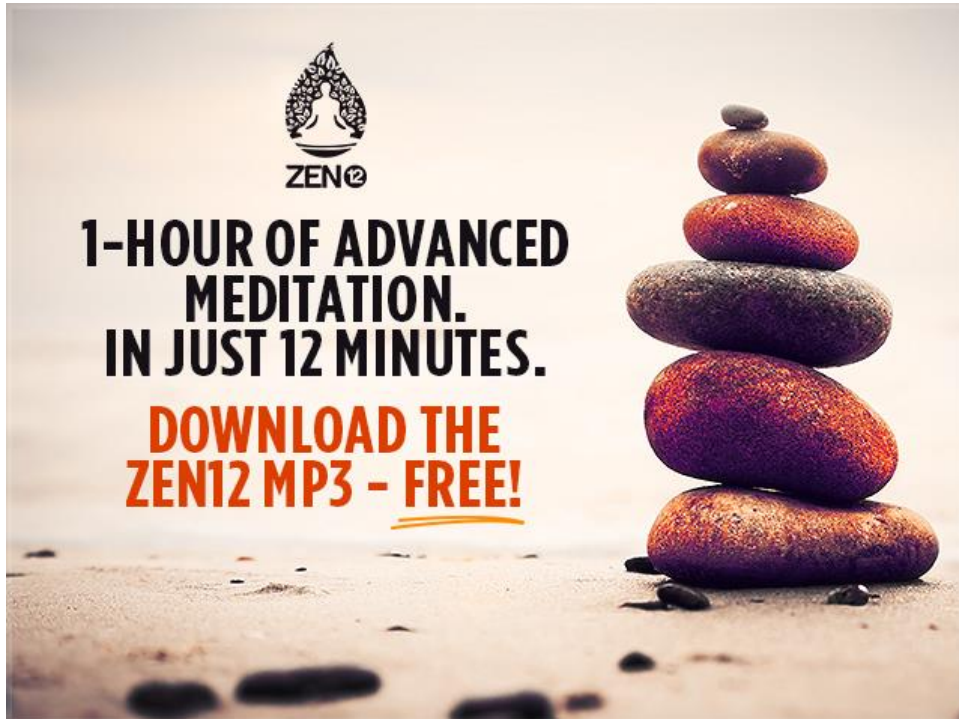
Mindfulness makes you more aware of your emotions and how they affect your choices. It also helps you to release negative emotions and stress that can be impacting how you choose to nourish yourself.

Those who meditate can learn to control their impulses to binge and notice how food makes them feel and if they are genuinely hungry or experiencing some other emotion.

You can read about the other benefits of meditation and a how to start doing it in the attached Meditation Kick Start ebook.



Zen12 Meditation Program



I recently discovered this program called Zen12.

It's a unique audio meditation program. You get the benefit of a full 1-hour long meditation in just 12 minutes!

You can try Level 1 of the Zen12 program for free here.

If you want to try out the full program

(12 Levels), use the code VZ54YTD6 during checkout. That'll give you \$50 off, making the whole package just \$47.



Hypnosis



- Changing your habits is crucial to improving your actions, but you may have some long-held beliefs (ingrained thoughts) about food or yourself that are interfering with your efforts to lose weight.
- Hypnosis is an effective strategy for introducing suggestions (new thoughts) such as “I want to be healthy” or “I can control my eating” or “I like to exercise” to your brain that can help you make better choices and to change your habits to ones that can lead to permanent weight loss.
- Hypnosis works for some people but not for everyone, but it can be an effective tool that helps you retrain your brain in how you think about food, exercise, or other lifestyle choices that are impacting your weight.



Hypnosis

If you want to try hypnosis, I highly recommend the website [Hypnosis Live](#). It contains 200 self-hypnosis downloadable MP3s created by qualified hypnosis professionals. There is a wide range of topics, including Instant Self-confidence, Exercise Motivator, Overcome Insomnia, [Think yourself thin](#), Public speaking power and Achieve your goals, just to mention a few.

Have a look at yourself: [Hypnosis Live](#).

You can also [download one](#) out of 7 MP3s **for free** (*Eliminate Stress, Achieve your Goals, Attitude of Gratitude, Law of Attraction, Find Your Life Purpose, Positive Thinking and Attitude of Gratitude*) and try it out yourself.



Blog posts

You can find further information about how to deal with negative thoughts and emotions in these blog posts:

[How to change negative thoughts](#)

[What to do when you are overwhelmed by negative emotions](#)

[10 inspirational feel-good podcasts](#)

[3 simple tips to increase your happiness and confidence](#)



Homework

When you find yourself saying negative, mean things to yourself, stop, and let yourself know that this kind of behavior is not acceptable.

You can dislike what you did and still love yourself. Look at yourself from the outside and you will understand better why you did what you did.

Write down the negative thoughts you regularly think about yourself. Now write a positive thought after them that you are going to use whenever the negative thoughts pop up in your head. If you need inspiration choose some affirmations from the bonus affirmations for this exercise.

Use the Food & Lifestyle Journal and the Self-Love Journal to write about your feelings, emotions and thoughts about yourself, your weight and your body.

Look at yourself again from the outside and try to figure out what initiated your negative thoughts. Develop strategies for avoiding these situations in the future.

Read the Meditation Kick Start ebook and try [Zen12 meditation program](#) for free.

Try [hypnosis](#) to delete some long-held beliefs (ingrained thoughts) about food or yourself that are interfering with your efforts to lose weight.

