



Self-Talk

Self-Talk is one of the most powerful tools you can incorporate into your plan for losing weight and remaining at a healthy weight. Positive Self-Talk is one of the most important gifts you can give yourself in order to change every aspect of your life for the better. Self-Talk is not often discussed in weight loss programs, but you will easily see what a difference this skill can make toward reaching your goals, both short and long-term.

Take just a minute and think of things that someone has said about you or something someone has done to you that was mean, inappropriate, and/or untrue. Next, think of something you said to yourself about yourself that was mean, inappropriate, and/or untrue.

We have no control over what others say to us. We have complete control over what we say to ourselves, once we are aware of talking to ourselves negatively. You are wise, so you choose to focus on those things over which you do have some influence!

Why is it so important to be talking about Self-Talk in a weight loss program? If your self-worth is low, and if you talk negatively to yourself about yourself, it's unlikely you will follow through with doing the things it takes to lose weight and keep it off. Remember that the mind moves in the direction of its most dominant thought.

What is your most dominant thought? Use positive Self-Talk to change your communication with yourself.

FROM: "I'm such a loser! I've worked so hard to lose 87 pounds, and now I've gained 5 back in one week!"

TO: "I'm upset that I gained 5 pounds. I'll look over my food and exercise chart and continue to follow my meal plan and exercise every day. I know if I stick to my plan, I'll reach my goal!"

How can you develop positive Self-Talk.? Create a "cow path,". A cow path is a path through the pasture where grass no longer grows because so many cows have walked over the grass in the same spot day after day. When you have been thinking about (and speaking to) yourself in negative ways for a long time, you have created negative thought paths in your brain. The brain can develop new pathways. Healthy, new pathways! When you become aware of having a negative thought about yourself, stop and change that thought to something more positive. Doing this over and over will result in your creating healthy new pathways in your brain. Over time, positive Self-Talk will become your normal way of talking to yourself.

Your thoughts create your future! Immerse yourself in looking up examples of positive affirmations. Begin your day with one. Write them down and use them.

Week 6 Behavior



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References:

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