

## Triumphing Over Plateaus and Weight Regain - HANDOUT

### Emotional Change – Affinity Exercise

1. **Identification:** Identify a belief, thought, or emotion that has caused you to feel some type of pain or struggle regarding your health, weight loss/gain, and plateaus. Bring it into full awareness. Write it down on a separate piece of paper. (Examples include worthiness, powerlessness, disappointment / misbelief.)
2. **Rate the feeling from 1-10;** 10 being the most painful (or biggest trigger).
3. **Opposites cancel each other.** Canceling Exercise using the Affinity Symbol. You may close your eyes. Envision an affinity symbol with polar ends; one side the “positive” emotion and one side the “negative emotion. In your mind, circle between the poles bringing them closer and closer until you no longer feel any emotion. Breathe slowly and fully relax. Focusing and concentrating until the feeling is lessened and/or flat. Bringing your awareness into each emotion separately as you merge them into one. At the center is zero emotion.
  - Unworthiness – Worthiness or Acceptance
  - Fear of Powerlessness –Self-confidence Self-assurance
  - Disappointment – Success, Victory
  - Unworthiness – Worthiness or Acceptance
  - Dissatisfaction /Misbelief – Gratified, Fulfilled, Content, Happy

*\*No response = no trigger (now or in the future).*

