

KEEP IT OFF, AS SIMPLE AS 1-2-3

This is Dr. Brian Alman of TruSage (www.trusage.com) and I would like to tell you how proud I am of your incredible progress. We have come so far – from not knowing how to handle stress to having the tools and inner resources to get through challenging moments, from battling cravings to knowing what to do to resist the temptation. And now we're well on our way to learning how to look at our bodies and our lives in a more positive light.

It Only Hurts...

You don't want to go through life having negative thoughts about yourself. Not only will it hinder your efforts to lose weight and keep it off, but there are so many other consequences to having a poor self-image. When your thoughts are mostly negative, feelings of anxiety, anger and sadness are right there as companions.

As a result, your behaviors may include withdrawing from the people who love you and avoiding new situations, or worse, being hostile toward others. In other words, we're not just hurting ourselves, but also hurting others when we get stuck in the 15th row.

A Healthy Self-Image

As we've discussed, thinking positively about yourself, your body, your eating habits and any other part of your life can work wonders. Accepting and loving who you are, being comfortable with your body, and being a friend to your body will have you on a path to weight loss like you've never experienced before. You'll believe in yourself and believe you are capable of handling life's problems, including any weight loss challenge.

The bottom line is, you can greatly increase your success with anything in life simply by tweaking your attitude toward yourself. In fact, your happiness depends in large part on what you tell yourself, how you treat yourself and how you interpret your world. That's why I emphasize the importance of ending up in the last row, where you see yourself with new eyes and focus on what's right about your body and what's right about you.

Another 1,2,3 Punch To Lose Weight For Life

So far we've explored three perspectives: You have the viewpoint of seeing yourself in the movie of your life – it's the everyday you, the everyday thoughts and feelings you have about your character – you have your 15th row critic judge and you have your last row. It's important to see the 15th row as a bridge, a valuable catalyst to the last row. While you don't want to get stuck there, you do want to embrace it rather than try to push it away. Anything you try to repress or ignore just makes the thing you're trying not to think about stronger and stronger. So by listening to and accepting the 15th row, you can get to the last row, where you only think about what's right about your life and your body.

The transition from the 15th row to the last row must be a natural one too; rather than there being a tug of war, you want to have a unity and wholeness. All three of the perspectives I laid out above are with you forever, so you want them to get along great.

Although I've separated the three perspectives out, what I want you to do now is bring them all together. And here's how: Take a deep breath in and as you exhale, imagine yourself in the last row. I've said before that it's great to finish in the last row and it's even nicer to start there as well. So from the last row perspective – the place where you see what's right about you, what's right about your body and what's right about your ability to lose weight and keep it off – start walking down the aisle to the 15th row critic, while taking the last row perspective with you. In fact, let the last row you and the 15th row you meet each other, shake hands.

Now, with your last row and 15th row in tow, get both of them to walk down the aisle over to the steps on the side of the stage and walk right into the movie. Walk right in and have a meeting with the everyday you. As you're having a powwow, bring up the topic of your body image. Talk about how you see yourself, how you're dealing with cravings and anything else related to losing weight and keeping it off. Let the star of the show talk with the 15th row perfectionist, as well as the last row intuitive you. What does the conversation look like? What would the last row say to the 15th row? Try to think of all the positive, complimentary things the last row would say.

We know exactly what the 15th row side of you would be saying to both the last row and the everyday you. But despite the judgments and negative talk, these three sides have to get along. There has to be peace. So just let the dialogue happen. No pressure, just let it flow. Don't worry, you'll return to this dialogue many, many times. And the more these three perspectives converse, the better. And the friendlier the discourse, the better. After all, relaxation comes out of the friendliness.

As the final step in this process, the 15th row and the last row walk down the steps, up to the 15th row, where the critic gladly stays. Then the last row goes back to its place and, from the vantage point of what's right about you, what's right about your weight loss efforts, what's right about your body, naturally and comfortably finish in the last row.

That's it. You just developed a very powerful self-care skill. And you can come back to this any time.

You've done an excellent job. Thank you for working with me!

Dr. Brian Alman

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