

COMMITTEE MEETING

This is Dr. Brian Alman of TruSage (www.trusage.com) and today we're going to continue where we left off – working on accepting all the thoughts and feelings we've had about ourselves during our lifetime and coming up with our own best answers to overcome them.

Why Repressed Feelings Bring Out the Worst

If we repress feelings, it does not mean they go away. Even if we ignore unwanted feelings, they are still there – buried alive, deep within us. And when they are repressed, we act them out in indirect and unhealthy ways. Feelings that are ignored and pushed deep down are not able to come to the surface and be expressed. As a result, we may act inappropriately, feel sad or depressed, or even impact our physical health.

But healing these repressed emotional feelings can boost our spirit, give us the answers we need and give us the ability to lose weight and keep it off.

Healing is Believing

Both positive and negative feelings give our psyche important input. They tell us where to go, what to do, what's right and what's wrong. So if we're not aware of our feelings, then how can we fix what's not working? If you do not accept the negative feelings you may harbor about your body and instead try to deny or disown them, then it is unlikely you can take effective action to alter the part of your body you want to change.

On the other hand, by accepting what's happening inside your mind – all the thoughts, feelings and emotions – you put yourself in a position where you can take the appropriate steps to change and improve the things that you want to. You will be empowered to make permanent changes in the right direction.

Accepting, Expressing and Resolving Buried Issues

I want you to take a moment to think about all of your different feelings, thoughts and ways that you take care of yourself as something I like to call committee members. These committee members are like rings on a tree – throughout the years of your life, you develop various rings as you grow. So by now, your committee members are a plenty. And just like rings on a tree, they don't go away.

As you know, you can't cut a tree down and dig out the drought years, the rainy years or the sunny years, and still think it's going to grow. Well, the same thing applies to your committee members – you have to live with each and every one of them, the whole you, not just the partial you – in order to grow and stay healthy. The great news is that your committee members have a full spectrum of viewpoints, from the very negative to the very positive. And because your committee members are such a big part of who you are, you learn to work with all of them and they empower you.

Perhaps one of your committee members thinks, I really want to lose weight and keep it off, while another feels, I'll never be able to do this, I've already tried many times and it hasn't worked. And yet another committee member is indifferent, just doesn't care what happens. You can't ignore these committee members, as everybody is run by their own personalized committee, with all the different thoughts and opinions swirling around.

What I'd like you to do is connect with the committee member who has specific feelings about losing weight and keeping it off. Whether it's good or bad, good and bad or perhaps unmotivated, get in touch with this committee member's feelings. What are the emotions? What is the committee member saying? Remember, don't repress or push down this committee member's thoughts and feelings, but accept and express them.

The committee member that you're accepting and expressing may be the seven-year-old you or the twelve-year-old you or the twenty-year-old you or the present you. Actually, this one committee member could be all of those years combined. And again, accept and express this member in its entirety.

You can even express these feelings out loud, give the committee member a voice. Whatever issue this committee member harbors about losing weight and keeping it off for life, accept and express whatever the issues may be. Even be judgmental toward the committee member. Ask tough questions like, Why are you still like this? Why are you so immature? Why do you have mixed feelings? What would the 15th row critic say? Both your committee members and your 15th row critic are here to stay so you have to learn to have a stern opinion of your committee member, much in the same way the 15th row critic is constantly judging. So you will not only accept and express your committee member, but also accept and express your judgments and criticisms of your committee member.

Now it's time to utilize your breathing exercises. Go ahead and take deep breathe in. Accept your breathing. Use your name on the exhales – whatever technique works best for you. As you take your relaxing inhales and exhales, start moving yourself to the last row. It's in the last row where you'll take a look at your committee member and come up with your own best answers. What is the best resolution for dealing with this committee member?

This is where you're acquiring the skills to take care of your committee one member at a time. Be judgmental, ask tough questions and then come up with your own best answers. This skill is worth everything to you because when you're stuck in committee, you're going to be able to accept and express it with ease. You will get better and better at knowing how to resolve any committee meeting, how to help the tree in you grow.

That's what you're doing right now – helping yourself grow and take the best care of yourself that you possibly can.

Great job!

Dr. Brian Alman

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