

## Day 9 – Food for thought

Today is about giving you some extra food for thought.

### **Cause and Effect:**

This is your journey so you need to take control. Some people sit on the 'cause' side of life and some people sit on the 'effect' side of life. What do we mean exactly?

Cause = If you sitting on the **cause** side of life you are generally in charge of creating what you want in life and you take responsibility for what you have achieved or will achieve. Examples would be:

- Despite the situation, I am responsible for creating my own reality of life
- It's up to me to find out how to do it
- Some people have said I am worthless, I know I'm not, I have self-worth
- This is my life, I take control and responsibility for me

Effect = If you are sitting on the **effect** side of life you may blame others or circumstances for your bad moods or for what you have not achieved or for your life in general. Sometimes this is referred to as being the victim. Examples would be:

- There is no alternative, the situation is hopeless
- Even if there is hope, there is nothing I can do about it because I don't know what to do
- I am worthless, I deserve to suffer
- It's their fault

Ask yourself 'Am I on the cause or effect side of life'.

If you feel you are on the effect side of life we would suggest you re-read our Day 2 email on excuses and then have a think about what you are going to do about it. To be empowered and change your behaviour you must sit on the cause side of life. You have already made a choice to gain control by choosing to do this programme. Are there other things you can change?

We've included some reminders for you that will help:

- Make your first waking thoughts positive – look for the good in yourself, keep re-assessing your thoughts and reframing those that are negative.

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- Try not to lose hope, make your journey an adventure, not an obsessive need to arrive, or make it, or get it – some things will take longer than others, the main aim for you is to change your thought processes to ensure you reach your target and any changes have lasting effect.
- Continue to meditate – when we meditate we allow our mind to be quiet which as a consequence allows solutions to problems and new ideas to flow.
- Ask yourself again ‘Am I ready to change’.

You now have tools that enable you to reframe any negative thoughts. So next time you find yourself ‘playing the victim’ (if you do that is) then STOP and look at the situation again, gain control of your own life.

If you are unsure how you get out of the cause side of life ask for support; we are here to support you every step of the way.

### **The Past:**

We are at a critical point in the programme, it is important for you to have full belief in yourself and to live in the present. We understand that change is not easy for some; it's a battle, a battle with ourselves and people around us.

If you are carrying a heavy burden from the past you will experience more of the same because this is your focus; the past. Learn any lessons from the past and apply them NOW, but do not live in the past. Any past mistakes are exactly there; in the past.

Ask yourself is your anxiety, motivation, thoughts, control are caused by too much past and not enough present?

Do you let negative emotions from the past take over? Do you become the emotion? Do you act it out and if you do what happens? What purpose does this serve?

Try not to give the negative emotions from the past your energy – you do this when you think about it. Use your mind to focus on the present and what focusing on the present will bring you in the future.

Do you think you can offer forgiveness for things that have happened in the past; whether that is to yourself or other people? If you don't think you can ask yourself why.

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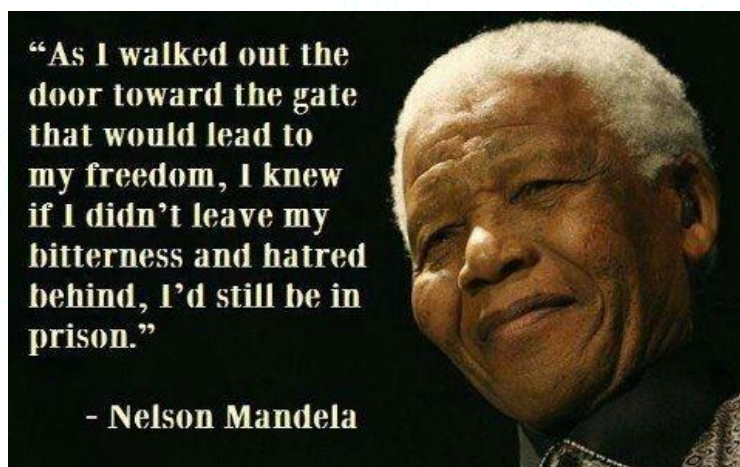
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Today we would like you to write down any negative thoughts you have about past events. Write it (or them) down on a separate piece of paper, not in your notebook. Write down anything that has upset or angered you, hurt or disappointed you. Are there stupid mistakes that happened and you wish they hadn't, mistakes that make you bitter. For you to achieve your change you need to forgive and let go. Write it (or them) down and when you've finished you can choose to keep the words or let them go so they no longer control you. You can tear up the paper, burn it, whatever makes you feel good. As you get rid of the words feel that heavy weight you've been carrying lift.

If you chose to let them go it's now time for you to go and celebrate; go and do something you love.

We appreciate that there may be things that have happened in your life that need a little more support in order for them to be released once and for all. If you feel you have any and you would like them gone then email me and we can discuss what processes and techniques would work for you.

The important point is that you let them go, however you get there. Forgiveness leads to freedom and removes fear. In the words of the great Nelson Mandela:



### **Motivation – Towards or Away From:**

We have talked a lot about our beliefs. Our beliefs go hand in hand with our values. Our values tell us what motivates us in a certain way (why is the problem important to you).

When we frame our goal (the words we use) we will either use towards or away from statements. Here are some examples:

TOWARDS	AWAY FROM
Attain	Avoid

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Gain	Exclude
Achieve	Recognize
Get	Problem
Include	Don't like...
Towards	Trouble Shooting
Can't wait to get there	Fix
Accomplish	Steer Clear of
Reward	Prevent
End Result	Solve
Goal	Fix
Feeling better about my self	Health problems
To look more attractive	Not looking great
Want/can/will/should	Not feeling great
	Need
	Don't/can't/shouldn't/couldn't

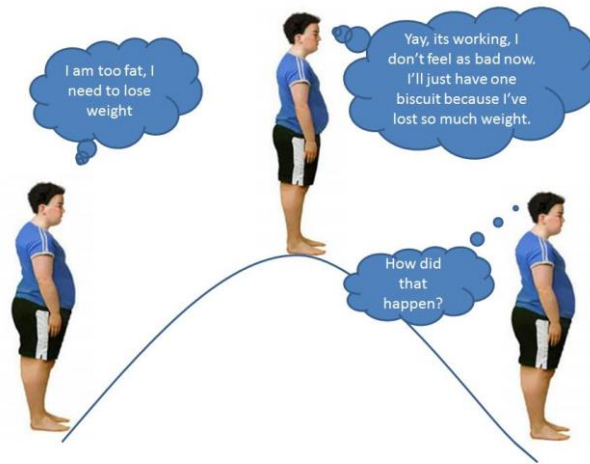
Towards people are motivated to achieve or attain goals. They have trouble recognising problems. They are good at managing priorities. They move towards something they want.

Away From people focus on what may be and is going wrong. They are motivated to solve problems and have trouble keeping focused on goals. They move away from something they don't want.

Away From people might frame their goal as 'I need to get fitter' or 'I need to look good' or 'I need to fix this' or 'I shouldn't be eating that'. They are looking at it from a negative point of view point. When using away from statements the motivation when you move away from the problem goes down. As you start to lose weight the problem lessens because the fear/anger/frustration/irritation/hurt/sadness/guilt diminishes. Some people whose motivation might be 'to lose weight because they didn't like what they saw in the mirror' started to lose weight but as the image changed (as they started to lose weight) the negative feeling diminished and so would their motivation, so they never reach their target. Have you ever started, stopped, started and stopped something you wanted to achieve? Does the following diagram look familiar?

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Away from motivation will not get you all the way to your goal and it is also stressful to you as you are motivated by negative thinking. Thinking about what you *don't* want is self-sabotage (fight or flight).

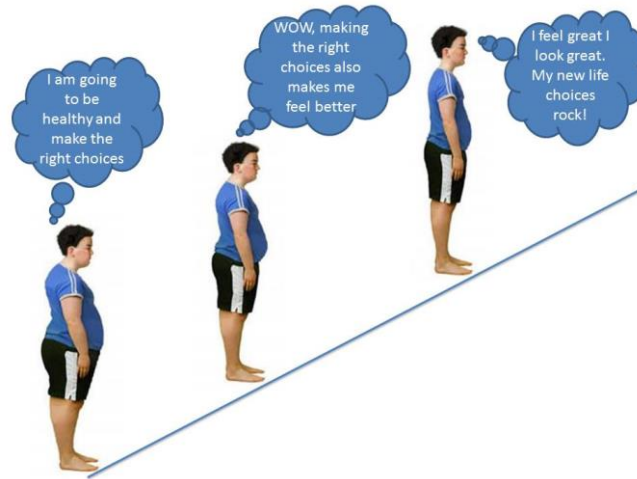
Another reason why away from strategies don't work with problems/goals/change is that our unconscious mind does not process negatives. If we ask you not to think of a blue tree, just don't think of a blue tree, no, don't think of a blue tree..... Did you think of a blue tree? Can you remember a time when you told yourself NOT to do something such as 'Don't eat that cake' and you ate the cake? This happens because our unconscious mind removes the word don't (negative words). We should use more positive language such as 'if I eat the cake I know the consequences, I will eat some strawberries instead'. In order not to do something our mind has to come up with a representation of doing it, than trying not to do it.

If you focus on something positive and you start feeling better or start to love the changes starting to happen to your body image you will continue to move forward. Let's contrast this with towards motivation; where you know where you're aiming at, and you really want to get there. If you get knocked off course (as inevitably will happen sometimes), you just correct your course so you're pointing at the goal again, and keep going. Towards motivation is directional.

As you get closer to your goal, your motivation if anything gets stronger. You're almost there! It's nearly within your grasp! Are you going to stop now? Of course not! Towards motivation is consistent. As you move towards your goal or change you are also introducing positive habits (and therefore removing the negative habits) that will ensure your change has a lasting effect.

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It is proven that if you consistently do something for 21 days (it could be a little more or less for some people) then it becomes a habit. We are working towards removing the bad habits we have programmed into our unconscious mind and replacing them with more helpful habits. As we have said a number of times, you need to practice, practice, practice.

We have included the Cartesian questions to help you focus on your mission/purpose. They are simply a set of 4 questions that will help you get a new perspective and understanding of what inspires you and what your blocks are when making a change. The questions will bring out your underlying thoughts and beliefs and help you examine your values.

[http://media.wix.com/ugd/fec33e\\_e50b0ab7bcdd4687a291c457fd413642.pdf](http://media.wix.com/ugd/fec33e_e50b0ab7bcdd4687a291c457fd413642.pdf)

You can then create new actions (new helpful thoughts) to ensure that you create positive change.

Today we would like you to:

- Continue using the body image meditation
- We suggest you read the information provided today a few times – please let us know if there is anything you don't understand
- Look at your thoughts again to make sure you are on the CAUSE side of life
- Write down any negative thoughts you have about the past and let them go
- Look at your motivation; is your goal and are your thoughts all written positively (towards motivation)
- Complete the 'Cartesian Questions' worksheet
- Keep practicing re-framing your negative thinking

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- Ask for support if you are struggling or you just need to discuss anything

If you need any help please just ask. Also, remember that this may be a 10 day course, that doesn't mean you have to complete it in 10 days. Take as long as you like; positive change should not be a race.

With Love xxxx

