

# SOUND CHANGES®

Sabotaging Weight Loss Success -or- 5 Reasons you may be getting in your own way

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Have you ever felt & acted like you are your own worst enemy?

Well there's a name for that behavior- it's called self sabotage, and you will feel victorious when you face and overcome that pattern. Self sabotage is not as scary as it sounds. And with awareness plus right action, you can celebrate victory!

Self Sabotage can feel like a mysterious process that gets in your way and prevents you from reaching your weight loss goals. I hear people say frequently, "I'm eating well and exercising but why I am still gaining weight?" and often there's an undertone of "it's no use, forget, it's just not going to work". The inner saboteur is jumping with joy when those words are thought or spoken as that's the inner saboteur's plan- to thwart your efforts to reach your goals.

The good news is when you identify what you are doing that gets in your way, you can choose winning strategies to overcome the frustration and feeling of powerlessness that self sabotaging energy creates.

**There are 5 ways of thinking & feeling that feed self sabotage. We need to first identify what you may be doing or thinking or feeling.**

1. **Lack of awareness** of what you are eating, how you are exercising, what you are thinking and believing. This often looks like denial and it is a clueless type of behavior identified as a tendency to "check out" while you continue to engage in behaviors that are clearly contrary to your wish to look and feel your best and be fit and healthy.
2. **Lack of belief** that you will indeed succeed. If you do not visualize your success and rather believe you will fail, then those inner pictures will attract and manifest your reality.
3. **Lack of acceptance** of the facts. This looks like resistance to your fundamental agreement of the plan of action required to meet your goals. Lack of acceptance can look like brooding, and feel like anger because after all, "it's not fair that I can't eat that chocolate cake, how come Jennifer can eat anything she wants and be thin. No fair."
4. **Lack of commitment** to your plan. Without commitment, the first temptation that comes along screams, "eat me, it feels so good" and you momentarily forget how long it takes to undo the consequences of a binge or diversion from your healthy plan of action. Sound Changes® Self Sabotage & How to Overcome 5 Common Patterns
5. **Lack of persistence** to keep on with your plan even if it takes longer than you expected. Procrastination feeds this one, because after all tomorrow is another day to start that exercise program or healthy eating.

# ACTION STEPS FOR SUCCESS:

## 1. Awareness

**What to Do:** Seek to be mindful. Spend time daily in meditation even if for 10 minutes to notice your breathing and to reaffirm your choices and plan of action. Being aware of breathing throughout the day and while eating helps bring your attention to the present moment so that “checking out” disconnecting behavior vanishes.

## 2. Belief

**What to Do:** Gather success stories either your own or those of other who overcame similar challenges. If she can do it why not you too! Realize the power of your own belief system because your behavior will automatically seek to make it “right”. This is one reason why it’s vital that you believe YOU CAN DO IT!

## 3. Acceptance

**What to Do:** If you find yourself brooding about that state of what is, and feeling upset about what you don’t have, STOP! and notice these are your thoughts that are absolutely affecting your feelings and your behaviors. This self sabotaging pattern can cause depression and anxiety disorders. Realize the power of your thoughts. You can control your thoughts with awareness. It may help to keep a journal to express your thoughts and feelings. Engage in activities that are self expressive- writing, art, music, dancing. Repetitive thought patterns do create your life! Ask yourself “does this thought help me achieve my goals? Is it in my best interest to entertain this thought?” If the answer is no, then shift your thoughts and their corresponding images to thoughts and images of your ideal body size and shape, see yourself happy and active. Thoughts attract, thoughts create your reality. Accept the facts of what you know you need to do to achieve your goals and move to action.

## 4. Commitment

**What to Do:** When you make a promise to yourself to eat healthy, exercise, etc., each time you act in accordance with that promise, you strengthen your commitment. You deserve to be dedicated to your health and all those in your life will benefit by your good health. As you follow through, your will gain in self esteem and feelings of well being. What a worthwhile promise! Give yourself little rewards for staying with your plan, rewards that are not food related, like

Sound Changes® Self Sabotage & How to Overcome 5 Common Patterns, getting a massage, reading a good book, treating yourself to your favorite theater. This will help keep you on track and pave the way for the greatest reward- enhanced health & wellbeing.

## 5. Persistence

**What to Do:** Carpe diem! Seize the day! Each day, each moment, take one at a day and notice that one day in the near future, you will notice a positive change. I love the quote from President Calvin Coolidge,

*“Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan “press on” has solved and always will solve the problems of the human race”*

**So press on, take one day at a time and do your best.  
Start over if you need to but never ever ever give up!**