

Lose Weight Naturally

with

NLP • Hypnosis • Energy Therapy

Life Coaching
and
Alternative Counseling



Client Workbook

INSTRUCTIONS FOR COMPLETING THE LOSE WEIGHT WORKBOOK

The statements listed in this work book are designed to respond to behavioral, psychological or emotional causes for compulsive overeating or overweight. It is recommended that prior to undertaking any type of diet, you consult with your doctor. Everything from hypothyroidism to side effects of medications including prescription and over the counter products, plus alcohol and some recreational drugs can potentially contribute to weight gain.

Sometimes overeating is the result of media propaganda such as advertising, early pressure from peers, friends, family, and other caretakers. Some other sources for originating limiting beliefs can be a desire for creating a sense of protection and personal safety. **Low self-esteem can frequently be a factor.**

Each of the statements can be a hook or trigger for overeating or overweight issues. They can be created out of old beliefs that evolve from well meaning parental "brainwashing" such as "...belonging to the clean plate club," or "Think of all the starving children in other countries," or as a reward, "Clean up your room and you can have some cookies."

Out of the nearly 250 statements, most people only identify with about 25 to 45 of them. Often after defusing or neutralizing only a portion of the selected statements, the rest of the issues automatically disappear. This is sometimes known as the "domino" or "ripple" effect.

Please go through the pages and check the boxes that most closely reflect your experience. **Rewrite any statements to more appropriately express your thoughts, feelings, experiences or beliefs.** Append any statements that can clarify or provide additional information or insights. Use the backs, margins, or other open space to make your notes; keeping your writing legible will save us time. **Add more paper if needed.**

When your workbook is completed make an extra copy so we can review it together. **Then we will proceed to apply energy therapy techniques to each selected statement until we gain resolution.** Deep inquiry as part of the process may be necessary for productive tracking so we can successfully tease out hidden or buried issues that could create self-sabotaging behavior later on. This will require our working together.

If you have any questions about filling out the workbook, please feel free to ask me about them so we can discuss your concerns.

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INTAKE QUESTIONS

Name _____ Date _____ (P21)

How long have you been overeating? _____

Who else in your family is overweight? _____

What happened the last time you reached your goal weight? _____

What emotions are you trying to tranquilize or avoid with food or by being stuffed? _____

What loss/emptiness are you trying to fill with extra food? _____

What would you focus on if you didn't obsess about food anymore? _____

How would you spend your time if you didn't eat compulsively anymore? _____

What is the DOWNSIDE of losing weight? _____

What is the UPSIDE of remaining overweight? _____

What is your favorite theory as to why you haven't reached your goal weight yet? _____

(If you need more writing space, please use the other side.)

EMOTIONAL THEMES

(P24)

- Deprivation:** *"I feel deeply deprived."*
- Abandonment:** *"I feel hurt about being abandoned."*
- Loss:** *"I feel indescribable losses inside."*
- Loneliness/Emptiness:** *"I feel completely empty inside . . . and I feel insatiable because of my emptiness."*
- Anxiety:** *"I can't stop feeling anxious / can't control my anxiety."*
- Guilt:** *"I suffer from too much guilt."*
- Shame:** *"I suffer from too much shame."*
- Fear:** *"I'm profoundly afraid."*
- Anger:** *"I can't stop feeling angry."*

POLARITY REVERSAL (PR)

(P27)

- "Even if I never get over my weight problem."*
- "I don't deserve / I'm not worthy of reaching my goal weight."*
- "It's not safe for ME to reach my goal weight."*
- "It's not safe for OTHERS when I lose weight."*
- "I know I'll feel deprived if I get over this problem."*
- "I'm afraid to let go of this problem."*

LIMITING BELIEFS

(P30)

- "I don't believe I can reach my goal."*
- "No one in my family is thin . . . or can get thin."*
- "I'm not a successful person / haven't been successful in the past."*
- "I don't trust myself to keep the weight off . . . and am convinced I will fail . . . I'm convinced I will regain the weight since that's what happened last time."*
- "I'm overweight because of my metabolism."*
- "I believe it is dangerous to be successful, and I'm afraid of success."*

- “I don’t believe I can change.”
- “No one will notice if I lose the weight . . . so it won’t be worth the trouble.”
- “I’m afraid I will **still** be unhappy if I lose the weight.”
- “I can’t give up my security.”
- “I believe I’ll still **feel fat** no matter what the scale says.”
- “I’m afraid **they** will expect more of me if I conquer my weight problem.”
- “I don’t deserve to be happy / successful / thin.”
- “I believe I am insatiable . . . it’s my character.”
- “I don’t believe diets work.”
- “I know I inherited this body type / shape.”
- “I believe I was meant to look / be this way.”
- “It’s too late for me . . . I’ve had this problem for too long. “
- “I can’t lose weight because of menopause.”
- “**EFT** will work for everyone else but me . . . I’m too complex . . . or unlucky .”

THE PRESENT

(P39)

Identify food cravings that trigger compulsive overeating such as sweets, crunchy, soft, salty, for example:

- “I am a sugar addict.”
- “I crave sweets after meals.”
- “I’m obsessed with potato chips.”
- “I can’t stop eating even when I’m full . . . once I start.”
- “I have constant cravings.”
- “Chocolate is irresistible.”
- “I’m addicted to candy bars.”
- “I want the entire loaf of bread.”

How do you feel when you eat your favorite foods? For example:

- "I feel happy when I eat sugar."*
- "I feel relaxed when I'm eating cookies."*

What problem times of the day trigger overeating?

- "I overeat when I'm alone."*
- "I can't stop munching late at night."*
- "My trigger for eating is the evening news."*
- "I can't resist snacking before dinner."*
- "I can't fall asleep unless I have a sugary treat."*
- "I stuff myself before I go out to dinner."*
- "I eat candy as a break from work."*
- "I binge in the afternoons."*
- "I have an enormous appetite . . . all day long."*
- "I stuff myself in the car."*

How do you feel when you see food?

- "I feel a sense of urgency when I see someone eating."*
- "I can't stop thinking about food after I see it."*
- "The sight of food makes me salivate."*
- "I can't stop feeling hungry if I notice an ad for food."*

How do you feel when you smell food?

- "I don't feel hungry unless I smell food."*
- "I salivate when I smell food, even if I'm not hungry."*
- "I become obsessed with eating if I smell food."*
- "I feel out of control when I smell food, I deeply and completely accept myself."*

How often do you think / obsess about food?

- "I'm thinking about food every waking moment."*

- "I am truly obsessed with my meals."*
- "I think about food all day long."*
- "I can't control my thoughts of eating."*
- "Thinking about food makes me feel happy."*

In what ways do you use food as a mood altering substance? Identify all of your associations with food at any age.

- "I feel high when I eat, food gives me such a rush."*
- "I switched from alcohol / cigarettes to food."*
- "I'd rather eat than do anything else."*
- "I use food as entertainment."*
- "I use food as my friend . . . and eat when I'm bored, lonely, angry, etc."*

How do you feel in your body and mind when you overeat?

- "I'm in a total fog when I pig out."*
- "I'm completely unaware of my surroundings when I eat."*
- "I ignore how my body/stomach feels when I overeat."*
- "I lose all sense of time when I binge."*
- "I'm totally disconnected from my feelings when I binge."*

How do you feel about yourself being overweight?

- "I hate myself / my fat . . . and I'm embarrassed about it."*
- "I see myself as a pig."*
- "I feel hopeless about my overweight problem."*
- "I feel mortified every time I go out in public."*
- "They think I'm a slob and stare at me because I'm fat."*
- "I'm ashamed of being out of control and overweight."*

How would you feel if someone took away your favorite foods?

- "I feel rebellious / hostile because you just suggested that."*
- "I feel anxious if I don't have my supply"*

- "I feel enraged at them for controlling my food intake."*
- "I feel angry when I am deprived."*
- "I feel panicky when I can't eat what I want."*
- "I feel afraid when I don't have enough food around."*

How do you feel when you are at the dinner table? In your kitchen?

- "I feel anxious being near the refrigerator."*
- "I remember family fights at the dinner table."*
- "I can't concentrate when I'm in the kitchen."*
- "I feel out of control when I'm at the table."*

Picture your dinner plate with small portions . . . how do you feel?

- "I feel irritable without a full plate,."*
- "It's not fair to cheat me of full portions."*
- "I feel anxious with small portions."*
- "I don't feel safe unless there's a ton of foo on my plate."*
- "I hate feeling empty . . . and I'm afraid to feel hungry."*

BODY IMAGE

(P46)

What parts of your body do you dislike or consider defective? What are your feelings, beliefs, past criticisms and future fears surrounding your body image?

- "My legs are ugly and fat."*
- "I'm too flat-chested."*
- "I want to hide my body . . . I look abnormal."*
- "My arms embarrass me."*
- "My rear is too big . . . and will always be that way."*

MOTIVATION

(P48)

- "I feel too lazy to start losing weight."*
- "I don't want to put in the time and effort."*
- "I resent having to work at it."*
- "It will probably be a waste of time to start a diet now."*
- "I feel paralyzed by the problem and don't want to start."*
- "I don't really want it badly enough."*
- "It doesn't seem worth the effort."*
- "My head isn't in the right place."*

EXERCISE

(P48)

- "I loathe / hate exercising."*
- "I feel deprived when I exercise."*
- "Exercise feels like punishment."*
- "I have no motivation to exercise."*
- "I'd rather eat than jog."*
- "Exercise frightens me because I expect to get hurt."*

THE PAST

(P50)

What events from the past make you feel anxious / guilty / ashamed?

- "I feel guilty about what happened when I was 14."*
- "Her words made me feel ashamed and worthless."*
- "I feel anxious when I think of High School."*
- "I still feel inadequate when I think of him."*
- "I suffer from low self-esteem and blame it on my father."*
- "I will never forget how I was shamed in public."*
- "I'm afraid to remember what happened."*

What traumas from the past are you numbing with overeating?

- "I was traumatized as a child."*
- "Moving to a different school scarred me."*
- "I've been stuffing myself since the rape."*
- "I've overeaten since the robbery."*
- "The memory of the car accident makes me anxious."*
- "My parents' divorce left me fearful and self-hating."*

When were you given food to comfort you as a child?

- "Food has always made me feel better."*
- "I automatically reach for food when I'm hurt."*
- "My whole family overeats when they're angry."*
- "Food has always been there for me . . . and always will."*
- "My mother let me eat more cookies whenever I cried."*
- "My grandmother always gave me the leftovers."*

What losses in the past did you eat over?

- "I've felt so many losses I can't keep them straight."*
- "I overate after I lost my dog."*
- "I started overeating after I was cut from the team."*
- "I started overeating when my boyfriend dumped me."*
- "I started overeating after she told me to quit dancing."*
- "I still eat because of the rejection I felt."*

When did you first overeat? What feelings were you trying to cover up?

- "I finished off the cake at the funeral."*
- "I ate in second grade until I made new friends."*
- "Food worked to calm me during exams."*
- "I learned how to binge in college."*

- "I can't remember ever feeling good unless I was eating."*
- "I remember being comforted by food after we moved."*
- "I turned to food after my brother died."*

What did your family say the last time you lost weight?

- "They picked on me cause I was thinner than they were."*
- "They said they preferred me when I was fat."*
- "They watched what I ate."*
- "My mother said I would get sick if I was thin."*
- "They wouldn't stop offering me food."*
- "They accused me of showing off by getting thin."*
- "They said they were worried about me."*
- "My father wouldn't stop talking about my body."*
- "I can still hear her saying, 'You don't look pretty any more.'"*
- "She said, 'You'll probably get sick now.'"*

What did your friends say the last time you reached your goal weight?

- "My friend said I had betrayed her by losing weight."*
- "My friends rejected me when I wouldn't eat with them."*
- "She told me I looked older now that I was thin."*
- "He said I didn't look attractive anymore."*
- "They all talked about my weight incessantly."*
- "I hated / was afraid of the attention."*
- "Men/women wouldn't leave me alone."*
- "Women wouldn't stop flirting with me."*
- "I felt unsafe in public."*
- "I don't want to be noticed by men, (women)."*

GUILT, SHAME AND LOW SELF-ESTEEM

GUILT

Select three events or incidents from your past that you feel most guilty about.

(P55)

SHAME

- "I feel ashamed of myself for _____."*
- "I cringe with shame every time I think about what happened."*
- "I feel haunted by that shameful memory."*
- "I feel sad about carrying around this shame for so long."*
- "I feel angry about it too."*
- "I still feel helpless about what happened."*
- "I shouldn't let go of this shame . . . I deserve to feel upset."*
- "I can still hear the words that make me feel ashamed."*
- "I feel ashamed when I see her face."*
- "I feel ashamed because I should have known better."*
- "She told me I should feel shamed of myself."*
- "They put their shame on me."*

(P57)

LOW SELF-ESTEEM

How do you know you have low self-esteem?

(P58)

- "I know I don't feel like other people."*
- "I have felt small and insignificant since early on."*
- "I can't say 'no'."*
- "I never stand up for myself."*
- "That incident in sixth grade made me feel worthless."*
- "That rejection made me feel less than"*
- "I never got over that hurt . . . made me feel unworthy"*

- "My father's words made me feel less than"*
- "I don't deserve to be happy."*
- "I believe I will never feel better about myself."*
- "it's the truth that I'm worthless, I accept myself anyway."*
- "I believe I'm NOT good enough."*
- "My self-esteem is pathetically low."*
- "I feel so unworthy in general . . . and always have."*
- "I don't know the source of my low self-esteem."*

THE FUTURE

(P61)

Picture yourself in the future at your goal weight . . . how do you feel?

- "I still feel a little anxious in my new, thin clothes."*
- "I feel a little exposed at my new weight."*
- "I feel uncomfortable with all of the new attention."*
- "I don't like myself at my new weight."*
- "I can't believe it's really me in a size eight dress . . . I will never be able to see myself as a thin person."*

Imagine yourself feeling anxious at a business meeting in your office and not being able to eat.

- "I'm not confident I can handle stress without food."*
- "I want to eat when my boss yells at me."*
- "Work stress makes me anxious still."*
- "I'll want to binge if I don't get promoted."*

Imagine yourself feeling anxious at a holiday / family gathering.

- "I always overeat at Christmas."*
- "I feel guilty if I don't eat my mother's pies."*
- "I'll want to eat to get them off my back."*
- "I might eat to sabotage myself . . . to be loyal to my family."*

Do any of the following statements NOT feel true?

- "I feel safe and secure at my goal weight."*
- "I feel happy about my success."*
- "I feel confident I can maintain my weight loss."*
- "I enjoy the attention for my accomplishment."*
- "I am proud of reaching my goal."*
- "I feel peaceful in my new body."*

What other future situations might trigger the urge to overeat?

- "I'm liable to relapse if my boyfriend leaves me."*
- "I might start eating again if I get bored."*
- "I'm considering overeating once in a while."*
- "I tend to overeat around my birthday."*
- "I know I'll overeat when I approach my goal."*

What *UPSIDES* are there to relapsing / regaining the weight after you've reached your goal?

- "I get away with more when I'm overweight."*
- "They will focus less on me if I regain the weight."*
- "I can hold onto my excuses for mediocre performance if I regain the weight and they think I'm a failure."*
- "I prefer not restricting myself to maintain my weight."*
- "I'm familiar with the old, heavy me . . . and it would be easier going back to the way I've always been."*
- "I'm still afraid to change for good."*

Are there still other *DOWN SIDES* to reaching and maintaining your goal weight?

- "I don't want to keep working at it."*
- "I'm afraid of real success . . . so I want to relapse."*
- "I need the distraction of overeating and hating myself."*
- "I have an urge to rebel."*

Who will be angry at you if you are successful?

- “My brother will be threatened by my success.”*
- “My roommate will try to sabotage my success.”*
- “My sister will be mad if I lose the weight.”*
- “My friend will resent my new body.”*

Who will be jealous of or feel betrayed by your success?

- “My best friend will be jealous if I’m thin.”*
- “My mother will resent it if I weigh less than”*
- “My sister will resent the attention I’ll get.”*
- “My brother will still tease me if I lose weight.”*
- “My family will ignore me if I lose weight.”*
- “My mother will think I’m disloyal if I lose weight.”*

What other negative consequences will occur if you lose weight?

- “I can’t afford to buy new clothes.”*
- “I don’t want men/women to pay too much attention”*
- “I’m afraid of my own sexual reactions.”*
- “I might need to make other changes now”*
- “I might have to focus on those issues I’ve been avoiding”*
- “I won’t be able to hide behind extra pounds anymore”*
- “I resent having to maintain control”*

COMFORT ZONES

- “I’m afraid to leave my comfort zone”*
- “I want to stay the way I am”*
- “Changing makes me anxious”*
- “I feel more comfortable weighing _____ pounds.”*

(P66)

AFFIRMATIONS

(P74)

Affirm the *real* want without describing what you *don't* want. (Use positive language).

I [choose] to weigh (120) pounds and feel healthy and alive.

I [choose] my normal weight to be (160) pounds, and that's what I choose to weigh.

Your goal must be achievable and realistic.

Do you need to make your affirmations in 10 pound segments?

Wherever appropriate, affirmations need to begin with “I choose....”

["I choose," implies intention, commitment, and action.]

Add as much emotion as you can to your affirmations.

Music: sing your affirmations to your favorite tunes.

Physical sensation: use fun, fluid body movements (skip or dance).

Write your affirmations every day (repeat it 10 times.) I [choose] to weigh (125) pounds and to feel healthy and free.

THE TEMPORAL TAP

(P78)

State your desired behavior in *positive* terms. *“I [choose] to find that maintaining my goal weight is easy.” OR “I [choose] to enjoy eating healthy foods in small portions.” OR “I [choose] to feel peaceful and free at my goal weight.”*

Restate the desired behavior in *negative* terms such as *no longer, don't, can't*, for example: *“I no longer need to overeat sugary foods.” OR “I don't feel uptight when I weigh less than (125) pounds.”*

Beginning at your left temple, take the three middle fingers of your left hand and tap from the left temporal bone around to the back side of your ear. While tapping, introduce the *negative* statement about your behavior. Repeat this five times.

Then take the three middle fingers of your right hand and tap around the right temporal bone (starting at your temple) while repeating your *positive* version of the statement. Repeat five times.

Do this exercise with your affirmation statements several times a day. Use EFT if you feel emotionally resistant or you hear those negative *yes, but's* arising while you are saying your affirmations.

ALTERNATIVE PHRASING TECHNIQUE

(P63)

If any statements *do not* feel true, use its opposite at every other treatment point. For example, tap at the **EB** (beginning of the eyebrow) spot saying, “*I DO NOT feel peaceful in my new body,*” and then tap on the **SE** (side of the eye) point saying, “*I CHOOSE to feel peaceful in my new body.* Follow this with a treatment round by moving through another EFT round saying, “*I CHOOSE to feel peaceful in my body.*”

FORGIVENESS TECHNIQUE

(P56)

Tap on the inside of the index finger (**IF**) where the nail bed meets the finger.

Repeat out loud **three times**, “*Even though I feel guilty for what I did, I deeply and completely forgive myself for holding onto this problem . . . for doing this behavior . . . for saying what I said . . . I was doing the best I could . . . even though I don’t think it was good enough.*”

Then tap on the series of **Treatment Points** in sequence and say, “*I [choose] to forgive myself . . . I was doing the best I could.*”

Repeat this treatment sequence using variations and preferences for language until there is no *emotional charge* on any part of the incident. Often there will be palpable relief after just one round of treatment.

END RESULT IMAGERY

(P71)

Choose your successful ending. . . .

Describe your goal. . . .

Pretend you have already reached this goal, in other words, you have already attained the image; it is not something in the distant future.

Relax and close your eyes, and just flow with the directions I am giving you. Your success has already been achieved for the purposes of this exercise.

*Pretend or imagine you can **see** yourself having accomplished your goal. . . .*

See yourself from afar, as if in a mirror. . . .

See your world from inside you, looking out of your own eyes. . . .

What does your face look like? . . .

What does your body look like now that you have reached your ideal weight? . . .

Do you have a different posture now that you have been successful? . . .

*Imagine **hearing** two important people in your life acknowledging that you have reached your goal, congratulating you and responding to the news of your success. . . .*

Hear how you announced to these people that you reached your goal. . . .

What did your friends say in response? . . .

Can you hear his or her tone of voice? . . .

Can you hear his or her excitement? . . .

Take in the affirmation and congratulatory remarks. . . .

*Imagine (access) how your body feels **physically** now that you reached your goal. . . .*
Notice your posture and how you carry your body, now that you have reached your goal weight. . . .
How do you feel and fit in your new clothes at your new weight? . . .
Do you sense how you sit differently when in a restaurant? . . .
Do you feel lighter or have more energy? . . .

*Imagine (access) how you feel **emotionally** now that you weigh your goal weight. . . .*
Tell me about your pride in your accomplishment (or just feel it inside of yourself). . . .
Feel the confidence, the satisfaction and enjoy those feelings now. . . .

*What **aromas** do you associate with your success? . . .*
“Smell” them now. . . .
How does your food smell now that you are at your target weight? . . .
How has your sense of smell changed now that you know you are successful? . . .

*What **tastes** do you associate with reaching your goal? . . .*
“Taste” them now. . . .
Access whatever new tastes you can associate with your success. . . .
What would your food taste like now that you are happy and at your goal weight?
. . .

Put the entire picture together three times a day to build neurology, expectations and energy.

