

Breaking Up with Dieting Workshop

Weight Loss

- Explore what you think life would be like if you were thinner – is it possible you can have that now?
- When you DID lose weight in the past, did your life change in the ways you thought it would?
- What does a truly successful diet look like to you?
- What habits or patterns do you feel sabotage your weight loss efforts?
- What are YOUR thoughts around your weight vs. what diet companies or ad agencies tell you?
- Do you believe you can learn to love the beauty of your own true nature? If not, why not?

Opportunity to Observe:

The next time you're looking at a magazine or are pulled into a TV commercial and feel a longing or a bit triggered:

- What are you feeling?
- What are you wanting, where is the ad pulling you?

Be with this experience and break down the emotional draw:

- What is it telling or showing you?
- Is it reminding you of an earlier time in your life?
- Does it create a longing for something you think you cannot have? Is that true?
- What is the feeling evoking? Is it what you originally thought it was?
- Is the emotional pull unrealistic?
- Can you acknowledge that and be grateful for what you do have?