



PYT Weekly Training & Support

Lesson #14 Getting Support From People

by Jim Katsoulis

Hello, welcome to this week's lesson. What I want to talk about this week is kind of subtle and it's something that usually isn't brought up when it comes to weight loss but throughout this training series, I will regularly go into some of the fears that people

experience on an unconscious level that sometimes prevent them from getting the results that they want.

So, what I'm going to talk about today is kind of a two-part thing. One is, when you have people around you who are not supporting you and who are secretly or unconsciously trying to sabotage your success. Now, I want to talk about those people and how to deal with it in the best way possible. But on the flipside, I also want you to become more sensitive to how your weight loss is going to impact these people.

These are things, I think, that are very valuable to take into account. Now, you may take them into account and they may not apply to you. You may be a person who has very, very supportive people around you and that you becoming successful and changing your body and becoming more confident is only going to make them feel even better and they're going to be very supportive about that.

But very often what happens is, in our lives, we get comfortable and we get used to how it is. We know people and we can expect how it's going to be. And so, as soon as you decide to lose weight, you are dramatically changing that not only because of how it's going to be when your body begins to transform (that's one part), but the other part is that you're going to change the interactions you have with these people most likely because, oftentimes, we bond over food or we bond over commiserating about how difficult it can be to lose weight.

Now, if you become successful losing weight, if you become successful in eating better, and exercising more, you're not going to be able to keep complaining about how hard it is to stay on a diet and just stick to a plan. And what that is going to do is it's going to change the conversation that you've had with friends or family or spouses sometimes.

So, how do you deal with this? I think, first, you have to recognize that aspect of it. Again, on a conscious level, I really want you to succeed, you want to succeed, and there's no reason why you wouldn't. On an unconscious level, there are a lot of reasons.

When I work one on one with people, a good part of what I do is find these unconscious reasons that we say [inaudible] **02:25**. So, let's start here. If you find someone who's sabotaging you and you recognize this, the first thing you want to do is you want to get better at being able to communicate what you're looking to accomplish and, at the same time, make them feel better.

So, in a sense, you have to take more of the responsibility on yourself. So, it's not necessarily easy. We always want the other person to change but in this case, what

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I'm going to suggest to you is that you take the responsibility and make these people feel better.

Now, this is especially important if you are in a romantic relationship with someone because, oftentimes, if you start making that shift, they might start to get insecure or jealous or nervous. They're going to go out and have some extra-marital affair or an extra-relationship affair or something like that.

And so, it's up to you as the person who's changing to make them feel better, to let them know that this isn't about looking for other romantic partners but it's about feeling better about yourself, feeling more alive, feeling more energy, and being a better spouse to that person or a better partner to that person. So, again, making them feel better.

And I think if you go about it this way instead of saying, "Hey, you should support me," or you take it upon yourself and make them feel comfortable and make them understand that what you're doing, in your mind, you're doing to help your relationship with them. If you do that, what you may find happening (and then, definitely, the chance of this goes way up) is that they may become a lot more supportive and they may join you.

And I've got to say that you can always do it by yourself and lots of people do that. But it's always easier when the person that you spend a lot of your time with or people that you spend a lot of your time with, when they go down the same path. It becomes a lot, lot easier.

And if you do this and you make them feel good and you make this whole process one that's positive in every way, not just that you're losing weight but then emotionally and mentally, you're starting to wake up, you're starting to get more in tuned with your body, and you're starting to be able to handle your emotions better, people are going to look to you as a role model and they will start to walk down that path as well.

So, that's what I'm going to suggest to you. You have friends – friends that maybe you used to go out and eat dessert with and commiserate about how hard it is to lose weight. Again, this process of losing weight is going to impact that but it doesn't have to be bad.

And the way around that is to express and communicate to them that, again, you can still go out with them, you can still have a relationship with them but you want to change this aspect of your life because you know you can do so much more and you know you can feel so much better, but at the same time, letting them know that that relationship is still extremely important to you and that your improved weight loss and health is not going to impact that.

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Now, the truth is that it is going to impact it but if you're both on the same page and you kind of acknowledge it, you're going to find that, a lot of times, you're going to be able to move through it but it is something to consider. It is something. And a lot of times, people don't consider it, and they don't think about it, and they don't plan for it, and it ends up unconsciously and unknowingly sabotaging their success.

So, become aware of this level that when you're changing your behavior, it has an impact on the relationships you have with other people. And acknowledge that and communicate with them.

Now, if you can't. If you have a person who just is not hearing it, you have to make a decision; you have to clearly draw out what you are willing to do for this person and what you're not willing to do.

To have a relationship where it's destroying your health, your confidence, and your emotional well-being is not worth it to you. You can still have these relationships but you need to draw a line with what you're not going to be willing to do and that's how you need to articulate it to these people.

Again, I don't want to make it sound like this is a bad thing but, occasionally, you will find people that are there to sabotage you. They just aren't willing to communicate with you and help you get to what you want. And a lot of times, it has nothing to do with you; it has to do with their own insecurities and the fact that you're doing well now kind of reflects on them. It makes them think about themselves. This is very common.

If this happens, you have to recognize it. You have to, I believe. And you have to come up with a strategy of how you're going to deal with it. Maybe you won't talk about your weight loss and your new eating patterns with them because maybe it just brings up a whole bad conversation.

The point is this; you want to become aware of people who aren't supporting you. If you can talk to them, talk to them. Get them on board with you; that's the best thing. But if they're not going to get on board with you, they're not going to support you, you need to recognize that and set some boundaries of how much you're going to allow them to influence you.

And all the while, you can even set these boundaries and at the same time, through this process, you can continually put their mind at ease and make them feel better. You don't have to do it through weight loss. You can just say, "Let's go do something today. Let's go spend some time together. I really value our friendship and our relationship, and let's do something fun."

If it was a relationship based around food or complaining about weight or exercising, you need to start finding some new things to bond over. You owe it to yourself and

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these aren't necessarily easy questions and easy things to deal with but they're essential. You can't ignore them, I believe, especially if they're regular occurrences in your life and regular communications with these people. You need to deal with it.

And you can do it by creating boundaries. And even though it may be a little bit uncomfortable initially, what's going to happen and what I've seen when people do this is, eventually, almost in the worst case scenarios, the person almost always ends up, at least, having a level of respect and they just deal with it; they accept it at a certain point.

But it's up to you to be strong. And, again, it's a weird thing because sometimes people are always kind of, "Can I keep eating well? Can I keep getting myself to go to the gym??"

I tell you, this is one of those little side things that the people in your life, the relationships you have ... this process is going to affect them. It's absolutely going to affect them.

It's up to you to find out the most important relationships in your life and figure out how it's going to affect these people in a good and a bad way. Again, romantic relationships – it's very, very common. As soon as someone starts to get some success, the other person sees it and starts getting a little nervous sometimes. If that's the case, again, deal with it but don't let it be ignored, and at the very least, don't just not think about it.

Think about it and come up with some strategies of how you can deal with this. And what you're going to find is – as you settle this down, again, what happens is you become more congruent. You're going to feel like ... you know, sometimes, you feel like part of you wants to do one thing and part of you wants to do another.

What you want to get is all of you going to one direction or most of you going in one direction. That's what's going to make these changes permanent. That's what's going to make them easier and automatic. And this is one of those areas I want you to take a little bit of time and think about.

So, do that, ideally, right now; and I think you're going to learn a lot from that; and it can be a real eye-opening experience to go through how this weight loss is going to influence and affect those people who are closest to you and how you're going to deal with that – the people who are going to unconsciously sabotage you and how it's going to be when you, ultimately, get your success, how it's going to influence those relationships.

So, do that. Have fun. I'll talk to you next week.

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