



PYT Weekly Training & Support

Lesson #18 Becoming More Attractive

by Jim Katsoulis

Alright! Welcome to this week's lesson. What I want to talk about this week is becoming attractive. Now, if you're like most people, you follow one or two categories; either you want to lose weight so that you can become more attractive and feel more attractive, or you are unconsciously sabotaging yourself losing weight because you're scared of being attractive and the attention that that may bring to you.

So I want to talk a little bit about those so that we can either resolve the fear and so that we can use the [inaudible] **00:31** motivation that comes with feeling more attractive and feeling more confident.

Now, if you want lose weight to be more attractive, I would suggest the first thing you think about is expanding your definition of what attractive is because your weight, the size of your body, the size of your clothes is really just that first level of attraction; and while much of our culture focuses on that, I don't think anyone will argue with that, it's not something that is going to sustain in your real life.

If you lose all the weight you want and you have the exact body you want but you're a horrible and mean person, then that's not really attractive. So, there's more to being attractive than just the size of your body. Now, maybe you're saying, "Well, Jim, I want to lose weight so I can feel more attractive." Granted! You might feel more attractive and you might be more attractive physically if you lose some weight.

Okay, I'm not going to argue that. All I'm saying is that there is more to it than just the weight. The reason I say that to you is because if you accept that thought for a minute ... this is a thought experiment.

If you believe that there was more to being attractive than just the size of your body, what that would allow you to do is to start becoming attractive right now if that's important to you. Don't wait six weeks or months to then say, "Okay, now I'm attractive."

It doesn't work that way because I have modeled people who consider themselves to be attractive and I've seen it in all different sizes. And they genuinely see them attractive. Now, I know everyone's taste is different but let's face it, there's more to attraction than just the body. So, if you accept that, then you allow yourself to start becoming more attractive now.

I'll give you an example. I worked with a woman and right after our first session, there was no change in her weight but she came back the next week and she told me, "You know, after our session, I went to a clothing store and actually got some clothes that I felt good in."

Because, all of a sudden for first time, she thought of herself as being attractive. Physically, nothing changed, but mentally she went out and looked for clothes that

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made her feel and look as good as she could. And she felt good for the first time in a long time and it had nothing to do with the weight loss. I'm not saying that as the weight comes off maybe it enhances it, maybe it makes it stronger.

But there is more to it and so the other side of that is when you start recognizing that there is more to being attractive than just your physical mass reducing, then what happens is you start to feel that now. And as you feel more attractive, as you feel more confident, as you feel better, it's going to influence your eating.

It influences your state of mind. If you're constantly telling yourself, "Oh, I can't wait until I lose weight so then I can be attractive," then, what you're saying is, "I'm not attractive right now." And you know how that makes you feel. I mean, I just said it and it's deflating. And that's not what you need. You need to feel inflated. You need to feel good in order to make these changes stick.

You want to become this new person. You want to become this new person from the inside-out. When you feel attractive, when you feel confident, when you feel good about yourself, it's a lot easier to eat well. The emotional eating aspect of it starts to fade away to a certain degree. So, start thinking about how you can become more attractive now. Think about that. I want you to do it. Make that a focus. Don't say, "I'm going to be attractive once I lose the weight." Maybe you can say, "I'll feel more attractive." Fine! But start thinking about yourself. What can you do right now to be more attractive? I'm going to leave that alone for right now.

Now, the other side is this. What if you become more attractive and you start getting more attention from men or women? That can be a real source of anxiety and nervousness for people. So, we want to let that go. And we want to focus on how you can begin to feel comfortable with that attention.

And so, this week, we want to create a strategy for yourself of how you can deal with that because you don't want to hold this fear in you and let it sabotage everything because, first of all, the fear is probably just an imagination. The truth is that if you lose much weight and you start getting attention, the attention probably isn't of the type that you're maybe imagining that scares you. So, what we want to begin doing is, in your mind (and you can do this right now if you'd like), you can imagine yourself in the exact body that you want and you can imagine this attention that maybe is scary to you.

I don't know how it might manifest itself in your mind. Maybe you imagine yourself out in a social situation and men or women come up to you and you have to deal with that; that might be something new for you. But what I want you to do is I want you to imagine yourself in a scenario and I want you to imagine yourself feeling confident, feeling strong, feeling in control and safe. And if you felt all those things, how would you deal with that attention?

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Alright, how did that attention feel? What causes all that fear, by the way, are crazy-like ideas that people think, “Oh, some guys are going to come up to me and he is going to keep bothering me, and I’m not going to know how to say no, and I get myself in a situation I’m really uncomfortable with. But if you prepare and you start imagining yourself as being the strong, secure person that you truly are, you can imagine that scenario being quite different.

And you may find that that scenario is much more realistic. So, I want you to begin thinking of yourself as not just being thinner, not just losing weight, but being stronger, more in control and more confident.

And if someone comes up to you because you’re more attractive and you’re giving that off, I want you to create a strategy in your mind for how you’re going to deal with that; then you can lie if you want to.

If you’re imagining someone’s going to come up to you and start giving you more sexual attention, you can just lie and say, “I’m in a relationship or I’m not dating right now.” Whatever it is, that’s the strategy you want to come up with. I say this because ... and this may sound silly but people think about these things and it scares them because they don’t know what to say.

They’re nervous. And they think about losing weight and they think about this attention, they think about feeling nervous. And it trains them to not lose the weight because the weight becomes a safety barrier. It’s like a force field that keeps people away. So, what we want to do is we want to get through that. And you do that by beginning to manifest and increase the confidence and the security that you feel within yourself.

And you do that intentionally. You think about how you want to be and how you want to respond to people if they come up to you. And as you start thinking about yourself in this way, you’re just reinforcing all those ideas of who you want to be. And you’re reinforcing that within yourself. So, the attention is not a bad thing. And that’s not the problem. The problem has been that you haven’t figure out away to deal with that attention.

And that’s what I want you to spend some time thinking about if becoming attractive and getting more attention is something that has scared you in the past or that you’re fearful of. I’m not saying it’s going to go away all at once. But what I want you to do is I want you to think about the solutions. How can you deal with that attention in a way that’s comfortable to you? Think about that. What could you say to the person? What could you do to deflect the attention and feel comfortable about it? Answer those questions and that fear will disappear.

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And we go back again to the flip side. Think about how you can begin to be more attractive right now? What can you do more of? Smile more? Go clothes shopping? Wear make-up? I don't know. Exercise a little bit more so you feel like you have more energy? Be in a better mood? So, again, think about these two things. They aren't something that you just hear about and it's like instantly changed.

I want you to begin thinking about these things because you have to; and if you don't, they kind of run around your unconscious mind and screwing you up. How can you become more attractive now and when you're more attractive and you get a little more attention perhaps, how do you want to deal with it?

Think about those things and I'll talk to you next week.

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