



# ***PYT Weekly Training & Support***

## Lesson #19 Your Behavioral Triggers

by Jim Katsoulis

Hello! Welcome to this week's lesson. What I want to talk about today is kind of some preparation for times when you're not going to feel good and that could be physically, emotionally, and mentally. One of the things that happens with people – we live our lives and we're in it, and we don't really recognize the patterns that we have. We don't really have any perspective on it.

It's kind of like if you have a kid, you're with the kid everyday and so you used to watching him get bigger, and then people don't see your child for a while, and they're blown away by how big they've gotten. But you don't recognize it because you're right there. You don't have the perspective on it. So, the same thing happens with our behaviors; in reality, we kind of went through the same patterns.

The same patterns of motivation, excitement, of getting on track, of following it for a little while, and maybe falling off of it, or certain moods or things that trigger us to say, "Oh, forget it, screw it. Who cares?" So what we want to do is when we're in a good mood and when we're in a good place, we want to take a little bit of time and evaluate it. Look at it and prepare for it.

So that if you ... or I should say when you because I think it's silly to think that you're always going to feel good, that you're always going to be motivated and excited and on track. I mean, you want to move in that direction but to ever imagine or think that that's what you could be 100% on track, it almost seems like that is going to cause more problems than be helpful to you. So, we want to prepare and we want to recognize that at some points, we're going to feel depressed, frustrated – whatever the kind of negative emotion is.

And we want to prepare for it. So, that when we get frustrated or upset from work or tired or overwhelmed from work, then maybe we turn to eating a whole pint of ice cream or whole thing of cookies. What we want to do is we want to shift it.

So even if it's an ice cream cone – even that is a step in the right direction. Remember, the baby steps are the much easier way to make all of these happen rather than trying to change every single thing in your life and every behavior you have. So, what I want you to do is I want you to think about – what is a common trigger you have that will sometimes kind of throw you off track?

Now, I want you to look at these triggers as being something that affect you emotionally. The most common triggers are ... it could be work; it could be a boss that kind of gives you a lot of crap; it could be work if something that doesn't go your way, it's too much work, and it becomes a feeling of overwhelm and stress; co-worker's you don't get along with or just rub you the wrong way.

It can be relationships, friends, families, spouses, boyfriend, or girlfriend. They can say things that sometimes trigger us to feel something and as soon as we feel that we

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head towards the food. So, we want to create new behaviors and new alternatives. And the time to do it is now. It's not to wait until that moment happens and then just expect we're going to miraculously come up with something. We need to have all of our motivation and emotions going to the right direction and come up with solutions now.

So, think of the different triggers that make you feel a certain way, the triggers that kind of propel you towards overeating. And we want to identify this and we want to come up with new solutions.

So, what are they? The work ones, relationships, stepping on the scale and it doesn't go where you want it to; you're seeing yourself and the clothes don't fit right. This could be another one that could make me feel discouraged.

So, just kind of think about them right now; if you have a piece of paper, you can write them down because most people have multiple things that will kind of trigger them in that direction. The more you can identify, the easier it's going to make this. And if you want, you can pause right now, write them down, and come back. So, you have this list of triggers.

First of all, just knowing them and just being aware of them can sometimes be very, very helpful. And remember this; this isn't about – well, we come up with some solutions and that's it. It's instantly “all these have change.” Sometimes, it's a work in progress. The first step is becoming aware. Who are these people? What are these situations? What are the days?

Sometimes, people have a Friday ... Friday afternoon comes and that triggers certain behavior – the weekend, certain places, restaurants.

So, with want to begin to notice the places, situations, and the feelings that trigger overeating or kind of getting off track. Now, once you recognize what they are, what I want you to do is I want you to think about it from where you're at now where you're realizing how important the weight loss and this new level of energy and this new lifestyle is for you. What would you like to do in this situation instead?

Now, I want to point something out. I don't want you to imagine – you know, work comes and you get a ton of work and you feel overwhelmed. I don't want you to just imagine. “Okay, I won't eat anything; I'll just deal with the ‘overwhelm,’” because that is not a solution. Remember, emotional eating is using food in order to change our state in the moment. So, if someone feels overwhelmed, they turn to the food and they feel relief. They feel enjoyment for a little while. The overwhelm disappears. It's replaced by the enjoyment of the food, of the eating, and of the distraction.

You've got to understand that something is happening there, and that thing that's happening is very important. We want to keep that part. When you feel bad, we want

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to be able to feel good. We just want to do it in a different way than just stuffing ourselves or overeating everything in sight.

This is very profound. This is very important that we're looking to make the shift; we just want to do it in a new way and that new way, again, can be eating less.

You can still go get ice cream but maybe just an ice cream cone, maybe it's one of those Ben and Jerry's little mini things they have. Maybe it's an apple. So, remember there's a whole spectrum. There's always a spectrum.

Be aware of that spectrum because even though you know you want to take the apple or drink the water, there are some times when we're in such a bad mood that that's not going to do it. And so, you want to have a spectrum. So, it's not just apple or a pint of ice cream. We want to have something in the middle there as well because sometimes we get in the all-or-nothing mode.

We need to get out of that because life is not black and white. We can't either be completely be dieting perfectly or completely off a diet eating everything in sight, it doesn't matter. We've got to get rid of that and then this will help you do that.

So, when you recognize these events that trigger these emotions in situations, what are you feeling in these scenarios? When something triggers it, what are you feeling? overwhelmed? frustrations? stressed? depressed? anger? sadness?

Notice the emotions that you're feeling and then notice how want to feel and how you'd like to feel. And how you'd like to feel could be – relief. Maybe you would like to feel distracted. Distraction is not necessarily a bad thing.

What we want to do is find new ways to feel distracted. Maybe you'd like to feel calm, relaxed, peaceful, centered, intuitive – whatever the words are that you want. And now, what I want you to do is I want you to think about some ways that you can feel this. What are some alternatives you can do when those trigger situations happen? Work comes, you got a ton of work that you didn't expect you have to do, it's really hard and challenging work, what do you want to do in that situation?

What's one of the best things you could do in that situation to give you kind of the best solution? What would you like to eat? What would you like to focus on? Maybe you could take a walk; maybe you could go talk to someone; maybe you can read a book; maybe you could take a 5-minute nap.

Again, get creative. It's not about having one single answer that's going to answer them all. It's about coming up with alternatives. The more you can think of alternatives and become creative in different things you can do, the easier you're going to get the solutions that work for you.

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Because you come up with five different ideas, maybe one of them will work, but that's all you need because notice, that in the past when you felt bad, you would turn to the food and that works for you, and you just kept repeating it over and over and over again. We don't need to have a million answers but when we're first creating the change, we want to have lots of different ideas and we find out which one works. But the thing is, remember this – when one of the new ones works, it just works, and it just continues that way forever.

So, remember that. And get creative with the ideas. Now, write down. What can you do in those situations? What are the things you can do? Drink water. Meditate. And as I said, take a nap. Play solitaire in the computer, maybe. Read a book. Talk to a friend. Call up some family ... whatever.

Just get creative with it. Think of some ideas. And notice, if you think this would help you out ... okay, this is the next step. Now, what you want to do is you want to actually use these. So, when these situations come up where you do feel not at your best. When there are challenging situations, begin to use these new ideas and see how they make you feel.

Do they or don't they work? Do they kind of work and you need to add something else to it? This is how I want you to begin thinking. And this is how you can do it very, very specifically. You're kind of exercising the solution-based muscle in your brain. This part of your brain is going to give you new ideas and new answers that are going to lead you in the direction that you want.

So, use this; and, again, the other part of this is throughout this next week, notice the triggers. Notice the things that almost ... it's almost likely being hypnotized, right. Maybe, like the boss says something to you, and it pushes a switch in you, and you just feel horrible, and you go into a trance, and you start eating everything else, and you don't even realize you're doing it.

If something like that is happening, now is the time to notice it because when you're in the trance and when you're in that behavior, you don't notice it. So, that's what you want to get in the habit of doing, taking five minutes a day, reflecting on your day, reflecting on your week and noticing the patterns, the patterns that are in your life. And as you do this, it's going to give you a lot of awareness and intuition and, ultimately, control of your body and your behaviors.

So, do this and I'll talk to you next week.

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