



PYT Weekly Training & Support

Lesson #29 WWTTMD?

by Jim Katsoulis

Alright! Welcome to this week's lesson. If you've been struggling with weight for any period of time, the biggest challenge that you have is not your body releasing the weight when you eat well or staying on track or fighting cravings. The biggest challenge is believing that you can be a different person. It's in thinking of yourself as this new person. That's the biggest challenge because your behaviors and your actions follow your thought.

So, as you change up your thinking, you're going to, automatically, begin to change up your behaviors and your actions, and that's a much easier way to do it.

So what I want to do is I want to share with you a technique that is very powerful in changing a lot of the beliefs and the thoughts all at once. And, basically, it's this – that you want to ask yourself, “What would the thin ‘me’ do?” if you want to use that language. You could say, “What would the strong ‘me’ do? What would the healthy ‘me’ do? What would the lean ‘me’ do?” You put the word in and it fits right for you.

But the idea is this; it's that you begin to open yourself up to a new reality, in a sense, because so often, people who have struggled with their weight, they are always, in their head, saying, “Oh, you know, I'm an over-eater; I'm lazy; I'm fat; I can't stick with anything.” They are constantly saying these things to themselves; and the things that we believe, literally, create the reality that we notice.

So, the way to change this is to begin thinking of ourselves in a new way. And so, when you begin asking yourself, “What would the thin ‘me’ do?” let me make a note here, you have to give yourself permission to ask this question and to accept it.

This isn't about saying, “Oh, I'm thin now,” and trying to lie to yourself. It's not that. It's really like a thought experiment and you're saying, “What would the thin ‘me’ do right now? What would the healthy ‘me’ do right now? What decision would I make? What would I notice? How would I think about these things?” which brings me to a very, very important point. This is essential.

When I'm talking about this, I'm not talking about what behaviors I would do only. What I'm talking about is how you would think.

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Let me explain the difference here. It's not saying ... there's a cake in front of you, and you say, "What would the thin 'me' do?" Well, the thin 'me' wouldn't eat it, but I'll keep thinking about it. I'm going to be obsessed about it. We want to go deeper into it. That's what I mean.

If you say, "What would the healthy 'me' do right now?" You say, "Oh, I'd look at that cake and I would realize that it's butter, sugar, and flour. It's just going to trigger a lot of the sugar addictions I have. I'm going to over eat it. I'm not going to feel good about myself after I do it. I've been doing really well lately, and I feel good. When I wake in the morning, I feel more refreshed. I'm sleeping better, etcetera, etcetera, etcetera."

That's part of the difference. Do you see the difference there? You want more depth. It's not just, "I just won't eat that." Okay, that's a mistake people make and you need to start focusing on this and making this a part of you that you go deeper into it.

You need to come up with beliefs and ideas about cake, pizza, ice cream, fattening processed foods that allow you to not want them, in the same way that you do this if you're a non-smoker. You think about cigarettes and you have beliefs, and ideas, and perceptions about them that make you not crave them.

It's not that you have this willpower. It's not that you just say no. You don't even think about it. You don't even want it. If you don't do hardcore drugs, it's not because you're fighting it all the time. It's because you think about it differently.

So, that's what you can do with food. I promise you. We are constantly being influenced to overlook the truth of what a lot of these fattening processed foods are because we don't think about them in that way. But what I've found from interviewing a lot of healthy people is that they think about these foods on a core level in a different way, and they think about themselves in a different way.

So, that's what you want to do with this question, "What would the thin 'me' do? What would the healthy 'me' do?" and it's going deeper because let's face it, right, how are you thinking? Basically, your thoughts are ... you make movies and images in your mind and you talk to yourself or you hear voices. You can hear a parent's voice or a friend's voice or a boss or a spouse's voice. And so, we are thinking. We are constantly chattering to ourselves all day long.

What are those voices saying to us? Do we have a supportive, nurturing, and helpful voice? If you don't, you need to create one which is what part of this exercise does.

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So, the deeper you can pretend, the more you can go into your imagination and use this, the better it's going to be and the more effective it's going to be because what's going to happen is you train this part of yourself.

Think of it this way; it's like lifting weights. You're lifting weights and your muscles are getting stronger. So, you go out into the world and you're going to lift groceries and those muscles are stronger. It's easier for you to lift the groceries because you did the work already.

So, it's the same thing here. When you begin doing the exercise of "what would the thin 'me' do?" you're building up those neurological muscles. You're building up that part of your personality and what's going to happen is when you get into situations – you go out to dinner, pet the grocery store or somewhere – and you need to make a decision, you want to make a healthy decision, you've worked out that part of you, and so it's stronger. It's more apt to be able to step in and make the decision for you or help you out. Does that make sense?

So, in a sense, it's role playing. It's pretending but that pretending is doing something real. It's teaching you, it's training you, it's working out that part of you so it's easier and easier and easier to become that person, and that's the point of all this.

And this is essential because a lot of people never do this. They always think about themselves as the fat person, the overweight person or the over-eater and then they just change their behaviors for a little while but there's an incongruency; there's a disconnect.

So remember, you want the change from the inside out. You want to become this new person and when you become this new person, behaviors naturally change. And you can do it very quickly by asking yourself, "What would the thin 'me' do? What would the healthy 'me' do?" and really think about it for a moment.

Take a breath. Maybe that's the first thing a healthy 'you' would do. To relax about it, maybe that's the second thing the thin 'you' would do.

And so, that's the idea. You're training yourself. You're teaching yourself. It's not all about getting it right the first time, but it's about getting in the habit of doing it consistently until it becomes an automatic process to think about yourself as this person.

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Sometimes, as you redefine who you are, everything begins to change and it happens naturally and it happens permanently as long as you hold on to that new image of yourself. This is one of the easiest ways to do it.

So use this and practice it as often as possible. The more reminders you put – you could put a simple reminder. You could put something on the dashboard; you could put something on a mirror; you could wear a bracelet or a ring; and it could be your “thin you” and your “healthy you” reminder so that every time you do that, you kind of instill and elicit that feeling within yourself and imagine what it would be like to feel that way. How would you think? What would you do?

So use that, and play with it, and I'll talk to you next week.

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