



PYT Weekly Training & Support

Lesson #34 Using The "Rebellious" Part of You

by Jim Katsoulis

Alright! Welcome to this week's lesson. I'm going to talk about something that is ... it's so common in weight loss and dieting. People describe it to me as they feel like they're doing well and, all of a sudden, this rebellious part of them kicks in and ruins everything. So, they follow on a diet or an exercise plan and everything will be going fine but then, all of a sudden, they'll overeat or they'll skip out on exercising, and they feel like they almost become a different person. They feel that this rebellious part of them takes over and sabotages everything.

So, I want to talk about basically, two ways to deal with this. One is to avoid that and there's a specific way you can avoid it. And the other way is that we want to use this rebellious part but we want to use it to help us. And so, again, what a lot of people do is they try to ignore it. They try and fight against this. So, one thing you want to keep in mind is when you have this personality trait, when you have this behavioral pattern that repeats itself over and over and over again, the last thing I want you to do is ignore it.

We don't want to ignore it. We want to deal with it. And so, as you go through these lessons, hopefully, you're learning different tools and different techniques that you can use to solve problems or to solve challenges. But in order to solve something, you need to kind of take it out, pay attention to it, and solve it. Ignoring it is not that. Ignoring just perpetuates it or continues the same thing.

So, the first thing, rebellious part of us – it happens very often in the typical dieting scenario because usually when people think of dieting, again, they'll think of a very strict eating pattern, alright, a very strict eating regimen. And so, they can follow it for a period of time but then, on a certain point, they want to break free of it.

It's Friday night and they want to let go. They want to go out with their friends, and eat, and have drinks or whatever. And so, part of them is saying, "No, we can't do that." And what's happening is you're just literally, just giving all these energy ... this rebellious part of you and saying, "Screw, I can do what I want." And if you're an adult, you're going to feel this even more because you're an adult and you can what you want.

It's weird but very often this type of scenario will ... it almost regresses people back to like their teenage years where they were very hard headed, and they were being told something, and they didn't want to do it. And so, very often, this set up is almost how people will internalize dieting. It's almost like this parent role telling them, "Well, this is how you have to eat now. This is what you're supposed to be doing. This is what you should be doing."

So, there's this authority figure idea in their mind and then there is the teenager or the younger person rebelling against that. Now, that may sound silly but we very often internalize things in this way.

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So, how do we deal this? Well, the first thing is that you don't restrict yourself from foods. You don't restrict yourself from ice cream.

What you want to do is you want to eat it more appropriately. And so, one of the easiest ways to get to this where you get the rebellious part working with you is to not being all or nothing but instead working with the rebellious part and saying, "Rebellious part, what would be acceptable to you?" Because this is the thing, the rebellious part of you, when you feel that way, that part of you still wants to lose weight, and look a certain way, and feel a certain way.

It just doesn't like the way that you're trying to accomplish it. And so, it lets you know through the binging or the sabotaging. But it's on your side so it's not the ultimate goal that it has a problem with. It's the way in which you're doing it.

So, again, we've talked plenty about the idea that it's not about dieting, it's not about "we can't eat this anymore ever again." It's about "let me figure out a way to eat more responsibly, more appropriately for the weight that I want."

And so, again, part of it is that you want to include this rebellious part of you. Don't make it "all or nothing," and consistently focus yourself on what you're looking to accomplish. So, it's not "I can't eat anymore ice cream ever again." It's I want to eat ice cream but I also want to have this body. How can I have both? How can I eat ice cream and have this body? And very often, the answer you could come up with is "I'll just eat the ice cream moderately, and I exercise a little bit more, and I make up for another ways."

Okay, I can live with that. Now, notice, it takes the energy out of that rebellious part of you. Because you are no longer being – this is what you have to do, this is the way you are going to do it. We don't want to talk to ourselves in that way. So, that's one way to handle that. Again, it's not either/or. You can do what you want but also keep in mind what your ultimate goal is, physical goals.

And figure out ways ... consistently think about ways to accomplish that goal in the most enjoyable way possible and that's the process, and that goes on forever. You're always going to be tweaking and changing things so that you get the results you want as comfortably and as enjoyably as you possibly can.

So, the other way, though, to use the rebellious part of you ... there's certain energy to this rebellion that's very, very useful. It's this idea that we don't want to be told what to do. We don't want to be tricked. We don't want to be lied to. And when we feel like we are, we get upset, right? We feel this fighting energy. And it's very, very useful. We don't want that to be the only thing we rely upon but we want to use it.

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And the way you can use this is you can turn that rebellion against fast food. You can turn it against junk food. Because those foods, and you know this, are not helpful to you. There are a lot of preservatives and a lot of chemicals in it. They're very, very unhealthy. They zap your energy levels. They make you fat. They create [inaudible] **5:47** on your organs. They destroy your health. We know this.

But sometimes we don't feel it internally. And so, we want to feel rebellious with these foods. Now, I can tell you I've used this exact technique myself. And I haven't eaten fast food ... I mean, it's has just been years and years. So, part of the reason is, when I think of fast food chains, I get rebellious, I get very upset about it because I feel like that they're trying to dupe me. I feel like they're trying to steal my health, and my money, and my self-esteem, and my confidence, and my energy, and they don't care. They're only out for themselves.

So, I use that rebellious energy and I direct it straight at those types of foods. Now, don't get me wrong. Sometimes I still eat candy or things that I feel that way about, but, overall, the overall feeling I have. So, I'm not just talking about thought process, "Oh, I know I junk food is bad for me."

Again, I'm going to the emotions of it. And the emotions I congruently feel in regard to unhealthy junk foods ... okay, and I should say ... I should make a distinction. I'm talking specifically about junk foods and fast food chain restaurants. Foods that are primarily or very heavily processed with chemical-laden preservatives and low-quality ingredients because there are some unhealthy foods that are natural, and I don't feel the same way about that.

I limit myself but I don't have this rebellious anger towards them. I do, when it comes to these fast foods and these chains and these junk foods. And I suggest you do, too. It doesn't take much more, I believe, than when you read the ingredients and you research those ingredients a little bit, and when you find out what those ingredients actually do to your body. Now, I'm not talking about them giving you cancer.

I'm talking about them literally zapping your energy, giving you a spike of energy then killing it long term, putting extra weight on you, making your moods all over the place, and really influencing your life in a negative way if you're consuming those foods regularly.

So, I hope this helps you out with the rebellious part of you because so many people have struggled with that and there's really no reason to. So, one last thing, if you feel this rebellious part come up and it wants to start bingeing and eating, what I want you to do is I want to suggest that you look at the eating plan that you've put together for yourself or the exercise plan that you've put together for yourself because, oftentimes, the rebellious part is letting you know that this plan is too strict or it's just not the right plan for you.

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And so, again, you can start following a new plan or you can tweak this plan so that it does work for you. Remember, ultimately you want to trust yourself. You're the final decider of if a plan is right for you or not. And you can tweak and change a plan as much as you want so that it works for you to enjoy while you get to the weight and the body and the energy that you want. But don't shut out that rebellious part. Work with it. It's part of you. And it's a helpful part of you when you use it correctly.

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

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