



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

## Lesson #37 **Boosting Your Self-Esteem**

by Jim Katsoulis

Alright! Welcome to this week's lesson. We're going to be talking about self-esteem this week. And I was very fortunate because I was able to do an interview recently with Joe Rubino who's actually an expert in self-esteem and raising it.

And it got me thinking that when you feel good enough and when you feel good about yourself, you think of food differently. You think about eating differently. And a lot of the work that we're doing here and a lot of the lessons are focusing on not just getting yourself to eat right but kind of taking a step back so that you naturally want to eat right.

When you do that sort of work, eventually, what happens is the behaviors become automatic. So, when you are struggling with it, instead of just focusing in the moment about what you should and shouldn't be eating (that's part of it) but you also want to spend time focusing on what's leading to those cravings and what's leading to those behaviors.

And, again, one of the areas, specifically, that you can look at is your self-esteem and taking a bit of time to create self-esteem that's supporting you because when you do feel good about yourself, all of a sudden, binging is something that you wouldn't do to yourself. It would be beneath you. It would be something that's harmful that you wouldn't think about doing.

Now, we already have some level of self-esteem and feel this way already about certain things so we can model this. For a lot of people, it's hard-core drugs. They have a belief in themselves that they wouldn't do that because maybe it would make them a bad parent, or a bad spouse, or a bad worker, or whatever it may be. And so, they put certain things out of their mind. It's just something that they would not do. And part of that is because they have this self-esteem when they think about that.

So, what you want to do is develop your self-esteem intentionally. Now, one of the main causes of self-esteem is the self-talk that's going in your mind.

So, we've talked about this. How are you speaking to yourself? And some of the ways that you do it is you hear different people's voices. Now, you may hear an authority figure's voice. You may hear a parent's or a sibling's voice. The voices that make us feel good, leave those alone. The voices that make you feel bad and not worthy and not good enough, those are the ones we need to change because they're not true anymore.

Even if you have your issues and your challenges and your failures, you can still approach those failures with a high self-esteem.

So, this is what you want to begin doing. The easiest way to do it, I believe, is to take a few moments and to imagine yourself as a person who has high self-esteem. Just purely, just imagining, what would that feel like?

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And if you do it right now, if you kind of hold yourself up ... you know this exercise; you kind of hold your shoulders up. If you did have high self-esteem, what would your physiology be? What would be your posture? How would you hold your head? How would you speak?

And then, internally, how would you speak to yourself if you did have high self-esteem and if you thought highly of yourself, if you were good enough, and if you did deserve things? How would you talk to yourself? How would you think about things?

This is what we want to practice because the more that you think in this way, the better it feels and the more you are able to recognize when you're doing the other things to yourself, when you're talking to yourself in a negative way because, oftentimes, what precedes the bingeing behaviors and the overeating is talking yourself down and making yourself feel really bad.

That's the way to look at this. With bingeing behaviors and the overeating, you make yourself feel so bad that overeating actually makes you feel good even if it's short lived and even if you know what's going to come after it. In that moment of feeling really bad, you just look for anything to make yourself feel better.

So, one of the ways that we can eliminate that sort of behavior is to regularly get ourselves to feeling better. When we start talking ourselves down and we start beating ourselves up, to identify that, recognize it, and let it go.

Because, oftentimes, this self-talk that we have in ourselves, we internalize a voice of someone who may have been abusive to us, who may have been rude to us or mean to us, and we've internalized it. So, it's not a real voice. What they're saying is not the truth. It's something that we're saying that makes us feel bad.

So, the first step is becoming aware of it and then changing it.

Now, there are a few different ways to change it. You recognize a voice, you recognize these limiting beliefs you have about yourself and what you want to do when you recognize them is you pull them out and you start to, first of all, question it.

Is this true? Because, oftentimes, what happens is that things that were said to us when we were children, maybe we misunderstood them, maybe we accepted them as true when we were children that you know they weren't. And then, from that point forward, we just operated as if they were true and stopped questioning them.

So, one of the ways to eliminate a lot of those limiting beliefs is to begin questioning those beliefs again. At this point in my life with the person that I am now, with the skills and the abilities that I have, is that still true? If it is true, how can I change it?

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So, again, we're going to dissect it and we're going to figure out these limiting beliefs that we have and these nagging self-doubts. Are they actually true? If they are true, then let's figure out how to solve it.

Then, this is the process – identification and questioning if it's true. If it's true, how do we solve it? And this whole process, in and of itself, increases our self-esteem.

So, I'm telling you that the greatest drop in self-esteem is when we just start believing all of these things without ever questioning them. So, we never get into solution mode. We're constantly in “feeling bad” mode. We need to intentionally get ourselves out of that. And it's a pattern thing. So, if you start to do it intentionally, it takes a little bit of effort but then, what ends up happening is it becomes something automatic.

Something I do, because thoughts are invisible, is that I think of red flags. I think of red flags going up like this like someone with a flag in their hand going up. And when a limiting belief comes into my mind, when a negative thought or when a self-doubt comes into my mind, I visualize in my mind a red flag going up. And so, it becomes somewhat of an automatic process.

Now, that's not to say that I don't have negative thoughts that still come in because I do. But I'm telling you that if you can even catch 20 percent of them, it's going to make an unbelievable difference in how you feel. And the more you do it, what ends up happening is, the more you recognize it, and then you look at them, a lot of them, they just disappear once you question them. And then, there are some that you need to work on to find the solutions to.

But, again, with this process, you start weeding them out. So you start getting some rays of self-esteem coming in and you start feeling better, and better, and better. And, again, this is the approach where we're going inside out to create a change. Instead of always trying to think, “I need to lose 10 pounds and then, I'll feel better about myself.”

It doesn't work that way, necessarily. What does work is when you feel better about yourself, you start acting more congruently with those feelings. So the more you increase your self-esteem intentionally, the more your behaviors begin to reflect those positive feelings, that strength, that health, and that power. And that's what we're looking to do.

The beauty here is that we're not just talking about exercising; we're just not talking about forcing yourself to eat a certain way. We're talking about things you can do sitting on the sofa watching TV, lying in bed at night, and driving your car to work.

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These are that types of mental exercises you can do that take very little physical energy and they just take some mental thought. So, make this a focus this week. Intentionally think about how you can increase your self-esteem. How can you do it?

And I'll give you one last one and, actually, I'm going to put a link on here to that interview that I did recently with Dr. Joe Rubino, and you can listen to that, and you can get a few more ideas to how to increase your self-esteem.

One of the other ones is that bad things happen to us in the past – something traumatic happened, some abuse ... whatever negative thing happened in the past, there's a tendency sometimes that we could define ourselves by that event or it could be multiple negative events that we define ourselves as.

And it's important to recognize that we're much more than that. And so, a great technique that Dr. Rubino shared with me is the technique to redefine and reinterpret what that event meant. And so, if it was an abusive situation, the way to reinterpret that is to look at it as, "Well, I must be strong because I'm still here. I'm still a person. I still have the ability to create change in my life."

And this is true for you, specifically, because if it wasn't, you wouldn't be watching this video right now. So, I want you to create new beliefs and new interpretations about the things that happen in your life especially the bad things. We want to reinterpret them.

They can still be bad. You can identify abuse as being a bad thing. It shouldn't have happened. It was unfair and it was wrong. However, you can also identify it as something that made you a stronger person and that taught you a lesson that you needed to learn, and that something that you used ... not that something that you're stuck with that messed you up but something that you've intentionally used to become stronger, to become better, and to become more successful. It's a great, great technique.

So, if you have things in your past that are painful, rather than ignoring them, begin asking the question, "What did I get out of that? How can that make me stronger? How did that help me in some weird way?"

And I'm telling you that if you can do this, what happens is that you naturally and automatically begin to let go of a lot of the pain. I tell you, I've used this technique myself many, many times and it's almost like a clearing technique.

It, literally, let's go of a lot of the pain unconsciously. You don't even realize how much you can let go when you finally make peace with the crappy and painful things that have happened to you in your life, when you make peace with it so that you know it was bad but you can look at it and not fall apart. You don't have to be always avoiding it. You don't have to be fearful of it.

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So, it's a great technique for increasing your self-esteem. The secret here is taking a few moments and reminding yourself to do this somewhat regularly. And you'll see that it will make a huge difference.

You don't need to force yourself to eat well. I'm telling you that a big part of it is feeling like you're good enough, and feeling like you feel strong and powerful so that you want to maintain that feeling. And when you want to maintain that feeling, you maintain it by eating well.

And so, it's a complete shift in the way you're thinking and the way you're looking at the world, and this is how you do it.

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

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