PYT Weekly Training & Support

Lesson #64
Utilizing "Pig-out" Days

by Jim Katsoulis

Hello, and welcome to this week's lesson. I remember being in school, and I was taking an Investment class, and the teacher gave us an assignment where he told us to use the stock market, play it, and intentionally try and lose as much money as possible. And everyone thought this was going to be very simple because we always assume it's hard to make money and it's easy to lose money.

And what we quickly found out was that it was just as difficult to lose a lot of money as it was to make a lot of money because both of those things required some kind of ability to predict what the stock market was going to do. And the reason this matters is because when it comes to weight loss, oftentimes, what we assume is that we're always trying to stop ourselves from eating a lot of food. We always assume that we just want to eat everything all the time; and then, we have to stop ourselves from doing that.

And what I've found is that that's not really the case. When we stop thinking like that, we, oftentimes, will self-regulate our eating and eat what's appropriate. And, sometimes, if the presupposition and the idea that we have is that we always want to pig out and eat everything and we have to stop ourselves from doing that, then, it can actually increase cravings and cause us to eat more.

So, what I want you to do this week is a little experiment; and I want you to add into your week here a pig-out day or two. It's an experiment. And what I want you to do is I want you to give yourself the entire day, from the moment you wake up till you go to sleep, and you can eat everything and anything that you want.

Now, you've got to understand because, sometimes, I say this to people and they get nervous and scared. They think they're going to put on five or ten pounds. The truth is that a day or two of overeating is not going to influence your weight at all. It's the 80/20 rule that your body is really the result of 80 percent of your eating, not the occasional dinner or holiday eating or party eating that you do. It's the habitual eating patterns you have. So, one or two days is not going to change anything.

What it can do, though, is that it can show you that when you, all of a sudden, take off the idea from yourself that you always want to eat enough to stop yourself and you're always struggling to stop yourself and you give yourself free rein, you're going to tap into a different part of your personality, in a sense. And when you allow yourself to eat everything and anything that you want, what I think you're going to find is that you don't want to eat everything in sight.

It's a very, very enlightening experiment to go through because you may realize that there's a part of you that really does want to eat well and make good food choices. But when we change the frame of this … and, again, everyone knows this because there have been things in your life that you've been forced to do.

Schooling is like this for people, sometimes. Maybe they go to school in a capacity where they have to and they're being forced, and they rebel against it because of that. And, then, maybe they get older and they get interested in something, and they go to school to learn it, and they love it because it's their own choice.

So, the frame of forcing yourself to do something, in and of itself, can not only make it unpleasant but also create worst results because you create an unconscious rebellion against it.

So, when you change the frame around what you're doing and it becomes something that you want to do or you can eat in any way that you'd choose to, then, you might find that there's a part of you that really does want to eat well and there's a part of you that wants to regulate how you're eating and that genuinely, truly wants to because it feels better.

And you can tap into this with these pig-out days. Give yourself complete and total free rein to eat anything that you want; and I genuinely mean this.

Now, one or two days, you might eat everything. You might stuff yourself silly and that's fine; that's part of this because there's no right or wrong here; there's no correct response that you're supposed to get. It's really just about experimenting and playing around and seeing how you feel and how you think when you approach food and eating in a different way. That's the main goal here – different people learn different lessons.

But for most people, it is a different way to think about food and eating to say, "I'm gonna eat everything and anything I want today," and to notice what that leads to because we just want to shift things up continuously and regularly until we get to the place where we're completely happy with where we're at. And I've got to tell you, I've never met anyone who is not always reaching for another level, a higher level of eating, of health, of energy, and of the way their body looks.

So, it's a never-ending quest and journey so we want to shift things up; and this is a fun way to do it because if you're like 99 percent of the people, again, you're always concentrating on restricting what you're eating. And, again, if you need to restrict what you're eating, the assumption behind there is that you want to eat everything and that you're constantly stuffing your face.

So, we just want to play around with that a little bit and give yourself a day or two days and you can even do it for a couple of weeks where you give yourself a day or two where you can eat anything. And the other thing that does is it kind of gets it out of your system.

You see, sometimes, if we're always kind of restricting ourselves, we always feel like we're holding ourselves back, then, sometimes, we never really … say, you want to eat an ice cream sundae but, instead, you get an ice cream cone; and then, you get an ice cream snack; and then, you eat a little bit of ice cream out of the ice cream in the freezer because you never just go full out and get the sundae, for example.

So, sometimes, if we're always restricting ourselves, it's like we're always thinking about that ultimate thing we want to eat or we want to have. And because we don't actually give in to that, we nibble on things along the way. And so, sometimes, if we just get what we wanted, it sometimes will calm us down. It will let us relax.

So, again, there a lot of different things that you can learn from this experiment, but the one thing that I've seen with every one who's done it is that you will get something out of it. You will learn something about yourself.

And I'm urging you to truly give yourself free rein. See what happens. There's no right or wrong. It's just about being aware of what you're thinking, how you're feeling, and what your behavior is.

But, literally and genuinely, you can have anything you want. That's the idea here, and you do it for a day or two days. You don't have to track it. This isn't a cheat day even. This is literally a day where you give yourself complete and total relaxation to just do what you want and eat what you want. So, that's one more thing I want you to focus on – the relaxation, the lack of energy it's taking to stop yourself and hold yourself back.

Tap into that relaxation and what it's like to just do what you want. Give yourself a day or two of that. And, again, you can do it and carry off for a couple of weeks, if you want, because you can learn a real, real lot. And where you come out on the other side of that might be a lot better.

So, do this. Play with it. See what happens. And I'll talk to you next week.