



PYT Weekly Training & Support

Lesson #70

Do You Really Want
to Lose the Weight?

by Jim Katsoulis

What if you don't want to lose the weight? Have you ever thought about that? If you were struggling with weight, then, I'm going to suggest that one of the core problems is that you don't want to; you don't want to lose the weight for any number of reasons.

You might think it's too hard and unpleasant. You might think that if you lose the weight, you'll get too much attention and you don't want that. There are just a million reasons why that might be true. But the value of thinking that you don't want to lose or that you're in control of it is that you give yourself the power back. So, often, when people are struggling with weight loss, they're always saying, "God, there's a plan but I couldn't stick with it. What's wrong with me? How come I can't follow through? How come I have these cravings? How come I have this genetics? How come I have all these problems with me?"

What it always comes down to is why don't I want it? Why do I choose to be overweight?

Now, can I say that? Are you irritated with me for saying that? Let's face it. We're talking about weight and what weight ultimately comes down to is the amount of food you're eating and the kinds of food that you're eating. It comes down to exercise, too, but the main things are food.

And the truth is you have complete control over that. If the closest person to you in your life had a gun pointed at their head and you had to eat a certain way in order for that trigger not to go off, you would do it. So, it's not a question of if you can do it or not. It really comes down to the question of if you want to do it or not.

Now, if you're getting irritated by this line of questioning because, usually, this goes against all people's beliefs that they've created about the weight loss. There are a million reasons why people can't lose weight. Very rarely will you hear someone say, "I don't wanna be thin; I don't wanna lose the weight." You rarely hear that.

But from my experience, when you keep digging down, it, ultimately, comes down to that; and, again, that can be for reasons that are genuine. Maybe if a woman loses the weight, she would get a lot of male attention; and the problem becomes that she doesn't know how to deal with that; and the weight is the only way she has learned how to deal with that.

But, at that point, the problem is not how do I lose weight? The probably is how do I deal with male attention with the body I want in a way that's effective and comfortable for me? You see, there's a big difference there.

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But I want you to understand that I want to build up your ego here. I want to build your self-esteem by asking this question. It's okay if you've decided to not lose the weight in the past. That's not a problem.

What we want to get to are the reasons why; and then you can look at them objectively and either find a solution for them or continue deciding to be overweight and be happy with it.

Being overweight is not the worst thing in the world. The worst thing in the world is being overweight and being miserable about it, beating yourself up about it, and feeling horrible about it. But I believe, from my experience, that majority of the people who are overweight, on some level, have decided to be overweight for whatever reason. Maybe they believe that they have to be overweight; maybe they believe that their whole family has been overweight, they need to be overweight.

So, there are a lot of reasons why someone could decide that they want to be or that they have to be or that they need to be; but, oftentimes, it comes down to that person – you – making a decision that, “I'm going to be this way,” as opposed to, “I'm going to be that way,” the way you want to be.

Now, I want you to think about it in this level. For the next week, I want you to really think in these terms because even though I don't know you personally, I've worked with enough people to find out that we are amazingly powerful, even the ones of us who feel like we're not. At the end of the day, we do what we want to do with things that we have choices about.

When it comes to food, we have choices. I may not feel like it sometimes. Sometimes, cravings might overtake us; sometimes, we might struggle with these things. But, overall, if it were important enough ... again, if there's a gun to the head of someone who's really important to you, you have the ability to say ‘no’ to those foods. You have that ability.

And if you haven't tapped into that, if you haven't used that, I'm going to suggest to you that it's because you have not decided to lose the weight. I say this because I've seen so many people struggle for years and years; and then something just shifts in them; it flips in them. And, all of a sudden, instantly, weight loss becomes easy because they shuffle things around; they reframe things.

Well, I'm telling you the one of the things I identify that can help you do that, help you reshuffle things, and have things flip around for you in a positive way is to ask yourself the question, do I even want to lose the weight? And I want you to think about it in the frame of “you're the one who is control; you're dictating your weight; and you've decided on that weight on some unconscious level.”

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Remember, we're not talking about height here. We're not talking about something you've no control over. We're talking about something that you have one hundred percent control over.

And so, what I want you to do is I want you to think about it. If you've been unable in the past to change it, I want you to go right to the heart of the matter and ask yourself truthfully and honestly. And I want you to ask this question.

If you come back and say, "I, one hundred percent, want to be thin and lean and strong and flexible and all these things; but I haven't been able to do it," I want you to let me know because everyone I've asked this to has really dug into it. You start to realize that there are all these reasons, these unconscious reasons, these limiting beliefs they have about losing weight that are preventing them from wanting to do it.

So, again, it's a reframe; it's a mindshift; but it can be extremely powerful because, again, it gives you the power. First of all, if you've been overweight for the last 20 years and you start looking at it this way ... instead of saying, "Oh, God, I'm just a slob and I'm a jerk and I can't follow anything," and beating yourself up, you can start to say, "I decided to be overweight for the last 20 years because that was how I dealt with x,y,z. I decided to be overweight for the past 20 years because that was I thought I had to be, that was what I thought I was, and that was part of my personality."

Whatever the reason is, it's different for each person. But, all of a sudden, when you start saying it like that, it has a different feel to it. And there's a reason why. Even if you struggle with this, if you struggle to find the reasons why, I want you to just keep digging because they're there.

And when you get to a reason, by the way, you get to a premise, "I've been overweight because that was what I thought I was." Now, you ask yourself, "Is that who I am? Can I be more?" and that's when you start generating this new personality.

"No, I can be a person who's thin and lean and is still happy, who is still friendly, who is still loving, and who is still compassionate. I can be that way and get me all the attention and know how to deal with it. I can be that way and get female attention and be comfortable dealing with it. And I want to because that has so many more benefits in my life," and on and on and on.

But there are these unconscious reasons that are there, and the easiest way to describe it is that you've decided. You decide your weight. Whether you realize it or not, you have decided it; even the overweight part, you wanted to be that weight for whatever reason.

That's the game you're playing this week, and that's the question and the way I want you to think. And see what comes up. Do this, and I'll talk to you next week.

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