



PYT Weekly Training & Support

Lesson #78 Love vs Hate

by Jim Katsoulis

Let's talk about two competing motivation strategies. Now, one of these strategies is used by a majority of people trying to lose weight; and the other strategy is used by people who are successful in keeping weight off; and what they are: It's love versus hate.

Now, if they're not happy with their body, I think it seems logical for people to think that the more they hate themselves and their bodies and get angry with themselves, the more they would move away from that. The more you hate something, the less you would want it. Logically, it makes a lot of sense.

On the other side of that, if they weren't happy with their body and, all of a sudden, they start pretending or saying that they love their body, then, people think that they would lose motivation; that, all of a sudden, they wouldn't be inspired or motivated to make the changes necessary to get the body they wanted.

I want to share with you some reasons why we need to start loving our bodies regardless of where we're at. Again, some of this stuff is counterintuitive; it's not logical. It doesn't make logical sense, but you're going to find that we're getting into the area that really drives behavior. That's what we need to understand, and logic is not that. We're not solely logical creatures. If we were, life would be much easier.

Now, it comes down to this. If you think about times when you've overeaten or you've been bingeing or you've just been totally off track—"I don't even care; forget it; I don't care what I do,"—in those times, are you more filled with hate for your body or are you filled with love for your body when you're bingeing and when you just don't care?

The opposite side—if you think about times when you've been on track, times when you're doing well, times when you've naturally eaten better and appropriately, have you felt more love for your body and more love for yourself? Usually, that's the case.

That's how we need to look at this, not as a logical thing but as a factual thing. When you feel more love, when you feel better, when you feel more forgiveness, when you feel more appreciation and gratitude, when you feel these types of things and emotions, when you're thinking in these ways, do you tend to make better food choices?

And the answer for most people is "yes," and the flipside being that when you're filled with hate, when you're depressed, when you're mad, and when you're angry with yourself, you tend to eat worse.

So, we need to understand this in a very core level. I say this to people all the time; but a lot of times, it gets stopped at their logic filter. It just doesn't make logical sense. So, we need to understand that our emotions dictate our behaviors.

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And this is why loving our body right now regardless of what our weight is or what our body looks like, beginning to grow and manifest that feeling of love, appreciation, and gratitude for the body that we have and everything that we have now is a much more powerful and quicker way to get the results that you want.

And, again, I understand it's counterintuitive; but you need to understand that if you're constantly feeding that hatred, that anger, and that disappointment in yourself, then, what you're doing is you're feeding the behaviors that come out of those negative feelings.

So, you can logically say, "I'm not happy with my weight. I want to weigh 20 pounds less. I want to be this weight here. But I'm also very thankful and grateful for the body that I have right now." And that can go all the way from "I'm happy that my hands work. I'm happy that I can see, that I can speak, that I can walk"—little things that we take for granted.

Then, we can move it along a little bit more if you're a woman and if you want to be attractive to other people. What things can you do with your body right now to accentuate the positives and take away from the negatives so that you feel more attractive?

Again, the more attractive you begin to feel, if that's important to you, then, the more attractive you're going to want to become. This is the path you want to go when you want to begin identifying what it is that you do want and how you want to feel about your body; and then, begin feeling that way now.

And you begin feeling that way now not by losing 20 pounds. That can help, but you want to do it right away right now by thinking of yourself and your body differently. And when you do that, that's where your tension becomes. You get yourself out of trying to motivate yourself through hatred, and through anger, and through getting mad at yourself.

And instead, you begin to motivate yourself through love, and through caring, and through gratitude because when you start to feel grateful for your body, when you start to appreciate it, when you start to love the parts of your body that you do have right now, when you start to appreciate them, you're going to find that you're going to want more of that. You're going to begin to crave that feeling more because it's good.

Remember, our behaviors are based on craving more positive feelings. We're pleasure-seeking mechanisms. You know this because if you've ever had trouble with certain foods, in that moment when you're craving it, it's not anything negative; it's just pure pleasure thinking about it and you're just thinking about the pleasure of it; and that's driving the behavior.

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So, it's the same thing here. The more you start to feel good about yourself, the more you're going to want that; and that's really the secret I learned from studying people who had changed their weight and kept it off.

They'd literally transformed to who they were as a person, and part of that transformation was that they enjoyed feeling alive; they enjoyed feeling light; they enjoyed eating well because it made them feel good. It wasn't something they had to do; it was something they wanted to do.

So, the time to start this is right now. No amount of hate is going to help you. It just creates a lot of pain. And even worse, sometimes, people use that motivation to lose the weight; and they lose the weight they said they always wanted to lose but they still have developed that hate or that disappointment in themselves so strongly that even when they lose the weight, they just find something else to get disappointed about or hate on.

So, it's a behavior and an internal pattern that needs to change now; and it need to be replaced with more positive things. Again, it's up to you what you want—love, gratitude, appreciation, feeling lucky.

I do this regularly. If you ever get the opportunity to watch some show and you see someone who goes through some horrific accident and they can't walk anymore, again, it's something that you should feel grateful for—just the fact that you can walk.

Again, the way we use our mind creates our reality. I hope this has led you to give up on the hatred and the perfection idea where you only find the bad things because while that logically makes sense, it emotionally leads you to do all the things that reinforce that hatred or that disappointment or all those negative emotions.

We're looking to intentionally build up the positive emotions and generate those because the behaviors that flow out of that are what you want. And so, this is a better way to do it. Instead of feeling disappointment and anger and trying to consciously change our behaviors, we want to intentionally generate the positive feelings and allow the positive behaviors that flow out of that to lead us in our lives.

So, I hope this helps you. The secret here is to become aware of it. I want you to spend some time this week and become aware of this process because with most people I've worked with, it just goes to the territory that we can become upset with ourselves, and it just becomes so common, and we've been doing it for so long we don't even realize it.

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And the way you do it is you can identify things you don't like. This isn't about being everything's perfect and I don't want to change anything. If you want to change something, that's fine; but it's about recognizing something you want to change in yourself and doing it in a loving and supportive way as opposed to just being really negative on yourself.

So, the first step is to become aware of it. Become aware of that process in yourself; and then, begin thinking about the things you appreciate about yourself and all the things you love about your body and who you are right now. Not when you lose 20 pounds, not when you lose the weight, but right now!

And if you want to take it a step further, go get an outfit. If it's important to look good and feel attractive, go do something that makes you look and feel better, that accentuates you and makes you feel good now.

If being attractive isn't the main thing, go for a walk. Do some movement. If you want to be healthier, do something today that you can do that will make you feel better—maybe a walk, maybe you go for a bike ride, maybe a yoga class, whatever.

Do something that reinforces the love you have for your body and build on that.

And it changes everything. I promise you and you will find for yourself that love is a much more powerful motivator than hate, anger, and disappointment.

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

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