



From Fat to Thin Thinking



FORGIVE YOURSELF EXERCISE

This exercise melts the barrier of ill will and distrust that you're holding within. Replacing those criticisms with self-love and acceptance permits you to move forward on your journey to weight mastery.

Use your journal and pen for this exercise. Please make sure you do this and don't cheat yourself of this valuable experience.

MY ANGER AND RESENTMENT WITH MYSELF AND MY WEIGHT STRUGGLE

Make an Anger and Resentment List of the ways that you feel you have failed or let yourself down with regards to your weight. Write down whatever pops into your mind and don't self-edit. Let the answers surface from your unconscious. (You can use the Anger and Resentment Prompts I have listed below if you need guidance.)

NOTE: Leave a blank line below each Anger and Resentment listing in your journal—you will be writing something else there in a moment.

ANGER AND RESENTMENT PROMPTS

Physical:

- Are there any physical or medical issues that you have as a result of your weight struggle?
- Are you upset with yourself for having that issue? (This may be an obvious lifestyle-related, medical issue, such as type 2 diabetes, arthritis, high cholesterol, or kidney stones. Or it may be an issue that's a result of your weight-loss attempts, such as bariatric surgery or liposuction.)

For example: I am mad at myself for having bad knees as a result of my weight.

Emotional:

- What emotional challenges have you experienced as a result of your weight struggle?
- Has your struggle caused you shame or depression or made you to feel like a social outcast?

For example: My weight has caused an intimacy issue between me and my husband.



Quality of Life:

- In what ways has your weight struggle kept you from living the life of your dreams?
- Have you put off pursuing a life-fulfilling goal because you want to wait to be thin before giving yourself permission to do it?
- Do you lack confidence because of your weight struggle?

For example: I have put off going back to school until I lose 30 pounds.

MY FORGIVENESS OF MYSELF AND MY WEIGHT STRUGGLE

Take each item that you listed in your Anger and Resentment List and write a Forgiveness Statement below it. After writing each Forgiveness Statement use a Shift Breath to bring the forgiveness in and let the resentment out.

For example:

Anger and Resentment List Item: I have back pain due to my struggle with weight.

Forgiveness Statement: I forgive myself for having back pain due to my struggle with weight.

(Shift Breath—inhale in forgiveness—exhale out resentment)

NOTE: You may not feel like you have fully forgiven yourself in the writing or breathing exercises. That is okay! I assure you that change is happening. There will be an opportunity for you to do this on a deeper level in the upcoming Start the Journey Hypnosis Session. It may feel a bit strange to forgive yourself but I assure you it's addictive, especially when you begin to experience peace in your mind and heart along with the health and slimness that comes with it.

WEIGHT FORGIVENESS AND ACCEPTANCE

Now that we are on a forgiveness roll, I invite you to do one last courageous bit of forgiving. Write down whatever you weigh today, and forgive yourself for your weight. Accept that this is where you are right now, and it is okay.

A Weight Struggler's shame about weight is often enormous, perhaps more weighty than the weight itself. That's why this process is designed to help you learn to use your weight in a way that removes the emotion, guilt, and pressure.

Please write down your current weight in the space below. If you don't know it because you have thrown away your scale, then take a guess. As you dive deeper into this process, I will ask you to weigh yourself. It will help your mind stay in thin thinking and lessen any fear or dread about knowing your weight (more later). For now, take a deeeeeeeep Shift Breath and write down your weight or your honest guess.

My current weight is: _____

