

# PODCAST #33

## CREATING SAFETY FOR WEIGHT LOSS

### I. FIND THE RIGHT RESOURCES

\*\*\* If you have been a victim of any sexual assault or have been violated in any way it is vital to get support. I have included several resources below for you to look at. I would also strongly suggest that you please speak to a professional or reach out to someone safe if you need additional support. You do not have to suffer alone.

<https://psychcentral.com/pro/recovery-expert/2016/01/healing-from-childhood-sexual-abuse#1>

<https://www.healthyplace.com/abuse/child-sexual-abuse/treatment-of-child-sexual-abuse-sexual-abuse-recovery>

[https://www.huffpost.com/entry/six-steps-for-healing-fro\\_b\\_8525362](https://www.huffpost.com/entry/six-steps-for-healing-fro_b_8525362)

### GENERAL STEPS TO TAKE IF YOU NEED TO CREATE SAFETY:

Of all the resources listed above there is a general consensus that you are to:

1. Speak up
2. Journal
3. Face the shame
4. Grieve the loss
5. Be compassionate with yourself



### BEFORE YOU FINISH WORKING THROUGH THIS INFORMATION:

My name is Dara Tomasson and I am a life and weight loss coach for quilters, the emphasis of my message is to help women lose weight by focusing on their minds although weight loss is the main pillar of my program I am here as a safe resource to help you decide what is the best road for your recovery. Please accept my invitation to have a one on one conversation and I can help direct you if this is something you feel you need help with. You can reach me on my website by visiting [www.daratomasson.com/contact](http://www.daratomasson.com/contact).

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### II. YOUR THOUGHTS CREATE SAFETY FOR YOU

Let me say this again, your thoughts create safety for you. If you are constantly having unkind thoughts about yourself and your body, you will need to learn how to monitor your self talk, learn how it is affecting you and then get support. This is the work that I do with my clients in providing safety for them. Your feelings are generated by your thoughts and then the feelings fuel your actions which are responsible for results you have. See below...

#### CIRCUMSTANCE

How much you weigh aka the # on the scale

#### THOUGHT

I am a fat whale

#### FEELING

Embarrassed

#### ACTION

- Don't or won't go out and socialize
- Talk down to myself
- Compare myself to others
- Berate myself
- Eat sugar and flour to feel better

#### RESULT

I do not feel trustworthy to make myself feel better

### HOW CAN I APPLY THIS TO MY OWN LIFE:

This result is the consequence of the actions that were fuelled by your feeling embarrassed because you had the thought that you were fat as a whale. (that was a direct quote from a client who has now lost 65 pounds at age 67). You can learn to create safety in your own body every single day, regardless of your circumstances. You must learn to love yourself and change your thoughts around who you are and how you are using food. You must also learn to love and trust your body, especially if you have been in a place of distrust with it for a long time. You can learn more about my program Love Yourself Thin by visiting my website.

<https://daratomasson.com/love-yourself-thin/>