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love yourself thin



Ultimate Entertaining Guide for Permanent Weight Loss

Entertaining Guide Overview

Today we are going to cover how to maintain permanent weight loss while entertaining or being entertained, we will cover this topic in three main sections.

1. Having Friends Over
2. Going Over to Friends
3. Attending a Potluck

Although these seem very different and specific I am going to walk you through the top 3 concepts to create freedom around these.

Let's take a quick inventory of where your brain is at with eating at friends or attending eating gatherings such as potlucks and entertaining guests.

1. What do you love about having friends over, going over to friends or attending social eating gatherings?
2. What don't you love about these gatherings?
3. Where do you think these likes and dislikes came from?
4. During Covid what did you notice about the lack of social eating gatherings?
Did you feel relief? Did it cause anxiety?
5. What do you worry most about eating in social settings now?
6. What are your 'rules' about social eating?

TRUE OR FALSE QUESTIONS

- I have started some of them here and indicate if this statement is true or false T F
- I have to eat what they serve me or it's rude. T F
- I can never leave food on the plate or it's an insult. T F
- I must serve a lot of food and variety when entertaining. T F
- I must always offer dessert to my guests. T F
- I need to try a little of everything at a potluck, I don't want to hurt anyone's feelings. T F
- If I don't eat the same as others it is very awkward. T F
- I always watch the lead of the host to know what is expected of me. T F

Freedom Concepts

Freedom Concept #1

It's your body and YOU are the only one who gets to decide how YOU want to feel.

When you don't pay attention to your feelings/emotions you become disconnected with your body.

Emotions/feelings always come from our thoughts. For example, if you have a thought that you might be late that thought instantly creates an emotion of fear or stress or panic. Whatever emotion you feel will create a physical reaction in your body like having your armpits start to sweat, your vision is enhanced and your heartbeat races.

You will feel emotions according to the thoughts that you are having.

When you are hiding from your thoughts you will have all sorts of emotions firing in your body and it will feel very scary and confusing.

You need to start paying attention to your thoughts.

When you give awareness to your thoughts you are no longer scared of feeling out of control. You learn to trust yourself more. You are empowered. You realize that you are the only one who can change your body.

Feelings don't just happen to you- you decide what you feel from your thoughts. This is always how it has been and will not change.

1. Do you believe you are always in charge of your feelings?

2. Do you feel that you are in control of the shape of your body?

Freedom Concepts

Freedom Concept #1

It's your body and YOU are the only one who gets to decide how YOU want to feel.

3. What do you struggle with when you are around food?

4. Why is it difficult to say no when someone offers you cake and you hadn't planned to eat it?

5. Why do you think your body is the way it is now?

6. How is your current body impacting the quality of your life?

7. What other thoughts have come up for you as you ask yourself these questions?

Freedom Concepts

Freedom Concept #2

Decide how you want to feel beforehand.

Taking responsibility for how you feel needs to be learned.

There is an assumption that by the time you are an adult you will take responsibility for how you feel and not ever blame others for how you feel. If you are turning to food to feel better, especially french fries, burgers, chicken nuggets, mac and cheese aka 'kid party food', that is a sign that you are not taking responsibility for your feelings.

I teach a process of taking ownership of your feelings inside my program but in this guide I am going to share one aspect of it so that you can feel more empowered when you attend parties, potlucks or entertain friends.

Deciding how you want to feel is always in your control because your feelings always come from your thoughts, as discussed in Freedom Concept #2.

If you find yourself feeling an undesired emotion you are going to play 'hide and seek' with your emotions. You will know that you are feeling uncomfortable because your body won't feel at ease. Your skin may be hot, your stomach may be in knots, your chest may feel like an elephant is stepping on it. As soon as you detect this discomfort out your hand on your chest and ask yourself what emotion you are feeling.

You need to connect your physical body to your brain by putting your hand there. Search out the feeling. Is it sad? Is it frustration? Is it discouraged? Keep your hand there until you resonate with the emotion. This is vital to connect to the correct emotion so that you can be in tune with your body's natural rhythm that you have a thought which is always accompanied by an emotion.

Freedom Concepts

Freedom Concept #2

Decide how you want to feel beforehand.

Commit to playing hide and seek with your emotions. You never have to be afraid of emotions. In fact, everything we do in life is because we want to feel a certain emotion. If you don't acknowledge the negative emotions you will never feel the positive emotions. Just like in nature if you don't have darkness you would never know the daylight.

What is your biggest takeaway from this freedom concept?

Do you struggle to believe that you are always in control of your emotions? YES N

Why or Why not?

Freedom Concepts

Freedom Concept #3

You are always building trust with yourself. It is not a one and done.

One of the tell tale signs of a mismanaged mind is when you have perfectionistic or all of nothing thinking. You know this is happening when you have thoughts like:

- Last time we had people over I ate the dessert when I said I wasn't, so why bother resisting knowing you are just going to eat it!
- You always make such great plans to not overeat and look at you feeling uncomfortable in your stomach again, next time just wear your stretchiest pants'
- Before you even got to the potluck you said that you wouldn't have any flour or sugar and now look at your plate- you just aren't trustworthy'

With each example you are going to your past self for evidence that you can be successful. You are also generalizing and saying 'all the time' instead of sometimes you make goals and sometimes you don't always live up to what you committed to doing.

When you keep going back to the times that you 'failed' or broke trust with yourself you are keeping yourself in the failure pattern. You are wiring your thinking to believing that you are a failure around food and can't be trusted.

You are rewarding your negative behaviour when you give attention to the negative behaviour. It's the same thing if a toddler whines and cries for candy in the store and giving into them rewards their negative behaviour so that toddler learns that if they complain and scream they will get candy.

Start small and simple. Reward yourself for your wins. You are now rewarding yourself for positive behaviour rather than the toddler example. When you do this over and over you create trust in yourself. It is a beautiful thing.

Freedom Concepts

Freedom Concept #3

You are always building trust with yourself. It is not a one and done.

Here is a simple exercise to build trust with yourself.

1. Write one thing you want to do for yourself today
2. Why do you want to do this one thing?
3. When will you do this one thing?
4. How long will this one thing take?
5. What will happen if you don't do this one thing?

Desire is not innate. You aren't born liking peaches or not liking peaches. Along the way you had an experience with peaches that informed you desire for them. Desire is rewarded. When you brush your teeth there is no immediate reward even though we all can agree that great dental hygiene is super important. Compare the 'reward' of brushing your teeth to the 'reward' of eating a chocolate bar- you got it, there is an instant reward because of the high concentration of dopamine surging through your body.

When you reward yourself through positive reinforcement you are creating your own desire which will help you build your trust with yourself.

What was your biggest takeaway from this freedom concept?

If you enjoyed this guide you'll LOVE my lifetime membership of Love Yourself Thin where every step of losing weight and keeping it off is laid out for you. You never have to stress about weight loss again or spend another dime on it either. I am so confident that I even have a money back guarantee of 20 pounds in 90 days.