

EPISODE 49: Sabotage & Weight Loss

Please use this page to fill out your answers
to the best of your ability

On a scale of 1-10 how often do you sabotage your successes?

To get a better clue, how many times have you lost weight and then put that weight back on? Why do you think that happens?

According to Gay Hendricks author of The Big Leap these are the four main reasons we sabotage our successes.

Hidden Barrier No 1: Feeling Fundamentally Flawed

Hidden Barrier No 2: Disloyalty and Abandonment

Hidden Barrier No 3: Believing more success brings bigger burdens

Hidden Barrier No 4: The crime of outshining others

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Regarding weight loss you will see this show up like the following:

Hidden Barrier No 1: Feeling Fundamentally Flawed

- I am not smart enough to figure out weight loss
- I just don't have the proper genes
- I didn't grow up in a way that gave me skills or brain power to overcome this obstacle
- Weight loss is just not in the cards for me, I just am not enough.
- Somethings will never change, I am just not this kind of person

Hidden Barrier No 2: Disloyalty and Abandonment

- If I lose weight my family and friends will judge me and exclude me.
- my family has different values and if I lose weight and keep it off they could think I am better than them and we would feel uncomfortable
- I just don't know how to feel like I belong when I look so different from them

Hidden Barrier No 3: Believing more success brings bigger burdens

- People will think that I am judging them for being successful with weight loss

Hidden Barrier No 4: the crime of outshining

- I don't want them to think anything bad of me but I want to still lose weight so if I tell them it's really hard then I can feel better
- I need to justify why I am losing weight by talking about my health and taking care of grandkids
- I don't really talk a lot about my success and when they make comments I don't want sound boastful

Red flags to see if you are having upper limit problems:

Worry, blame and criticism, getting sick or hurt, squabbling, hiding significant feelings, not keeping agreements, not telling significant truths to the relevant people and deflecting (which means you brush off compliments).

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Which red flags do you typically see for yourself? Why?

As a child you observed patterns of behaviours that set the limitations you have for yourself. You created the thermometer then. When you do this work you bump against the temperature and you can make adjustments. Lean into the discomfort and explore why below...

Solution

1. Awareness of what's going on
2. Decide your why of losing weight
3. Infinite commitment to yourself
4. 100% worthy so the reason for losing weight is not to be better but just to have more fun in life. Take the pressure off

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I love how Gay Hendrick's research and findings align so beautifully with Love Yourself Thin.

Grow the capacity to feel good in our body now and as you continue to feel more compassionate and accepting in our body we will embrace that this is the new me. Your identity shifts. You believe new things about yourself. You start embracing that you can be thin and that your body doesn't need to be an argument. You don't have to control everything around you.

Let's solve your upper limit problem. When you join Love Yourself Thin you will discover how to lose the weight and keep it off. Write your biggest takeaways from the podcast here:

