

HOW TO ACCEPT YOURSELF EXACTLY AS YOU ARE. PODCAST #56

YOUR BODY IS NEUTRAL

One of the main life coaching tools I teach is called 'The Model'. It helps put things into perspective the difference between our thoughts and what is considered neutral which I call a circumstance. Here is a small outline about what the Model is.

The Model

C is for Circumstances. Circumstances are like facts that can be proven in a court of law: your height, your weight, your eye colour, your address, your sewing machine. None of these things have any meaning until you add thought into it.

T is for Thoughts

F is for Feelings

A is for Actions

R is for Results

Here is the model for someone who maybe struggles with their height.

C: Your height: 5'2

T: I am short and don't like having to get stools or ask for help.

T: I am short and I hate looking like my mom.

T: I am not short compared to my neighbour across the street.

F: Upset

A: I eat food to comfort myself

I buffer my feelings about being short by going on social media

R: I gain weight and am upset

If you run this model with any circumstance in a negative way, it means that you rely on outside validation for your worth which is conditional love.

Depending on what you think will determine how you feel about being 5'2

YOU CONTROL YOUR THOUGHTS ABOUT YOUR CIRCUMSTANCES AND YOUR FEELINGS FUEL THOSE ACTIONS. WHATEVER YOU SPEND YOUR TIME DOING WILL DETERMINE THE RESULTS THAT YOU GET.

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PRACTICING THE MODEL

Here are two examples of how this applies to weight loss.

C- your body

T- My body is amazing

F- wonder

A-take care of your body

- eat healthy foods

R- You and your body get along really well

C- your body

T- I can't stand how old my body is getting

F- frustration

A- talk badly about your body

-mistreat it with false pleasure

R- Dislike your body

When you isolate the C (aka circumstance) from the T (aka thought) you have power. This process helps you understand why you are getting the type of results you have in your life. You don't need to live in fear any more.

Practice your own model, use your weight as the circumstance:

C- My weight is _ _ _

T- My thought is _

F- My feeling is _

A- The actions I take are _

_ _

_ _

R- My result is _

What are all the ways you were socialized to think about your body, your weight and what that means about the person?

If you want to explore this further make sure to join Love Yourself Thin to create permanent change for yourself. Your brain is always your best investment because you learn WHY you weren't successful in the past and then feel empowered to change.