

888 Mental Blocks That Can Prevent Your Weight Loss



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Important Note: Marilyn V Godwin is not a licensed health professional and offers insights in this book as an author and an ordained minister. Please consult with a qualified health practitioner regarding your use of anything described in this book.

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Start Here

Hi there!

This Companion book is going to help you really dig in and figure out the many MESS blocks (Mental, Emotional, Subconscious, and Spiritual blocks) that can prevent you from losing weight; they are negative beliefs, thoughts, feelings, behaviors, or fears that prevent weight loss.

The exercises included in this Companion book will help you uncover some of the most entrenched beliefs, thoughts, or fears you have that may be on your way to weight loss. I hope you are excited as you are about to start a life-changing journey!

All my life I struggled with weight loss and tried all possible diets and forms of exercises you can imagine! But it is only after I start identifying my own MESS blocks to weight loss that I was finally able to lose the weight and keep it off now for years.

Because of this lifelong struggle, I have spent the last 20 years identifying a wide variety of MESS blocks that can prevent weight loss – 888 in total! I either had them myself or my clients encountered them throughout the years.

This Companion book includes 888 MESS blocks that can prevent your weight loss. You may have a few of them or many of them. The key for you is to identify them so you can let them go!

I have to be honest with you! It can be overwhelming to go through 888 blocks, especially if you have many of them! So, to make it easier for you, I have divided this Companion book in five parts.

Part 1- How You Let Others Block Your Weight Loss

Part 2- How You Affect Your Weight Loss

Part 3- How You Let Success Block Your Weight Loss

Part 4- How Your Obsessions Block Your Weight Loss

Part 5- Why You Gain the Weight Back

How to Best Use this Companion book

The best way to use this Companion book is to print it and grab a highlighter, identify the Part you want to start with, and start highlighting all the MESS blocks you think you may have. If you are reading this book electronically, just write down the number of the block displayed on the further left column. You can then compile a list at a later time using the blank table in Appendix A.

Understanding the Tables

Each table consists of 3 columns: in the left column, I have numbered each mental block; this can be helpful if you want to refer to a block later as you can simply refer to it by its number. For example, I need to let go of mental block #8.

The middle column contains the mental blocks including negative beliefs, thoughts, emotions, fears or behaviors that can prevent you from losing weight. The next column contains the positive thoughts or beliefs that you need to replace them with.

Create your Own Master List

At the end of this Companion book, you will find a blank table where you can start writing all the blocks that you have. If you are reading this book electronically, print a few copies of the blank table. I suggest that you start by the most important ones: for example, write your Top 10 blocks. Every time you identify a mental block that you believe could prevent you from losing weight, highlight it, write it down in the *Your master list of mental blocks* at the end of this book or just write down the block number. It is important to create a master list so you can keep track of these blocks, let them go, and check that they are gone permanently and do not return.

Pay Attention to the Wording of a Mental Block

Because words are so powerful and have so many different meanings, you need to be precise when you identify and say what your mental blocks are. Some of you may not relate to the way I have worded a certain block; yet, if you modify the wording slightly, you will relate to it.

Throughout the Companion book, I often use different words to define a block because your subconscious mind does the same thing. However, if the words I selected do not resonate with you, but you think you have a similar belief, it is very important that you spend some time finding the appropriate words that you can relate to.

For example, you may think you have the belief that being thin is not healthy; however, you do not relate to the word “thin.” In this case, you will need to find your own words to express the belief. For example, “Being thin is not healthy” may become “Being skinny is not healthy.”

For certain tables, you will notice that I left a blank space. This is for you to fill in with your own words or numbers.

Similarity of Beliefs is on Purpose

Because wording of a belief is so critical, I have included many different mental blocks in this Companion book to cover key beliefs from different angles. Certain blocks may seem similar, but the wording of the belief is not the same. I did this on purpose. You will find it beneficial to identify the belief again using different words, especially if that belief is a core belief, since another aspect of the belief can still be anchored in your mind.

You will also notice in the tables in this Companion book that some thoughts or beliefs are extremely close to each other. For example, “I resist beauty” and “I resist being beautiful.” You may need to let go of both blocks, or one may resonate with you more than the other.

How Do I Know I Have a MESS Block?

When you read a section, you will know intuitively if you ever had the negative belief, thought, or fear that you are reading about. You may also feel that this applies to you but not necessarily with the same words. Changing the wording is then critical. That’s why I have so many variations of the same belief in this Companion book. Also, you may not notice the belief in yourself, but you do notice it in others. For example, your mother or father may have the belief. If this is the case, it is likely that you have a belief.

Importance of the Exercises

It is so easy to skip over the exercises as you go through this Companion book. Take the time to do the exercises as they come up. These powerful exercises will help you become aware of potential mental blocks that may or may not be in this book.

I am not a psychologist

Before we continue, I want to let you know that I am not a doctor or psychologist, and I have no training in medicine, psychology, or psychotherapy. I lived and breathed what I wrote about in this Companion book for the last 20 years, so I know a lot about the MESS

blocks to weight loss. My education includes two bachelor's degrees: one in Scientific Devices Techniques and one in Business, and I have a Master's degree in Business Administration. If you do not feel comfortable with the fact that I am not a doctor or a psychologist, you should stop reading and return this Companion book for a refund. If you do feel comfortable with my background, let's keep going!

Are You Ready 😊? Let's get started!

You are embarking on a journey that I believe will change your life forever. As we explore together hundreds of beliefs, thoughts, or fears that may be keeping you from losing weight, be aware that the process can be lengthy, and you may find yourself overwhelmed.

So, you can go as fast or as slow as you'd like with this process. Maybe you will just go through the entire Companion book in a few hours... Or it might take you longer... When I developed my online course, I got sometimes so overwhelmed with the depth of the emotional content that I had to take breaks to process the information. You may have to do that too. But don't give up! Go through all the blocks regardless of the amount and the length of breaks that you need to take.

Your efforts can bring about profound changes in your life. In fact, once begun, you won't want to stop. You can go through this Companion book a hundred times and still get something out of it. Something you were not quite ready to hear the first time around may resonate with you later on, when you are ready to discover it!

Something I am certain of, is that once you are done with this process, you will finally understand why you have been struggling to lose the weight or keep it off. You will also realize that during all this time you have been trying to lose weight and to keep it off, there was a part of you who did not really want to lose the weight. This might be a new and strange concept for you.

Ready? Let's go!

Marylin

Part 1 - How You Let Others Block Your Weight Loss

Please go through the tables below to identify the negative beliefs, thoughts, or fears that you may have. If you are reading this Companion book electronically, write down the number of the negative belief, thought, emotion, behavior, or fear displayed on the left column. You can then compile a Master list at a later time using the table in Appendix A. If you are reading a printed copy, highlight all the negative beliefs, thoughts, emotions, behaviors, or fears you think you may have. Fill in the blanks if needed.

Your Family

Many of our thoughts, beliefs, fears, and behaviors have been passed on to us from earlier generations. Your family has a strong impact on your thoughts and beliefs. Do your parents or your siblings affect you in a negative way?

I eat like my parents

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
1	I eat like my parents.	I develop my own healthy eating habits.
2	I take on my family's eating habits and obsessions with food, junk food, and diets.	I am free of my family's eating habits and obsessions with food, junk food, and diets.
3	I take on my mother's eating habits and obsessions with food, junk food, and diets.	I am free of my mother's eating habits and obsessions with food, junk food, and diets.
4	I take on my father's eating habits and obsessions with food, junk food, and diets.	I am free of my father's eating habits and obsessions with food, junk food, and diets.
5	I take on my siblings' obsessions with food, junk food, and diets.	I am free of my siblings' obsessions with food, junk food, and diets.

I must finish my plate

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
6	I must finish my plate.	I can leave food on my plate.
7	It is not OK for me to leave food on my plate.	It is OK for me to leave food on my plate.
8	I cannot leave the table until I finish my plate.	I can leave the table even if I have not finished my plate.
9	It is hard to leave food on my plate.	It is easy to leave food on my plate. I can have leftovers.
10	I will get in trouble if I do not finish my plate.	I am safe if I do not finish my plate.
11	I give myself big servings.	I give myself small servings.
12	I feel guilty if I do not finish my plate.	I am guilt-free if I do not finish my plate.
13	I always have a second helping.	I only have one helping.
14	I must accept second helpings.	It is ok for me to say no to second helpings.
15	I let my mother down if I decline a second helping.	My mother is fine even if I only have one helping.
16	I make my mother unhappy if I decline a second helping.	I make my mother happy if I only have one helping.

My parents are fat. It is impossible for me to be thin

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
17	My parents are fat. It is impossible for me to lose weight and be thin.	It is possible for me to lose weight and be thin even though my parents are fat.
18	I cannot succeed at losing weight.	I can successfully lose weight.
19	I do not believe that I can lose weight and be thin.	I do believe that I can lose weight and be thin.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
20	I do not know that I can lose weight and be thin.	I do know that I can lose weight and be thin.
21	My subconscious mind does not believe that I can lose weight and be thin.	My subconscious mind does believe that I can lose weight and be thin.
22	My subconscious mind does not know that I can lose weight and be thin.	My subconscious mind does know that I can lose weight and be thin.
23	I cannot be thin if everyone in my family is fat.	I can be thin even though everyone in my family is fat.
24	I am supposed to be fat just like everyone else in my family.	I am supposed to be thin even though everyone in my family is fat.
25	I am supposed to be fat.	I am supposed to be thin.
26	There is nothing I can do to lose weight.	There are many things that I can do to lose weight.
27	Fat runs in my family.	I am thin regardless of fat running in my family.
28	I am a victim of circumstances.	I am in charge of my life. I create my own reality.

My parents are fat. I need to be fat to fit in

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
29	I need to be fat to fit in my family.	I can be thin and fit in my family.
30	I cannot be different from my family.	I can be different from my family.
31	I have to be fat.	I have to be thin.
32	I cannot lose weight and be thin.	I can lose weight and be thin.
33	I do not want to lose weight and be thin.	I want to lose weight and be thin.

I am an outsider if I lose weight

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
34	I am an outsider if I lose weight and I am thin.	I remain an insider if I lose weight and I am thin.
35	My mother considers me an outsider when I lose weight and I am thin.	My mother considers me an insider when I lose weight and I am thin.
36	My father considers me an outsider when I lose weight and I am thin.	My father considers me an insider when I lose weight and I am thin.
37	My parents consider me an outsider when I lose weight and I am thin.	My parents consider me an insider when I lose weight and I am thin.
38	My siblings consider me an outsider when I lose weight and I am thin.	My siblings consider me an insider when I lose weight and I am thin.
39	My family considers me an outsider when I lose weight and I am thin.	My family considers me an insider when I lose weight and I am thin.

I want to be just like my overweight mother

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
40	I want to be just like my overweight mother.	I want to be thin even though my mother is overweight.
41	I want to be overweight like my mother.	I want to be thin regardless of my mother's weight.
42	I have the same unhealthy eating habits as my mother.	I have healthy eating habits. It is ok to be different from my mother.
43	I have the same poor exercising habits as my mother.	I have healthy exercising habits.



I cannot be thinner than my mother

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
44	I cannot be thinner than my mother.	I can be thinner than my mother.
45	I should be as fat and overweight as my mother.	I am thin and fit regardless of my mother's body.
46	I am not allowed to be thinner than my mother.	I am allowed to be thinner than my mother.
47	I cannot be thinner than my daughter.	I can be thinner than my daughter.

I am not allowed to lose weight

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
48	I am not allowed to lose weight and be thin.	I am allowed to lose weight and be thin.
49	I do not allow myself to lose weight and be thin.	I allow myself to lose weight and be thin.
50	I am not allowed by my mother to lose weight and be thin.	I am allowed by my mother to lose weight and be thin.
51	I am not allowed by my father to lose weight and be thin.	I am allowed by my father to lose weight and be thin.
52	I am not allowed by my parents to lose weight to be thin.	I am allowed by my parents to lose weight to be thin.
53	I am not allowed by my family to lose weight and be thin.	I am allowed by my family to lose weight and be thin.
54	There is competition and jealousy between my mother and me.	There is love and support between my mother and me.
55	I do not have the right to lose weight.	I have the right to lose weight.
56	I blame my mother.	I forgive my mother.

I cannot disturb the family dynamics

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
57	I cannot disturb the family dynamics.	Family dynamics can be changed in the highest and best good of everyone.
58	I block my weight loss to maintain the old family dynamics.	I lose weight and adjust to new family dynamics.
59	I stay overweight to maintain the old family dynamics.	I stay thin and adjust to new family dynamics.
60	I block being thin to maintain the old family dynamics.	I welcome being thin and I adjust to new family dynamics.
61	I want the old me back to maintain the old family dynamics.	I embrace the new me and adjust to new family dynamics.
62	I gain the weight back to maintain the old family dynamics.	I keep the weight off and adjust to new family dynamics.

My family is used to me being overweight

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
63	My family is used to me being overweight.	My family is used to me being thin.
64	I am used to being overweight.	I am used to being thin.
65	My mother is used to me being overweight.	My mother is used to me being thin.
66	My father is used to me being overweight.	My father is used to me being thin.
67	My parents are used to me being overweight.	My parents are used to me being thin.
68	My children are used to me being overweight.	My children are used to me being thin.



My family does not know who I am when I lose weight

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
69	My family does not know who I am when I lose weight and I am thin.	My family does know who I am when I lose weight and I am thin.
70	I do not know who I am when I lose weight and I am thin.	I do know who I am when I lose weight and I am thin.
71	My mother does not know who I am when I lose weight and I am thin.	My mother does know who I am when I lose weight and I am thin.
72	My father does not know who I am when I lose weight and I am thin.	My father does know who I am when I lose weight and I am thin.
73	My parents do not know who I am when I lose weight and I am thin.	My parents do know who I am when I lose weight and I am thin.
74	My children do not know who I am when I lose weight and I am thin.	My children do know who I am when I lose weight and I am thin.
75	I stay overweight so my family knows who I am.	I am thin and my family knows who I am.
76	My family does not relate to me when I lose weight and I am thin.	My family does relate to me when I lose weight and I am thin.
77	I do not relate to myself when I lose weight and I am thin.	I do relate to myself when I lose weight and I am thin.
78	I stay overweight so my family can relate to me.	I am thin and my family can relate to me.
79	My mother does not relate to me when I lose weight and I am thin.	My mother does relate to me when I lose weight and I am thin.
80	My father does not relate to me when I lose weight and I am thin.	My father does relate to me when I lose weight and I am thin.
81	My parents do not relate to me when I lose weight and I am thin.	My parents do relate to me when I lose weight and I am thin.
82	My children do not relate to me when I lose weight and I am thin.	My children do relate to me when I lose weight and I am thin.



My family is not comfortable with the new me

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
83	My family is comfortable with the old, overweight "me".	My family is comfortable with the new, thin "me".
84	I am comfortable with the old, overweight "me".	I am comfortable with the new, thin "me".
85	My mother is comfortable with the old, overweight "me".	My mother is comfortable with the new, thin "me".
86	My father is comfortable with the old, overweight "me".	My father is comfortable with the new, thin "me".
87	My parents are comfortable with the old, overweight "me".	My parents are comfortable with the new, thin "me".
88	My children are comfortable with the old, overweight "me".	My children are comfortable with the new, thin "me".
89	I stay overweight so my family is comfortable with "me".	I am thin and my family is comfortable with "me".

The following short tables are very similar to one another and are all related to family dynamics. Since these beliefs can be anchored in your mind in many different ways, it is important to let go of many variations of the beliefs. I cover the same beliefs from many possible angles.

My family wants the overweight "me" back

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
90	My family wants the overweight "me" back.	My family embraces the new, thin "me".
91	I want the overweight "me" back.	I let go of the overweight "me", and I embrace the new, thin. "me".
92	My mother wants the overweight "me" back.	My mother embraces the new, thin "me".
93	My father wants the overweight "me" back.	My father embraces the new, thin "me".
94	My parents want the overweight "me" back.	My parents embrace the new, thin "me".

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
95	My children want the overweight "me" back.	My children embrace the new, thin and fit "me".

My family does not want me to lose weight

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
96	My family does not want me to lose weight and be thin.	My family wants me to lose weight and be thin.
97	My loved ones do not want me to lose weight and be thin.	My loved ones want me to lose weight and be thin.
98	My mother does not want me to lose weight and be thin.	My mother wants me to lose weight and be thin.
99	My father does not want me to lose weight and be thin.	My father wants me to lose weight and be thin.
100	My parents do not want me to lose weight and be thin.	My parents want me to lose weight and be thin.
101	My children do not want me to lose weight and be thin.	My children want me to lose weight and be thin.

My family does not support me to lose weight

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
102	My family does not support me to lose weight and be thin.	My family does support me to lose weight and be thin.
103	I do not support myself to lose weight and be thin.	I support myself to lose weight and be thin.
104	My mother does not support me to lose weight and be thin.	My mother does support me to lose weight and be thin.
105	My father does not support me to lose weight and be thin.	My father does support me to lose weight and be thin.
106	My children do not support me to lose weight and be thin.	My children do support me to lose weight and be thin.
107	My parents do not support me to lose weight and be thin.	My parents do support me to lose weight and be thin.

I blame my parents and others

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
108	I blame my parents for not showing me a good example.	I forgive my parents.
109	I blame others.	I take responsibility for my life.

Peer Pressure and Jealousy

We all have basic social needs to be loved, fit in, and belong. Because most people are overweight, being thin is outside the norm and may create a lot of jealousy from others. Therefore, we may feel a lot of peer pressure to stay overweight.

It is normal to be fat

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
110	It is normal to be fat.	It is normal to be thin.
111	The norm is to be fat.	The norm is to be thin.
112	You are outside the norm if you are thin.	You are inside the norm if you are thin.
113	I want to stay inside the norm and be fat.	I want to be inside the norm and be thin.
114	I consider myself of normal weight even though I'm fat.	I consider myself of normal weight when I am thin.

I am fat so people can relate to me

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
115	I am fat so that people can relate to me.	People can relate to me when I am thin.
116	Being fat allows me to relate to others.	Being thin allows me to relate to others.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
117	I need to be overweight to relate to others.	I can be thin and relate to others.
118	I will no longer be liked if I am thin.	I will be liked if I am thin.
119	I create a connection with other people by being fat.	I create a connection with people even if I am thin.

I am fat to avoid jealousy

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
120	I am fat to avoid jealousy.	I am thin and others are happy for me and wish me well.
121	If I look great, people around me will be jealous.	If I look great, people will be happy for me.
122	I give up what I work hard to achieve.	I stand up for what I work hard to achieve.
123	I do not deserve what I achieve 100 percent.	I deserve what I achieve 100 percent.
124	I revert back to my original overweight state.	I maintain my new thin body.
125	I choose to be overweight to maintain peace with others.	I can be thin and maintain peace with others.
126	My friends and peers do not support my successes.	My friends and peers support my successes.
127	I block losing weight to avoid jealousy and protect my relationships.	I lose weight and protect myself from jealousy; my relationships are protected.
128	If I look great, people will be intimidated by my new good looks.	If I look great, people will be comfortable with my new good looks.

I am fat so I have girlfriends

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
129	I am fat so I have girlfriends.	I have girlfriends even when I lose weight.
130	I am fat so I can be liked.	I can be thin and be liked.
131	Women don't like me if I look great.	Women like me if I look great.
132	I cannot relate to women if I am gorgeous.	I can relate to women if I am gorgeous.
133	I am self-conscious about being gorgeous.	I am comfortable with being gorgeous.
134	I won't have any girlfriends if I am thin.	I have many girlfriends even if I am thin.

Protection

We often do not want to lose weight because we perceive fat as a protection. We believe that fat protects us from abuse and unwanted attention, beauty and danger, relationships, the opposite sex, being hurt, commitment, and a lot more.

Fat protects me from abuse

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
135	Fat protects me from abuse.	I am safe from abuse even if I am thin.
136	Fat is a protection. Being fat makes me feel secure.	I am fully protected. I feel secure even if I am thin.
137	I feel in danger if I am thin.	I feel safe if I am thin.
138	I feel insecure and unsafe if I am thin.	I feel secure and safe if I am thin.
139	I am in extreme danger if I am thin.	I am extremely safe if I am thin.
140	I feel protected from abuse if I am fat.	I feel protected from abuse if I am thin.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
141	I let go of the emotional pain of being beaten.	I am free from the emotional pain of being beaten.
142	I let go of the emotional pain stored in the beaten area of my body.	I am free of the emotional pain stored in the beaten area of my body.
143	I protect myself with fat.	I am protected when I am thin.
144	I need to have 3 or ___ inches of fat layer in my legs or _____.	I have a normal amount of fat in my legs or _____.

Fat protects me from unwanted attention

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
145	Fat protects me from unwanted attention.	I am protected from unwanted attention when I am thin.
146	I feel protected from unwanted sexual attention if I am fat.	I feel protected and attract healthy sexual attention if I am thin.
147	I attract unwanted sexual attention.	I attract healthy, sexual attention.
148	Fat protects me from rape.	I am protected from rape when I am thin.
149	I will be raped if I am thin.	I am safe from rape when I am thin.
150	I will be raped if I am gorgeous.	I am safe and protected from rape when I am gorgeous.
151	I will be raped if I lose more than 3 or ___ pounds.	I am safe and protected from rape when I lose over 3 or __ pounds.
152	I will be raped by many men if I am thin and beautiful.	I'm safe and protected from group rape when I'm thin and beautiful.
153	I feel protected from rape if I am fat.	I feel protected from rape when I am thin.

Fat protects me from beauty and danger

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
154	Fat protects me from beauty and danger.	I am protected from beauty and danger when I am thin.
155	I am in danger if I am attractive and beautiful.	I am safe when I am attractive and beautiful.
156	The only way for me to be safe is not to be beautiful.	I am safe when I am beautiful.
157	I block being beautiful and attractive.	I welcome being beautiful and attractive.
158	I do not want to be beautiful and attractive.	I want to be beautiful and attractive.
159	I am scared to be beautiful and attractive.	I am comfortable with being beautiful and attractive.
160	I harm my face and body so I do not look good.	I protect and preserve my face and body.
161	I gain weight so I do not look good.	I lose weight so I do look good. I am ok with looking good.

Fat protects me from poor health and sickness

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
162	Fat protects me from poor health.	Being thin and fit protects me from poor health.
163	I will be in poor health if I lose (a lot of) weight.	I am in excellent health if I lose (a lot of) weight.
164	I will be in poor health if I am (very) thin.	I am in excellent health if I am (very) thin.
165	I will be (extremely) sick if I lose (a lot of) weight.	I am (extremely) healthy if I lose (a lot of) weight.
166	I will be (extremely) sick if I am (very) thin.	I am (extremely) healthy if I am (very) thin.
167	I will die if I lose (a lot of) weight.	I live longer if I lose (a lot of) weight.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
168	I associate being healthy with being fat and overweight.	I associate being healthy with being thin and fit.
169	Fat protects me from sickness.	Being thin and fit protects me from sickness.
170	Thin people get sick and die.	Thin people are healthy and live a long life.
171	I confuse being thin with being in poor health.	Being thin is healthy.

Fat protects me from starvation

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
172	Fat protects me from starvation.	I am fully protected from starvation.
173	I overeat at every meal as if this is my last meal.	I eat moderately every 3 to 5 hours.
174	I eat at every meal as if I am about to starve.	I eat moderately at every meal; my meals are frequent.
175	I maximize my food intake at every meal.	I moderate my food intake at every meal.
176	I fear I am going to starve.	I am safe from starvation. I have an abundance of food available to me.
177	I eat less and I gain weight.	I lose weight when I eat less.
178	Being fat means survival.	Being thin means a long life.
179	If I am fat, I will survive when food gets scarcer.	I am thin and I live a long life. Food is always abundant.
180	Food is scarce. I am afraid to lack food.	Food is abundant. I always have access to plenty of food.
181	My nutritional needs are not met.	My nutritional needs are always met.
182	I decide to gain and store fat so I will never starve again.	I let go of my stored excess fat. I know that food is abundant.
183	I gain weight because I am afraid I will starve.	I am thin and I always have access to plenty of food.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
184	I don't want to lose weight because I am afraid I will starve.	I want to lose weight. I know that food is always abundant.
185	I fill myself up with food just in case I won't have food for a long time.	I eat moderately. Food is always available to me.

Safety

If you have any of the beliefs mentioned in the previous section, you will think that it is not safe to lose weight and you will do anything in your power to not lose weight or to gain it back if you lose it. Please check out the following tables.

It is not safe to lose weight

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
186	It is not safe to lose weight.	It is safe to lose weight.
187	I am not safe if I lose weight.	I am safe if I lose weight.
188	I am not safe if I am thin.	I am safe if I am thin.

I am not safe without my fat

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
189	I am not safe without my fat.	I am safe without my fat.
190	I do not feel safe without my fat.	I feel safe without my fat.
191	I am not safe without the fat in my body.	I am safe without the fat in my body.
192	I am not safe without my face and double chin.	I am safe without my face and double chin.
193	I am not safe without the fat in my stomach.	I am safe without the fat in my stomach.
194	I am not safe without the fat in my back.	I am safe without the fat in my back.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
195	I am not safe without the fat in my arms, hands, and fingers.	I am safe without the fat in my arms, hands, and fingers.
196	I am not safe without the fat in my neck.	I am safe without the fat in my neck.
197	I am not safe without the fat in my flanks.	I am safe without the fat in my flanks.
198	I am not safe without the fat in my buttock.	I am safe without the fat in my buttock.
199	I am not safe without the fat in my thighs.	I am safe without the fat in my thighs.
200	I am not safe without the fat in the backs and sides of my legs	I am safe without the fat in the backs and sides of my legs.
201	I am not safe without the fat around my knees.	I am safe without the fat around my knees.
202	I am not safe without the fat in my feet and toes.	I am safe without the fat in my feet and toes.
203	I am not safe without the fat in my calves.	I am safe without the fat in my calves.
204	I am not safe without the fat in my breasts.	I am safe without the fat in my breasts.

Relationships

Many of us have had our heart broken so many times that we want to protect ourselves from romantic relationships and more potential heartbreaks. On the surface, we want to have a romantic partner or spouse, but we are often scared of relationships and again we use fat as a protection from having intimate relationships. Check out the tables below.

I am fat to protect myself from heartbreak

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
205	I am fat to protect myself from heartbreak.	I am fully protected from heartbreak.
206	I do not want to be attractive to protect myself from romantic relationships and heartbreak.	It is safe to be in a romantic relationship. I am protected from heartbreak.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
207	I do not want to lose weight and be attractive.	I want to lose weight and be attractive.
208	I am fat to avoid intimacy.	I am comfortable with intimacy.
209	I repulse men by being overweight.	I am comfortable being thin and attracting men.
210	I want to be overweight to keep my romantic partner away.	I want to be thin and be close to my romantic partner.
211	I want to be overweight to avoid intimacy.	I want to be thin. I am safe with intimacy.

I am fat so I won't cheat

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
212	I am fat so I won't cheat.	I am faithful even if I am thin and attractive.

I gain weight to sabotage my relationship

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
213	I gain weight to sabotage my relationship.	I am ok with both losing weight and improving my relationship.
214	I gain weight to push my partner away.	I am ok with both losing weight and getting closer to my partner.

Note that all the tables about family dynamics in previous sections can be used again by replacing the words parents, father, mother, family, or siblings with the words partner, husband, boyfriend, or even daughter, or son.



Part 2 - How You Affect Your Weight Loss

Please go through the tables below to identify the negative beliefs, thoughts, or fears that you may have. If you are reading this Companion book electronically, write down the number of the negative belief, thought, emotion, behavior, or fear displayed on the left column. You can then compile a Master list at a later time using the table in Appendix A. If you are reading a printed copy, highlight all the negative beliefs, thoughts, emotions, behaviors, or fears you think you may have. Fill in the blanks if needed.

Identity Loss

If you have been overweight all your life, your identity might be wrapped around being overweight; you would be lost if you became thin as you would feel like you have lost your identity.

I lose my identity if I lose weight

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
215	I lose my identity if I lose weight and I am thin.	I keep my identity even if I lose weight and I am thin.
216	I lose myself if I lose weight and I am thin.	I remain/stay myself even if I lose weight and I am thin.
217	There is no other way for me to be but overweight.	There is no other way for me to be but thin.
218	The real "me" is overweight.	The real "me" is thin.
219	I am not myself if I am thin.	I am myself if I am thin.
220	I cannot picture myself in a small size such as size 2 or size ____.	I can picture myself in a small size such as size 2 or size ____.
221	I am another person if I am thin.	I am the same person if I am thin, just "me" with a thinner body.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
222	I am not ready to lose weight.	I am ready to lose weight.

I am a fat person. Period!

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
223	I am a fat person. Period!	I am a thin person. Period!
224	I should be fat and overweight.	I should be thin and fit.
225	I have to be overweight.	I have to be thin.
226	I am powerless to change my weight.	I have the power to change my weight.
227	I am used to being fat.	I am used to being thin.

I was fat as a child

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
228	I was fat as a child and I cannot change.	I can change and be thin.
229	I develop my identity around being a fat person.	I develop a new identity around being a thin person.
230	I have a "fat" self-image.	I have a new, "thin" self-image.
231	I am comfortable being fat.	I am comfortable being thin.
232	I am comfortable with my fat.	I am comfortable with my thinness.
233	I do not know how to behave without my fat.	I know how to behave with my thinness.
234	Fat has become an integral part of my life.	Being thin has become an integral part of my life.
235	Getting rid of my fat is damaging to me and uncomfortable.	Being thin is beneficial to me and comfortable.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
236	I would rather stay the way I am and be fat.	I would rather change and be thin.
237	I am opposed to changing my body.	I am a proponent of healthy changes for my body.

I need to be fat

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
238	I need to be fat (overweight).	I need to be thin.
239	I need to be heavy.	I need to be lightweight.

I will lose my personality and confidence if I lose weight

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
240	I fear losing weight.	I am fearless of losing weight.
241	Being overweight and fat is part of my personality.	Being thin and fit is part of my personality.
242	I lose my confidence and my personality if I lose weight.	I keep my confidence and personality if I am thin.
243	I become insecure if I lose weight and I am thin.	I am secure if I lose weight and I am thin.

I am insignificant if I lose weight

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
244	I am insignificant if I lose weight.	I am significant if I lose weight.
245	I am not seen nor noticed if I lose weight.	I am seen and noticed if I lose weight.
246	I am not seen or noticed if I am thin.	I am seen and noticed if I am thin.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
247	I have no importance or presence if I lose weight.	I have importance and presence if I lose weight.
248	I have no importance or presence if I am thin.	I have importance and presence if I am thin.

The Power of Your Ugly Thoughts

If you are overweight, you will likely feel that you are fat and ugly. According to the Law of Attraction, you create what you think about; so, it is critical to identify any ugly thoughts you may have about yourself and your body. Check out the tables below!

I am fat and ugly

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
249	I am fat and ugly.	I am thin and beautiful.
250	I am fat; I weigh ___ pounds.	I am thin, I weigh ___ pounds.
251	I believe that I am fat and ugly.	I believe that I am thin and beautiful.
252	I feel fat and ugly.	I feel thin and beautiful.
253	I see ugliness and fat when I look in the mirror.	I see beauty and a thin body when I look in the mirror.

My body is fat and ugly

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
254	My body is fat and ugly.	My body is thin and beautiful.
255	My face is fat and ugly.	My face is thin and beautiful.
256	My cheeks are fat and ugly.	My cheeks are thin and beautiful.
257	My neck is fat and ugly.	My neck is thin and beautiful.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
258	My back is fat and ugly.	My back is thin and beautiful.
259	My arms are fat and ugly.	My arms are thin and beautiful.
260	My hands are fat and ugly.	My hands are thin and beautiful.
261	My chest is fat and ugly.	My chest is thin and beautiful.
262	My breasts are fat and ugly.	My breasts are thin and beautiful.
263	My stomach is fat and ugly.	My stomach is thin and beautiful.
264	My flanks are fat and ugly.	My flanks are thin and beautiful.
265	My hips are fat and ugly.	My hips are thin and beautiful.
266	My buttock is fat and ugly.	My buttock is thin and beautiful.
267	My thighs are fat and ugly.	My thighs are thin and beautiful.
268	My legs are fat and ugly.	My legs are thin and beautiful.
269	My knees are fat and ugly.	My knees are thin and beautiful.
270	My ankles are fat and ugly.	My ankles are thin and beautiful.
271	My calves are fat and ugly.	My calves are thin and beautiful.
272	My feet are fat and ugly.	My feet are thin and beautiful.
273	The backs and side of my legs are fat and ugly.	The backs and sides of my legs are thin and beautiful.
274	I look bad in pictures.	I look great in pictures
275	I am not photogenic. I look fat and ugly in pictures.	I am photogenic. I look thin and beautiful in pictures.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
276	My pictures always turn out bad.	My pictures always turn out great.

Self-Criticism

If you are overweight, you will also constantly criticize yourself and your body. That never-ending negative self-talk will affect your weight loss in a profound way. Be sure to check out the tables below!

I criticize myself all the time

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
277	I criticize myself all the time.	I praise myself all the time.
278	I do not accept myself.	I accept myself.
279	I disapprove of myself.	I approve of myself.
280	I am not happy with who I am.	I am happy with who I am.
281	I dismiss my accomplishments.	I celebrate my accomplishments.
282	I only focus on the negative.	I only focus on the positive.
283	My internal self-talk is negative.	My internal self-talk is positive.
284	It is difficult for me to praise myself.	It is easy for me to praise myself.
285	I do not take time to praise my accomplishments.	I take time to praise my accomplishments.

I criticize my body all the time

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
286	I criticize my body all the time.	I praise my body all the time.
287	I despise my body.	I admire my body.
288	I have negative thoughts about myself and my body.	I have positive thoughts about myself and my body.
289	I complain about my body.	I am happy with my body.
290	I disapprove of my body.	I approve of my body.
291	I criticize my face.	I praise my face.
292	I criticize my body.	I praise my body.
293	I criticize my legs.	I praise my legs.
294	I criticize my arms.	I praise my arms.
295	I criticize my thighs.	I praise my thighs.
296	I criticize my buttocks.	I praise my buttocks.
297	I criticize my calves.	I praise my calves.
298	I criticize my hair.	I praise my hair.
299	I criticize my breasts.	I praise my breasts.
300	I criticize my neck.	I praise my neck.
301	I criticize my skin.	I praise my skin.
302	I criticize my flanks.	I praise my flanks.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
303	I criticize my cheeks.	I praise my cheeks.
304	I criticize my chin.	I praise my chin.
305	I criticize my shoulders.	I praise my shoulders.
306	I criticize my hands.	I praise my hands.
307	I criticize my wrists.	I praise my wrists.
308	I criticize my fingers.	I praise my fingers.
309	I criticize my forearms.	I praise my forearms.
310	I criticize my stomach.	I praise my stomach.

I have hatred and criticism for my body

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
311	I have hatred and criticism for my body.	I have love and praise for my body.
312	I have hatred and criticism for my face.	I have love and praise for my face.
313	I have hatred and criticism for my legs.	I have love and praise for my legs.
314	I have hatred and criticism for my arms.	I have love and praise for my arms.
315	I have hatred and criticism for my thighs.	I have love and praise for my thighs.
316	I have hatred and criticism for my buttocks.	I have love and praise for my buttocks.
317	I have hatred and criticism for my calves.	I have love and praise for my calves.
318	I have hatred and criticism for my hair.	I have love and praise for my hair.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
319	I have hatred and criticism for my skin.	I have love and praise for my skin.
320	I have hatred and criticism for my neck.	I have love and praise for my neck.
321	I have hatred and criticism for my breasts.	I have love and praise for my breasts.
322	I have hatred and criticism for my flanks.	I have love and praise for my flanks.
323	I have hatred and criticism for my cheeks.	I have love and praise for my cheeks.
324	I have hatred and criticism for my chin.	I have love and praise for my chin.
325	I have hatred and criticism for my shoulders.	I have love and praise for my shoulders.
326	I have hatred and criticism for my hands.	I have love and praise for my hands.
327	I have hatred and criticism for my wrists.	I have love and praise for my wrists.
328	I have hatred and criticism for my fingers.	I have love and praise for my fingers.
329	I have hatred and criticism for my forearms.	I have love and praise for my forearms.
330	I have hatred and criticism for my stomach.	I have love and praise for my stomach.

I tell myself that I am fat

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
331	I tell myself that I am fat.	I tell myself that I am thin.



Poor Self-esteem

If you are overweight, your self-esteem may be low and if your self-esteem is low, you may stay overweight. This is a vicious circle. You may feel that you are not good enough and do not deserve to lose weight and be thin. Be sure to check out the tables below.

I am not good enough

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
332	I am not good enough.	I am good enough.
333	I do not feel good enough.	I feel good enough.
334	My body is not good enough.	My body is good enough.
335	I am not good enough to lose weight and be thin.	I am good enough to lose weight and be thin.
336	I feel rejected by others	I feel welcome by others
337	I am not good enough to have a gorgeous body.	I am good enough to have a gorgeous body.
338	I do not deserve a healthy, gorgeous body.	I do deserve a healthy, gorgeous body.

I do not deserve to lose weight

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
339	I do not deserve to lose weight or keep it off.	I deserve to lose weight and keep it off.
340	I do not deserve the best in life.	I deserve the best in life.
341	I do not deserve a thin body.	I deserve a thin body.
342	I am not worthy of my highest good.	I am worthy of my highest good.
343	I do not deserve love.	I deserve love.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
344	I do not deserve to look fabulous.	I deserve to look fabulous.

I do not love myself and my body

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
345	I do not love myself.	I love myself.
346	I do not love my body.	I love my body.
347	I do not like myself.	I like myself.
348	I do not like my body.	I like my body.
349	I do not love my face.	I love my face.
350	I do not love my hair.	I love my hair.
351	I do not love my neck.	I love my neck.
352	I do not love my back.	I love my back.
353	I do not love my arms.	I love my arms.
354	I do not love my hands.	I love my hands.
355	I do not love my chest.	I love my chest.
356	I do not love my breasts.	I love my breasts.
357	I do not love my stomach.	I love my stomach.
358	I do not love my flanks.	I love my flanks.
359	I do not love my hips.	I love my hips.
360	I do not love my buttocks.	I love my buttocks.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
361	I do not love my thighs.	I love my thighs.
362	I do not love my legs and the backs of my legs.	I love my legs and the backs of my legs.
363	I do not love my knees.	I love my knees.
364	I do not love my ankles.	I love my ankles.
365	I do not love my calves.	I love my calves.
366	I do not love my feet.	I love my feet.

I do not care about myself and my body

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
367	I do not care about myself and my body.	I care about myself and my body.
368	I do not take good care of myself.	I take good care of myself.
369	I have low standards for myself.	I have high standards for myself.
370	I do not care about my appearance.	I care about my appearance.
371	I do not have time to exercise.	I have time to exercise.
372	I hate exercising.	I love exercising.
373	I do not care about my face.	I care about my face.
374	I do not care about my hair.	I care about my hair.
375	I do not care about my neck.	I care about my neck.
376	I do not care about my back.	I care about my back.
377	I do not care about my arms.	I care about my arms.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
378	I do not care about my hands.	I care about my hands.
379	I do not care about my chest.	I care about my chest.
380	I do not care about my breasts.	I care about my breasts.
381	I do not care about my belly.	I care about my belly.
382	I do not care about my flanks.	I care about my flanks.
383	I do not care about my hips.	I care about my hips.
384	I do not care about my buttocks.	I care about my buttocks.
385	I do not care about my thighs.	I care about my thighs.
386	I do not care about my legs.	I care about my legs.
387	I do not care about the backs of my legs.	I care about the backs of my legs.
388	I do not care about my knees.	I care about my knees.
389	I do not care about my ankles.	I care about my ankles.
390	I do not care about my calves.	I care about my calves.
391	I do not care about my feet.	I care about my feet.

I hate myself

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
392	I hate myself.	I have love and compassion for myself.
393	I do not want the best for myself.	I want the best for myself.
394	I cannot look my best and be my best.	I can look my best and be my best.

I hate my body

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
395	I hate my body.	I have compassion for my body.
396	I do not deserve the best body.	I deserve the best body.
397	I do not want the best body.	I want the best body.
398	I do not support my weight loss.	I support my weight loss.
399	I hate the way I look.	I love the way I look.
400	I hate my face.	I like my face.
401	I hate my legs.	I like my legs.
402	I hate my chin.	I like my chin.
403	I hate my hair.	I like my hair.
404	I hate my skin.	I like my skin.
405	I hate my neck.	I like my neck.
406	I hate my arms.	I like my arms.
407	I hate my thighs.	I like my thighs.
408	I hate my buttocks.	I like my buttocks.
409	I hate my calves.	I like my calves.
410	I hate my flanks.	I like my flanks.
411	I hate my cheeks.	I like my cheeks.
412	I hate my shoulders.	I like my shoulders.
413	I hate my hands.	I like my hands.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
414	I hate my wrists.	I like my wrists.
415	I hate my fingers.	I like my fingers.
416	I hate my forearms.	I like my forearms.
417	I hate my stomach.	I like my stomach.

Lack of Self-Respect

Do you respect and honor yourself or do you have a profound lack of self-respect? If you eat unhealthy foods and do not care about your body, it is very likely that you do not respect yourself or your body. Please check out the following tables.

I do not respect and honor myself

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
418	I do not respect and honor myself.	I respect and honor myself.
419	I put myself last.	I put myself first.
420	I do not support myself.	I support myself.
421	I devalue myself.	I value myself.
422	I am my worst friend.	I am my best friend.
423	I do not know how to respect and honor myself.	I know how to respect and honor myself.
424	I have no respect for my accomplishments.	I respect my accomplishments.
425	I am not nice and kind to myself.	I am nice and kind to myself.
426	I have no compassion for myself.	I have compassion for myself.

I do not respect and honor my body

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
427	I do not respect and honor my body.	I respect and honor my body.
428	I treat my body as a trash receptacle.	I treat my body with honor and respect.
429	I care more about my car than I care about my body.	I care more about my body than I care about my car.
430	I do not respect and honor my face.	I do respect and honor my face.
431	I do not respect and honor my eyes.	I do respect and honor my eyes.
432	I do not respect and honor my legs.	I do respect and honor my legs.
433	I do not respect and honor my arms.	I do respect and honor my arms.
434	I do not respect and honor my thighs.	I do respect and honor my thighs.
435	I do not respect and honor my buttocks.	I do respect and honor my buttocks.
436	I do not respect and honor my calves.	I do respect and honor my calves.
437	I do not respect and honor my hair.	I do respect and honor my hair.
438	I do not respect and honor my skin.	I do respect and honor my skin.
439	I do not respect and honor my neck.	I do respect and honor my neck.
440	I do not respect and honor my breasts.	I do respect and honor my breasts.
441	I do not respect and honor my flanks.	I do respect and honor my flanks.
442	I do not respect and honor my cheeks.	I do respect and honor my cheeks.
443	I do not respect and honor my chin.	I do respect and honor my chin.
444	I do not respect and honor my shoulders.	I do respect and honor my shoulders.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
445	I do not respect and honor my hands.	I do respect and honor my hands.
446	I do not respect and honor my wrists.	I do respect and honor my wrists.
447	I do not respect and honor my fingers.	I do respect and honor my fingers.
448	I do not respect and honor my forearms.	I do respect and honor my forearms.
449	I do not respect and honor my stomach.	I do respect and honor my stomach.

Shame and Guilt

Do you feel ashamed about the way you look? Do you feel guilty about the foods you eat? Check out the tables below.

I feel ashamed and guilty when I eat

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
450	I feel ashamed and guilty when I eat.	I eat without shame or guilt.
451	I feel self-conscious when I eat.	I feel at ease when I eat.
452	I have to hide to eat.	I am free to eat what I want.
453	I feel self-conscious and judged when people watch me eat.	I feel at ease and comfortable when people watch me eat.
454	I am forbidden to eat sweets.	I am allowed to eat sweets occasionally.
455	I am not allowed to eat what I want.	I am allowed to eat what I want in small quantities.

I am ashamed of myself

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
456	I am ashamed of myself.	I am proud of myself.
457	I am shamed.	I am honored.
458	I shame myself.	I praise myself.
459	I am shamed by others.	I am praised by others.
460	I am ashamed of my behavior.	I am proud of my behavior.
461	I feel ashamed of myself.	I feel proud of myself.
462	I feel shameful, disgraceful, and dishonorable.	I feel proud, respectable, and honorable.

I am ashamed of my body

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
463	I am ashamed of my body.	I am proud of my body
464	I shame my body.	I praise my body
465	I feel ashamed of my body.	I feel proud of my body
466	I am disgusted by my body.	I am attracted to my body.
467	My body is disgusting.	My body is beautiful.
468	My body is shamed.	My body is praised.
469	My body is shamed by others.	My body is praised by others.
470	I am ashamed of my face.	I am proud of my face.
471	I am ashamed of my body.	I am proud of my body.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
472	I am ashamed of my legs.	I am proud of my legs.
473	I am ashamed of my arms.	I am proud of my arms.
474	I am ashamed of my thighs.	I am proud of my thighs.
475	I am ashamed of my buttock.	I am proud of my buttock.
476	I am ashamed of my calves.	I am proud of my calves.
477	I am ashamed of my hair.	I am proud of my hair.
478	I am ashamed of my skin.	I am proud of my skin.
479	I am ashamed of my neck.	I am proud of my neck.
480	I am ashamed of my breasts.	I am proud of my breasts.
481	I am ashamed of my flanks.	I am proud of my flanks.
482	I am ashamed of my cheeks.	I am proud of my cheeks.
483	I am ashamed of my chin.	I am proud of my chin.
484	I am ashamed of my shoulders.	I am proud of my shoulders.
485	I am ashamed of my hands.	I am proud of my hands.
486	I am ashamed of my wrists.	I am proud of my wrists.
487	I am ashamed of my fingers.	I am proud of my fingers.
488	I am ashamed of my forearms.	I am proud of my forearms.
489	I am ashamed of my stomach.	I am proud of my stomach.

I feel guilty

Exercise: write down a list of all the things that you feel guilty about, big and small, and make sure that you release the guilty feelings using the tools available in the online course.

I feel guilty about:

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
490	I feel guilty.	I feel guilt-free.
491	I feel guilty after eating.	I feel guilt-free after eating.
492	I feel guilty when I eat sweets.	I feel guilt-free when I eat sweets.
493	I feel guilty when I say no.	I feel guilt-free when I say no.
494	I feel guilty for putting myself and my dreams first.	I feel good and guilt-free for putting myself and my dreams first.
495	I am the last one on my priority list.	I am the first one on my priority list.
496	I feel guilty if I go for my dreams and realize them.	I am free to go for my dreams and realize them. I am guilt-free.
497	I need to punish myself or be punished.	I praise myself and I am praised.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
498	I create roadblocks in my path.	My path to success is clear.
499	I feel guilty to take time for myself.	I am free to take time for myself.
500	I feel guilty to take time to prepare healthy meals.	I am free to prepare healthy meals.
501	I feel guilty to take time to work out every day.	I am free to take the time to work out every day.
502	I punish my body by staying fat and ugly.	I reward my body by being thin and beautiful.

Anger

Are you angry with yourself, your body, or others? Is there rage buried deep inside of your body? If you are angry about anything, you need to let the anger go in a healthy way. Go through the exercises and the tables below.

I am angry

Exercise: write down a list of all the things that you are angry about, big and small, and make sure that you release your anger using the tools available in the online course.

I feel angry about:

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
503	I am angry.	I am calm and at peace.
504	I am angry all the time.	I am calm and at peace all the time.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
505	I am angry with my loved ones.	I am calm with my loved ones.
506	I am angry with my family.	I am calm with my family.
507	I am angry with myself for not losing weight.	I am at peace with myself for not losing weight.
508	I am angry with myself for being fat.	I am at peace with myself even though I am fat.
509	I am angry with myself.	I am at peace with myself.

I am angry with my body

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
510	I am angry with my body.	I am at peace with my body.
511	I am angry with my face.	I am at peace with my face.
512	I am angry with my legs.	I am at peace with my legs.
513	I am angry with my arms.	I am at peace with my arms.
514	I am angry with my thighs.	I am at peace with my thighs.
515	I am angry with my buttocks.	I am at peace with my buttocks.
516	I am angry with my calves.	I am at peace with my calves.
517	I am angry with my hair.	I am at peace with my hair.
518	I am angry with my skin.	I am at peace with my skin.
519	I am angry with my neck.	I am at peace with my neck.
520	I am angry with my breasts.	I am at peace with my breasts.
521	I am angry with my flanks.	I am at peace with my flanks.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
522	I am angry with my cheeks.	I am at peace with my cheeks.
523	I am angry with my chin.	I am at peace with my chin.
524	I am angry with my shoulders.	I am at peace with my shoulders.
525	I am angry with my hands.	I am at peace with my hands.
526	I am angry with my wrists.	I am at peace with my wrists.
527	I am angry with my fingers.	I am at peace with my fingers.
528	I am angry with my forearms.	I am at peace with my forearms.
529	I am angry with my stomach.	I am at peace with my stomach.

Comfort

We often use food for comfort and unfortunately doing so will prevent your weight loss. You must find new ways to be comforted! Now, check out the tables below!

Food gives me comfort

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
530	Food gives me comfort.	Food gives me nutrition.
531	I eat for comfort.	I eat for nutrition and health.
532	It is comforting to eat.	I find new ways to comfort myself.

Food fills my void

I recommend that you do the following exercise.

Exercise: Identify three voids in your life and make sure that you release them using the tools available in the online course.

Void #1: I lack and crave _____

Void #2: I lack and crave _____

Void #3: I lack and crave _____

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
533	Food fills my void.	I fill my void with self-love.
534	I overeat because I lack and crave love.	I have plenty of love in my life.
535	I overeat because I lack and crave affection and connection.	I have plenty of affection and connection in my life.
536	I overeat because I lack and crave happiness and joy.	I have plenty of happiness and joy in my life.
537	Food is my primary source of comfort.	Self-love is my primary source of comfort.
538	I care more about food than I care about myself.	I care more about myself than I care about food.
539	I care more about food than I care about my looks.	I care more about my looks than I care about food.
540	I overeat because someone broke my heart.	I fill my heart with love.
541	I overeat because I have financial problems.	I have financial security.

I feel loved when I overeat

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
542	I eat according to my emotional needs.	I eat according to my nutritional needs.
543	I eat when I am lonely.	Self-love brings me comfort when I am lonely. I have many wonderful friends.
544	I eat when I am bored.	I always have wonderful things to do.
545	I eat when I am depressed.	I lift my spirit with self-love and self-care. I feel great.
546	I eat when I am stressed.	I know how to relax without eating.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
547	I eat when I am unhappy.	I know how to comfort myself without eating. I am happy.
548	I eat when I am hurt.	I ask God to heal me. I am healed.
549	I eat even when I am not hungry.	I only eat when I am hungry.
550	I eat when I am happy.	I celebrate my happiness doing things I love.
551	I feel loved when I overeat.	I feel loved when I eat in moderation.
552	I am proud of myself when I eat a lot.	I am proud of myself when I eat in moderation.
553	I get positive attention when I overeat.	I get positive attention when I eat in moderation.
554	I am proud to overeat.	I am proud to eat in moderation.
555	I associate overeating with feeling good.	I associate eating in moderation with feeling good.
556	I overeat constantly to get the attention and love of my family.	I always get the attention and love of my family.
557	I consider eating a lot a positive event.	I consider eating in moderation a positive event.

I love myself with food

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
558	I love myself with food.	I love myself by caring for myself.
559	Food is a substitute for love.	Being caring for myself is a substitute for love. I am loved and I feel loved.
560	I eat when I do not feel loved.	I am loving and caring for myself. I feel loved and self-love.
561	I eat when I need love.	I get all the love I need from myself.
562	I eat when I am not loved.	I am loving and caring for myself. I love myself.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
563	I eat to get love.	The more loving and caring for myself I am, the more I get love.

Fear of Beauty

Most of us are scared to let our beauty out for a variety of reasons that are buried deep inside of us. Please go through the tables to discover how scared you are from your own beauty.

I fear to let my beauty out

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
564	I fear to let my beauty out.	I am fearless and comfortable letting my beauty out.
565	I hide my beauty.	I let my beauty out.
566	I resist being beautiful.	I welcome being beautiful.
567	I am not as beautiful on the outside as I am on the inside.	I am as beautiful on the outside as I am on the inside.

I resist beauty

Go ahead, write down your list of the bad things that may happen to you if you are beautiful.

If I am beautiful,

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
568	I resist beauty.	I welcome beauty.
569	I fear beauty.	I am safe with beauty.
570	I fear being beautiful.	I am safe with being beautiful.
571	I hate beauty.	I love beauty.
572	I hate being beautiful.	I love being beautiful.
573	I dislike and despise beauty.	I like and admire beauty.
574	I dislike and despise being beautiful.	I like and admire being beautiful.
575	I cannot be smart if I am beautiful.	I can be smart if I am beautiful.
576	I will get raped if I am beautiful.	I am safe and protected from rape if I am beautiful.
577	I am not safe and in danger if I am beautiful.	I am safe and in security if I am beautiful.
578	I am in danger if I am beautiful.	I am safe if I am beautiful.
579	Women despise me if I am beautiful.	Women like me and admire me if I am beautiful.
580	I am beaten to death if I am beautiful.	I am fully protected from being beaten to death if I am beautiful.

I am not allowed to be beautiful

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
581	I am not allowed to be beautiful.	I am allowed to be beautiful.
582	Being beautiful is forbidden.	Being beautiful is permitted.
583	I forbid myself to be beautiful.	I allow myself to be beautiful.
584	I do not allow myself beauty.	I allow myself beauty.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
585	I cannot be beautiful and safe at the same time.	I can be beautiful and safe at the same time.

My body is not allowed to be beautiful

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
586	My body is not allowed to be beautiful.	My body is allowed to be beautiful.
587	I am not allowed to have a beautiful body.	I am allowed to have a beautiful body.
588	I do not allow myself to be beautiful.	I allow myself to be beautiful.
589	I am not allowed to have a beautiful face.	I am allowed to have a beautiful face.
590	I am not allowed to have beautiful hair.	I am allowed to have beautiful hair.
591	I am not allowed to have a beautiful neck.	I am allowed to have a beautiful neck.
592	I am not allowed to have a beautiful back.	I am allowed to have a beautiful back.
593	I am not allowed to have beautiful arms.	I am allowed to have beautiful arms.
594	I am not allowed to have beautiful hands.	I am allowed to have beautiful hands.
595	I am not allowed to have a beautiful chest.	I am allowed to have a beautiful chest.
596	I am not allowed to have beautiful breasts.	I am allowed to have beautiful breasts.
597	I am not allowed to have a beautiful stomach.	I am allowed to have a beautiful stomach.
598	I am not allowed to have beautiful flanks.	I am allowed to have beautiful flanks.
599	I am not allowed to have beautiful hips.	I am allowed to have beautiful hips.
600	I am not allowed to have beautiful buttocks.	I am allowed to have beautiful buttocks.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
601	I am not allowed to have beautiful thighs.	I am allowed to have beautiful thighs.
602	I am not allowed to have beautiful legs.	I am allowed to have beautiful legs.
603	I am not allowed to have beautiful backs of my legs.	I am allowed to have beautiful backs of my legs.
604	I am not allowed to have beautiful knees.	I am allowed to have beautiful knees.
605	I am not allowed to have beautiful ankles.	I am allowed to have beautiful ankles.
606	I am not allowed to have beautiful calves.	I am allowed to have beautiful calves.
607	I am not allowed to have beautiful feet.	I am allowed to have beautiful feet.

I cannot be beautiful

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
608	I cannot be beautiful.	I can be beautiful.
609	I cannot have a beautiful body.	I can have a beautiful body.
610	I cannot have a beautiful face.	I can have a beautiful face.
611	I am not beautiful.	I am beautiful.
612	I do not feel beautiful.	I feel beautiful.

I block my femininity and grace

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
613	I block my femininity and grace.	I welcome my femininity and grace.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
614	I am afraid to be feminine, elegant, and graceful.	I welcome being feminine, elegant, and graceful.
615	I block being feminine and attractive.	I welcome being feminine and attractive.
616	Femininity is a sign of weakness.	Both femininity and masculinity are powerful and strong.

Fat is beautiful

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
617	Fat is beautiful.	Thin is beautiful.
618	Fat is gorgeous.	Thin is gorgeous.
619	Thin is not beautiful.	Thin is beautiful.
620	Being overweight and fat is beautiful.	Being thin is beautiful.
621	I need to be overweight and voluptuous to be beautiful.	I can be thin and beautiful.
622	Beauty comes with curves and extra weight.	Beauty comes with a thin body.
623	I am not beautiful if I am thin.	I am beautiful if I am thin.
624	Being fat is cute and charming.	Being thin is cute and charming.
625	I am cuter if I am fat.	I am cuter if I am thin.
626	I am more charming if I am fat.	I am more charming if I am thin.
627	I can only be gorgeous if I am fat.	I can be gorgeous if I am thin.
628	Losing weight makes me ugly.	Losing weight makes me gorgeous.

Health, Pregnancy, and Aging

Many women believe that they cannot be thin if they are old or if they just had a baby. In addition, women often see being too thin as being sick. Please go through the tables below.

I am fat because I am old

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
629	I am fat because I am old.	I can be thin regardless of my age.
630	I cannot lose weight because I am old.	I can lose weight regardless of my age.
631	I am overweight because I am old.	I am thin and fit regardless of my age.
632	The older I get, the fatter I get.	The older I get, the thinner I get.
633	I let myself go as I get old.	I always stay in shape regardless of my age.
634	I gain weight when I get older.	I stay thin regardless of my age.
635	I use aging as an excuse to gain weight.	I use aging as an excuse to lose weight.
636	I use aging as an excuse for being fat.	I use aging as an excuse for being thin.
637	It is hard to lose weight after a certain age.	It is easy to lose weight even after a certain age.

I am fat because I am no longer young

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
638	I am fat because I am no longer young.	I can be thin even though I am no longer young.
639	I do not deserve to have a great body when I get older.	I deserve to have a great body at any age.
640	I am not allowed to have a great body when I get older.	I am allowed to have a great body at any age.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
641	I cannot be fit and in great shape past a certain age.	I can be fit and in great shape at any age.
642	I cannot be thin and healthy past a certain age.	I can be thin and healthy at any age.

I am fat because I am pregnant

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
643	I am fat because I am pregnant.	I stay at a healthy weight during pregnancy.
644	I gain a lot of weight during pregnancy.	I gain a healthy amount of weight for my child during pregnancy.
645	I use pregnancy as an excuse to gain weight.	I maintain a healthy weight during pregnancy.
#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
646	I use my pregnancy as an excuse for staying fat.	I quickly lose all the weight I gained during pregnancy.
647	It is hard to lose the weight I gained during pregnancy.	It is easy to lose the weight I gained during pregnancy.
648	It is harder to lose the weight I gained during my second or third pregnancy.	It is easy to lose the weight I gained during my second or third pregnancy.

Being fat gives me health and strength

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
649	Fat gives me strength and energy.	Thinness and fitness gives me strength and energy.
650	I associate being fat with being healthy and strong.	I associate being thin and fit with being healthy and strong
651	I cannot be healthy if I am not fat.	I can be healthy if I am thin.
652	Thin people are unhealthy and weak.	Thin and fit people are healthy and strong.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
653	I am weak if I am thin.	I am strong if I am thin.
654	I have more strength if I am fat.	I have more strength if I am thin.
655	Being fat and overweight is better for my health.	Being thin and fit is better for my health.
656	Being thin is not good for my health and fitness.	Being thin is good for my health and fitness.
657	I feel strong when I am fat.	I feel strong when I am thin.



Part 3 - How You Let Success Block Your Weight Loss

Please go through the tables below to identify the negative beliefs, thoughts, or fears that you may have. If you are reading this Companion book electronically, write down the number of the negative belief, thought, emotion, behavior, or fear displayed on the left column. You can then compile a Master list at a later time using the table in Appendix A. If you are reading a printed copy, highlight all the negative beliefs, thoughts, emotions, behaviors, or fears you think you may have. Fill in the blanks if needed.

Wealth

Many of us associate being thin with being poor and being fat means being rich. This is due to the fact that centuries ago, being overweight was a sign of wealth. Now, check out the tables below.

Fat equals wealth

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
658	Fat equals wealth and prosperity.	Thin equals wealth and prosperity.
659	Fat equals fortune and richness.	Thin equals fortune and richness.
660	Fat equals abundance.	Thin equals abundance.

Being thin equals poverty and scarcity

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
661	Being thin equals poverty and scarcity.	Being thin equals wealth and abundance.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
662	If I become thin, I will become poor.	I can be rich if I am thin.
663	I will never be thin again.	I am Ok with being thin again.

I lose weight, I lose money

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
664	I lose weight, I lose money.	I lose weight, I make money.
665	"Fat" is money.	I can be thin and have money.
666	"Fat" is wealth.	I can be thin and have wealth.
667	My wealth is in my fat.	My wealth is in my health.
668	If I am thin, I lose my wealth.	I can achieve wealth if I am thin.
669	If I am thin, I lose my money.	I can make money if I am thin.
670	If I reach my ideal weight, I lose my wealth.	I can achieve wealth if I reach my ideal weight.
671	I cannot have wealth if I am thin.	I can have wealth if I am thin.
672	I cannot be at my ideal weight and have money.	I can be at my ideal weight and have money.
673	I cannot be at my ideal weight and have wealth.	I can be at my ideal weight and have wealth.
674	If I reach my ideal weight, I lose my money.	I can have money if I reach my ideal weight.

I have to be fat to be wealthy

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
675	I have to be fat to be wealthy	I can be thin and be wealthy
676	I have to stay fat to be wealthy	I can stay thin and be wealthy

Fat makes me important

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
677	Fat makes me important.	Thin makes me important.
678	I cannot be important if I am thin.	I can be important if I am thin.
679	I need to be fat to be considered part of society.	I can be thin and be considered part of society.
680	A fat person is prosperous and important.	A thin person can be prosperous and important.
681	To be important, I need to be fat.	I can be thin and important.
682	To be prosperous, I need to be fat.	I can be thin and prosperous.

Power

You may believe that the more fat you have, the more power you have. This belief "Fat equals power" very often has been passed on from past generations. Please go through the tables below.

Fat equals power

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
683	"Fat" equals power.	Thin equals power.
684	With fat comes power.	With thinness comes power.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
685	I lose weight, I lose (all) my power.	I keep (all) my power if I lose weight.
686	I lose weight, I lose (all) my strength.	I keep (all) my strength if I lose weight.
687	I lose (all) my power if I am thin.	I keep (all) my power if I am thin.
688	I lose (all) my strength if I am thin.	I keep (all) my strength if I am thin.
689	I lose weight, I lose my status.	I keep my status when I lose weight.
690	I cannot be thin and powerful.	I can be thin and powerful.
691	The more fat I have, the more power I have.	The less fat I have, the more power I have.
692	The thinner I am, the less power I have.	The thinner I am, the more power I have.
693	I associate being fat with being strong and powerful.	I associate being thin and fit with being strong and powerful.
694	I am not strong and powerful when I am thin.	I am strong and powerful when I am thin.
695	I do not feel strong and powerful when I am thin.	I feel strong and powerful when I am thin.

I am powerful if I am a big woman

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
696	I am powerful if I am a big woman.	I am powerful if I am a thin woman.
697	I want to be fat to be more powerful.	I want to be thin to be more powerful.
698	I find power in being fat.	I find power in being thin.
699	Being fat gives me power.	Being thin gives me power.
700	Big women are strong and powerful.	Thin women are strong and powerful.
701	Being fat equals having more power in my career.	Being thin equals having more power in my career.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
706	Beauty and smarts do not go together.	Beauty and smarts go well together.
707	I cannot be beautiful if I am smart and successful.	I can be beautiful if I am smart and successful.
708	I have to be unattractive if I am smart and successful.	I can be attractive if I am smart and successful.
709	The smarter I am, the harder it is to be beautiful.	The smarter I am, the more beautiful I become.
710	The more successful I am, the harder it is to be beautiful.	The more successful I am, the more beautiful I become.
711	I create a subconscious block on losing weight.	I release the subconscious block on losing weight.
712	Losing weight means being less smart and less successful.	I can be very smart and successful if I lose weight.
713	I cannot be smart and beautiful.	I can be smart and beautiful.
714	I cannot be attractive and smart.	I can be attractive and smart.
715	I hold on to my weight so that I can be smart and successful.	I can lose weight and be smart and successful.



Beauty and success don't go together

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
716	Beauty and success do not go together.	Beauty and success go well together.
717	I can be smart or gorgeous.	I can be both smart and gorgeous.
718	Gorgeous women cannot be smart.	Gorgeous women can be smart.
719	The more I go up the corporate ladder, the more weight I gain.	The more I go up the corporate ladder, the thinner I get.
720	If I am beautiful, I cannot be perceived as smart.	I am perceived as smart even if I am beautiful.
721	I cannot succeed if I am beautiful.	I can succeed if I am beautiful.
722	I give the impression that I am not smart.	I give the impression that I am smart.
723	I give up my great looks and body to be successful.	I keep my great looks and body, and I am successful.
724	I cannot be gorgeous and successful in my job.	I can be gorgeous and successful in my job.
725	I can only be successful or gorgeous.	I can be both successful and gorgeous.

The bigger I get, the smarter I get

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
726	The bigger I get, the smarter I get.	The thinner I get, the smarter I get.
727	I associate being fat with being smart and educated.	I associate being thin with being smart and educated.
728	I need to be fat to stay smart.	I can be thin and be smart.
729	I lose my intelligence if I lose weight.	I keep my intelligence if I lose weight.

I am taken more seriously if I am fat and ugly

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
730	I am taken more seriously if I am fat.	I am taken seriously if I am thin.
731	I cannot be an executive, manager, or director if I am thin, fit, and gorgeous.	I can be an executive, manager, or director if I am thin, fit, and gorgeous.
732	I cannot be a success if I am thin, fit, and gorgeous.	I can be a success if I am thin, fit, and gorgeous.
733	I cannot be the boss if I am thin, fit, and gorgeous.	I can be the boss if I am thin, fit, and gorgeous.
734	I am not taken seriously if I am thin, fit, and gorgeous.	I am taken seriously if I am thin, fit, and gorgeous.
735	The fatter and uglier I am, the more successful I am.	The thinner and more beautiful I am, the more successful I am.

People think I am dumb if I look great

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
736	People think that I am dumb if I lose weight.	People think that I am smart if I am thin.
737	I am underestimated because of my great looks.	My intelligence has nothing to do with my looks. Everyone sees my value.
738	I stay fat to be perceived as a smart person.	I can be thin and perceived as a smart person.
739	Beauty does not go with intelligence.	Beauty and intelligence goes well together.

I need to be fat, old, and ugly to be successful

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
740	I need to be fat, old, and ugly to be successful.	I can be thin, young, and gorgeous and be successful.
741	I have to be fat, old, and ugly to have a successful career.	I can be thin, young, and gorgeous and have a successful career.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
742	Looking my best is a disadvantage to my career.	Looking my best is an advantage to my career.



Part 4 - How Your Obsessions Block Your Weight Loss

Please go through the tables below to identify the negative beliefs, thoughts, or fears that you may have. If you are reading this Companion book electronically, write down the number of the negative belief, thought, emotion, behavior, or fear displayed on the left column. You can then compile a Master list at a later time using the table in Appendix A. If you are reading a printed copy, highlight all the negative beliefs, thoughts, emotions, behaviors, or fears you think you may have. Fill in the blanks if needed.

Foods

Is food more important to you than anything else in your life? Is your life empty and you fill it with food? Do you think of food constantly and obsessively? If so, be sure to check out the tables below.

Food is a top priority

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
743	Food is a (my) top priority	My health is a (my) top priority.
744	I cannot give up unhealthy foods.	I give up unhealthy foods.
745	Eating is a (my) top priority.	Loving myself is a (my) top priority.
746	I'd rather be fat than be thin.	I'd rather be thin than be fat.
747	I prefer to be fat.	I prefer to be thin.
748	I'd rather overeat than be thin.	I'd rather be thin than overeat.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
749	I live to eat.	I eat to live.
750	I'd rather be fat and eat whatever I want than be thin.	I'd rather eat in moderation and be thin.
751	I think of food constantly.	I rarely think about food.
752	Food is more important than my health.	My health is more important than food.
753	I nurture myself with food.	I nurture myself with self-love and by taking care of myself.
754	I feel deprived and unsatisfied without constant food.	I feel satisfied without constant food.
755	I choose to be overweight so that I can overeat.	I'd rather eat less and be thin.
756	Food is extremely important in my life.	Food has less importance in my life. I have new interests.
757	It is easier to be fat.	It is easier to be thin.
758	I do not want to restrain my eating.	I want to restrain my eating. It is easy.
759	I cannot give up excess food.	I can give up excess food.
760	I do not have the discipline to lose weight.	I have the discipline to lose weight.
761	I give up being thin so that I can overeat.	I give up excess food so that I can be thin.

Food is my main pleasure

Exercise: Make a list of things that bring you happiness and pleasure and that you can do instead of eating. Here are a few ideas to get you started: listen to music, make your own music, work out, take a walk in nature, call a friend, take a bubble bath, and work in the garden. Your list will look like this:

I get pleasure from _____ instead of eating.

I get pleasure from _____ instead of eating.

I get pleasure from _____ instead of eating.

I get pleasure from _____ instead of eating.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
762	Food is my main pleasure.	Working out or _____ is my main pleasure.
763	Eating is one of the most pleasurable things in my life.	Love or _____ is the most pleasurable thing in my life.
764	My weight is not a priority. Food is more important.	My weight is a priority. Food is less important.
765	My only pleasure is food.	I get pleasure from meditating or _____ instead of eating.

I have food cravings: chocolate, chips, cookies

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
766	I have food cravings.	I am free from food cravings.
767	I crave chocolate.	I am free from craving chocolate.
768	I crave sweets.	I am free from craving sweets.
769	I crave sugar.	I am free from craving sugar.
770	I crave junk foods.	I am free from craving junk foods.
771	I eat chocolate constantly.	I eat chocolate in moderation.
772	I eat bad foods constantly.	I rarely eat bad foods.
773	I want to eat constantly.	I eat in moderation.
774	I have the habit of eating sweets or _____ every day.	I eat sweets or _____ occasionally.
775	I have the habit of eating junk foods every day.	I eat junk foods occasionally.
776	I cannot stop eating chips or _____.	I stop eating chips or _____
777	I love eating unhealthy foods.	I love eating healthy foods.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
778	I eat a lot of sugar.	I eat sugar occasionally.
779	I cannot stop eating junk foods.	I stop eating junk foods.

I am obsessed with food

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
780	I am obsessed with food.	I am free from obsessing with food.
781	I am too interested in food.	I am uninterested in food.

I think about food all the time

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
782	I think about food all the time.	I rarely think about food.
783	I overeat when I stay inside or watch TV.	I control my eating when I stay inside or watch TV.
784	I always think about the next bite.	I enjoy the food I am eating at this very moment.
785	I always think about what to eat next.	I think about other things than eating.

I cannot stop bingeing

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
786	I cannot stop bingeing.	I can stop bingeing.
787	I am always hungry.	I am always full.
788	I want to eat all the time	I eat when I am hungry.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
789	When I start eating, I cannot stop.	I stop eating when I am full.
790	The more I eat, the less likely I am to stop.	The more I eat, the less I want to eat as I am full.
791	My eating is out of control.	I control my eating.
792	When I binge, no food can satisfy me.	Healthy food satisfies me.

Diets

Are you obsessed with diets and start one every week or every month? Are you unable to eat healthy foods on a regular basis? If so, check out the tables below.

I have been on a diet for years

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
793	I have been struggling with losing weight for years.	My struggle with weight loss is over. Losing weight is easy.
794	I have been on a diet for years.	My diets are over.
795	I am always on a diet.	I choose to eat healthy foods every day instead of dieting.
796	I have been struggling with diets all my life.	My struggle with diets is over. It is easy for me to eat healthy foods.
797	I deprive myself with depressing diets.	I satisfy myself with healthy, tasty foods.

My diet starts on Monday and ends on Wednesday

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
798	My diet starts on Monday and ends on Wednesday.	I am motivated and can stay on a long-term healthy eating regimen.
799	All my diets fail.	All my diets succeed.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
800	I fail at dieting.	I succeed at eating healthy foods.

I gain weight when I diet

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
801	I gain weight when I diet.	I lose weight when I eat healthy or diet.
802	I panic when I gain back a few pounds.	I am patient when I eat healthy or diet. I know that weight fluctuates.
803	I gain back all the weight I lost plus more.	I lose weight permanently.
804	I failed at losing weight when I diet or eat healthy foods.	I succeed at losing weight when I diet or eat healthy foods

I am deprived when on a diet

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
805	I am deprived when I eat healthy foods or I am on a diet.	I am satisfied when I eat healthy foods or I am on a diet.
806	I am depressed when I eat healthy foods or I am on a diet.	I am happy when I eat healthy foods or I am on a diet.
807	I constantly feel hungry and unsatisfied when I eat healthy foods or I am on a diet.	I feel full and satisfied when I eat healthy foods or I am on a diet.
808	I crave my favorite foods when I eat healthy foods or I am on a diet.	I crave healthy foods when I eat healthily or I am on a diet.

I want what is forbidden

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
809	I want what is forbidden.	I eat what I want.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
810	I obsess about the food I cannot have.	I can have any food (in moderation).
811	I am forbidden to eat what I want.	I am allowed to eat what I want. I allow myself to eat what I want.

I'm frustrated with diets

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
812	I am frustrated with diets and eating healthy foods.	I am satisfied with diets and eating healthy foods.
813	I am frustrated with not losing weight.	I am satisfied with my weight loss. I get great results.
814	I don't get great results with my diet and healthy lifestyle.	I get great results with my diet and healthy lifestyle.

I'm obsessed with diets

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
815	I am obsessed with diets.	I am free of my obsession with diets.
816	I am obsessed with losing weight.	I am free of my obsession with losing weight.
817	I am obsessed with my weight.	I am free of my obsession with my weight.
818	I am obsessed with being fat.	I am free of my obsession with being fat.

No more depriving diets!

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
819	I diet.	I eat healthy foods.
820	I eat junk and unhealthy foods.	I eat healthy, organic foods.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
821	I eat sugar and bad fats.	I eat sugar and bad fats in moderation.
822	I drink unhealthy drinks.	I drink a lot of water.
823	I eat carbs and sweets constantly.	I eat carbs and sweets in moderation.

Eat gourmet food!

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
824	I love junk food.	I love gourmet food.
825	I eat tasteless meals. I am unsatisfied with the food I eat.	Each meal is a delight; I am satisfied with the food I eat.
826	I constantly eat between meals.	I rarely eat between meals.

Eat with passion!

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
827	I have no passion for what I eat.	I eat with passion.
828	I am not happy with what I eat.	I am happy with what I eat.
829	I am deprived when I finish my meal.	I am satisfied when I finish my meal.
830	I have no time to make healthy and tasty meals.	I have time to make healthy and tasty meals.

The Scale

Is the scale your “God” and does it have the power to influence how you feel every day? Are you obsessed with how much do you weight? If so, check out the tables below.

The “God Scale”

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
831	My scale has power over me. I lose my power when I weigh myself.	I have power over my scale. I stay in my power when I weigh myself.
832	I am frustrated when I weigh myself.	I am happy when I weight myself.
833	My scale tells me how good I should feel about myself.	I feel good about myself regardless of what the scale “says”.
834	The scale depresses me.	I’m in control of my mood. I am happy regardless of what the scale “says”.
835	I go on the scale every day.	I use the scale occasionally.
836	I listen to the scale instead of my body.	I listen to my body instead of the scale.
837	The scale controls my happiness.	I control my happiness.
838	I am obsessed with my scale and I am lost without it.	I am free of my obsession with the scale and I’m fine without it.
839	The scale gives me approval.	I approve of myself and my body. I do not depend on the scale for approval.

The vicious circle

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
840	I am caught in a vicious circle with food. The amounts of foods I eat make me depressed.	I am caught in a healthy circle with food. The amounts of foods I eat make me happy.
841	I am depressed because of my weight.	I am happy with my weight.
842	The unhappier I am with my weight, the more I eat.	The unhappier I am with my weight, the less I eat.

Get a new scale

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
843	I have an old "fat" scale; I am always fat when I use it.	I have a new "thin" scale; I am always thin when I use it.
844	I get bad news when I jump on my scale.	I get good news when I jump on my scale.
845	I hold on to my scale.	I let go of my old scale and buy a brand-new one.
846	I am fat on my scale.	I am thin on my scale.

Part 5 - Why You Gain the Weight Back

It is tough to not gain back the weight after weight loss. Very often we gain back the weight, plus much more. Unfortunately, the main reason you may be putting back on the weight is that you did not want to lose weight in the first place because of the many mental blocks covered here. So, it is crucial for you to release what is blocking you from keeping the weight off and from permanent weight loss.

Please go through the tables below to identify the negative beliefs, thoughts, or fears that you may have. If you are reading this Companion book electronically, write down the number of the negative belief, thought, emotion, behavior, or fear displayed on the left column. You can then compile a Master list at a later time using the table in Appendix A. If you are reading a printed copy, highlight all the negative beliefs, thoughts, emotions, behaviors, or fears you think you may have. Fill in the blanks if needed.

Fear plateaus my weight loss

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
847	Fears plateau my weight loss.	I lose weight constantly.
848	My weight loss plateaus.	My weight loss is constant.

It is tough to keep the weight off

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
849	It is tough to keep the weight off.	It is easy to keep the weight off.
850	Keeping the weight off is difficult.	Keeping the weight off is easy.
851	It is easy to gain the weight back.	It is easy to maintain weight loss.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
852	I see my old "fat" self.	I see my new "thin" self.

I always gain the weight back

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
853	I always gain the weight back.	I keep the weight off.
854	I am fat in my mind.	I am thin in my mind.
855	I let go of being "fat" in my mind.	I adjust my mind to being "thin."
856	My weight yoyos.	I keep the weight off; my weight is stable.
857	I stay in the "fat" world.	I rejoice in the "thin" world.
858	My mind does not adapt to me being thin.	My mind adapts to me being thin.
859	I think fat.	I think thin.

I am trained to be fat

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
860	I am trained to be fat.	I train myself to be thin.
861	I have been fat all my life and I should stay fat.	I can stay thin all my life.
862	I don't know what else to be except fat.	I know that I can be thin.
863	I don't know how to be thin.	I know how to be thin.
864	My body is trained to be fat.	I train my body to be thin.
865	I think, I eat, and I exercise like a fat person.	I think, I eat, and I exercise like a thin person.

I am programmed to be fat

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
866	I am programmed to be fat.	I am programmed to be thin.
867	I am a fat human being.	I am a thin human being.
868	My mind is programmed for me to be fat.	I reprogram my mind for me to be thin.
869	I am a fat person and I cannot lose weight.	I am a thin person and I can lose weight and keep it off.
870	My mind makes me go back to being fat.	My mind makes me stay thin.
871	I regain weight easily.	I easily keep the weight off.

I still tell myself I am fat

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
872	I still tell myself that I am fat.	I tell myself that I am thin.
873	I see only imperfections in myself.	I always see something good in myself.
874	I see myself as a fat person.	I see myself as a thin person.
875	I criticize my body even though I am thin.	I praise my thin body.
876	I cannot see myself as a thin person.	I can see myself as a thin person.
877	I cannot accept myself as a thin person.	I accept myself as a thin person.

I still feel fat

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
878	I still feel fat.	I feel thin.

I still act fat

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
879	I still act fat.	I act thin.
880	I fall back into old, unhealthy eating habits.	I adopt new, healthy eating habits.

I fear being fat again

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
881	I fear being fat again.	I am confident that I will stay thin.
882	I am afraid of gaining the weight back.	I am confident that I will keep the weight off.

Staying thin is not possible

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
883	Staying thin is not possible.	Staying thin is possible.
884	I do not deserve to be and stay thin.	I deserve to be and stay thin.
885	I am not allowed to be and stay thin.	I am allowed to be and stay thin.
886	I cannot be and stay thin.	I can be and stay thin.

I don't like being thin

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
887	I do not like nor love being thin.	I like and love being thin.

I do not feel safe being thin

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
888	I do not feel safe being thin.	I feel safe being thin.

Awesome Job! By reading this Companion book, you should have identified many MESS blocks! Now, make sure to read the Conclusion 😊!



Conclusion

Just by going through this Companion book, you should have started the release process of many of your MESS blocks to weight loss. This is so exciting, and I sincerely hope that you gained some valuable insights into your MESS blocks to weight loss.

Also, please be sure to check my other products and services at feelingfitnbeautifulatanyage.com.

I wish you the absolute best, and I look forward to continuing to assist you in reaching your weight loss goals.

Much love,

Marylin

Appendix A

Your Master List of Mental Blocks

At the beginning of this companion book, I invited you to write down your mental blocks to weight loss and create your own master list of blocks so that you could refer to it whenever you'd like or feel the need to. You can either use the blocks from the tables in this companion book or write down other ones you may have with your own words.

Example of common mental blocks

To help you, I have included a master list of key mental blocks to weight loss.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
1	I cannot lose weight.	I can lose weight.
2	It is hard to lose weight.	It is easy to lose weight.
3	I gain weight quickly and easily.	I lose weight quickly and easily.
4	I do not want to lose weight and be thin.	I want to lose weight and be thin.
5	I do not deserve to lose weight.	I deserve to lose weight.
6	I can't be thin.	I can be thin.
7	I am safe if I am fat.	I am safe if I am thin.
8	I am fat and I feel fat.	I am thin and I feel thin.
9	I must be fat to fit in with my family.	I can be thin and fit in with my family.
10	I criticize myself all the time.	I praise myself all the time.
11	My body is fat and ugly.	My body is thin and beautiful.
12	I hate my body.	I love my body.

#	Negative Thought, Belief or Behavior	Positive Thought, Belief, or Behavior
13	I am ugly.	I'm beautiful.
14	Fat is my protection.	I am fully protected even though I am thin.
15	I am more powerful if I am fat.	I am more powerful if I am thin.
16	I eat too much.	I am satisfied with less food.
17	I feel guilty and ashamed when I eat or overeat.	I am guilt-free when I eat or overeat.
18	I can't keep the weight off.	I can keep the weight off.
19	I always gain the weight back.	I always stay thin.
20	I am not good enough.	I am good enough.

Use the blank table on the next page to write your MESS blocks and the positive thoughts and beliefs to replace them with.

**Thank you for reading
this companion book!**

Much love,

Marylin

