

The Inner Diet

You Can't Change Your Weight Until You Change Your Mind!

Dr. John H. Sklare

Part I: Introduction

An overweight woman walks into her doctor's office exactly six months after her last visit. As her doctor greets her, he immediately realizes that the serious *heart-to-heart talk* he had with her, about her weight and health, did not motivate her to take action. She left his office six months ago filled with the fear of knowing full well what the real life health consequences were for her if she did not lose some weight. So what happened? Why didn't she lose any weight? Why didn't her dire physical condition motivate her to dramatically change her unhealthy habits? Why didn't the doctor's serious and frightening straight-talk with her, about the consequences of not losing weight, scare her into change? Why didn't this woman take the health altering and life saving advice that was so passionately delivered to her?

Well, she didn't heed his advice and take the appropriate countering action because it takes more than ominous talks and established nutritional facts to create the drive and dedication that most people need to honestly change the way they think when it comes to food and exercise. The reason that she didn't take the appropriate corrective action strongly suggested by her doctor can be summed up in this short statement: **You can't change your weight until you change your mind!** Unfortunately, however, this is what most dieters attempt to do most of the time. They try to do one thing while their mind is telling them to do something else with the end result being extreme frustration and eventual failure. It's a bit like trying to drive a car forward with one foot on the gas pedal and the other foot pressed firmly on the break. The result is that get nowhere!

Well, if this woman sounds uncomfortably familiar to you and you would like a deeper understanding about why people like her continue to struggle and fail with weight loss, you're going to find this eight part series very enlightening and very useful! I have been investigating and writing about the mental part of weight loss and lifestyle change for over 30 years now and, as a result, have gathered some very helpful information along the way. Some of that research and information is what I want to share with you in this 8 part series.

What I plan to do, in this eight part series, is introduce you to the six primary issues (mental roadblocks) that my 30 plus years of research show are at the very heart of why most people struggle with dieting. These six issues also represent the key stumbling blocks to creating long-term weight loss and healthy lifestyle change. I should also mention that the research that uncovered these six issues was the topic of a Doctoral Dissertation that ultimately created the foundation for the development of my Inner Diet program.

The six mental roadblocks that interfere with effective weight loss and healthy lifestyle change and are supported by my research are called: **Stress Eating, Discomfort Level, Perfectionism, Commitment**

Level, Inner Control and Secondary Gain. In this eight part series I will briefly define and discuss each of these 6 mental roadblocks. In order to set the stage for the rest of this series and get you thinking about the general context of these six issues, however, let me offer you six key questions to think about that capture the essence of each of these psychological weight loss barriers that we will be discussing in this series. Consider the following six questions:

- Do you overeat in order to reduce stress and manage tension in their life?
- Is weight loss psychologically too uncomfortable for you to endure?
- When dieting, what do you typically do when you slip up and eat something that is not on your diet?
- How truly motivated and committed are you to lifestyle change and healthy living?
- Do you feel that your eating habits and your weight are out of your personal control?
- Do you see any advantages or benefits to remaining overweight?

The six emotional eating triggers that I will discuss in this series are each captured by one of the six questions above. If you're like the typical person who struggles with weight loss, you probably answered yes to at least three of those six questions. Thank you for stopping by and I look forward to offering you more information, insight and direction in the weeks to come.

This ends Part One of my eight part series. In Part Two, I will discuss the #1 most common emotional eating trigger of all...**Stress Eating**.