

# This Body Is Under New Management

Dr. John H. Sklare

I was out running errands the other day when I passed by an establishment that I pass by on a regular basis. This happens to be an eating establishment. When this particular restaurant first opened, I stopped in and had dinner one evening. It was a new business and close to my home so I thought I would give it a try. After being served my meal, I took that cautious and thoughtful first bite. For the restaurant, this is a very important moment. You see, they know that if I like that first bite and enjoy the rest of my meal, I am likely to return and will probably tell others as well. This is how a successful business makes its mark and prospers. Well, let's just say that I was not impressed by the food or the service and intended to never return to that restaurant again.

So I'm driving by there the other day and I noticed a sign in the window that read "*Under New Management*". After my disappointing experience there I was not surprised to see that sign. I knew after my visit that if changes were not made that business would fail. At any rate, a couple of days later I decided to give the new management a try and I left with a much better impression this time.

Well, when I saw that sign in the window a light went on in my head. I began to think about how difficult and emotional weight management and lifestyle change is for most and what a struggle it is to succeed. My contention is that most people fail at weight management because they don't make the mental changes necessary for success. Just as the business I mentioned above had to change to be successful, so do you. As that old saying so accurately states, "*If you keep doing what you've always done, you'll keep getting what you've always got*". It's really that simple. When I was in private practice I would regularly discuss this notion with my patients. The bottom line is this: **You will never become who you want to be by remaining who you are.** If you are unsuccessful now with weight loss and healthy living and want to be successful later, you must change. Wanting your life to be different while, at the same time, refusing to make the necessary changes is a dead end street. It's a little like wanting to take a shower and not get wet. It just isn't going to happen. If you want a different result, you must take different actions and make different decisions.

In reality, weight management is a decision-making problem. This is actually true about life in general. We are the sum total of the decisions that we make. Be they decisions regarding education, employment, marriage, eating or whatever. Where we end up is the direct result of the decisions that we make and the actions that we take along the way. So the solution to weight management truly lies in becoming a better decision-maker. I know that it's easier said than done but it is absolutely within your ability to do. And it all starts with possessing a heart-felt belief that you can change.

With that in mind, I have a suggestion for you. This idea came to me as I looked at that sign in that restaurant's window. I thought to myself what a great idea to take into your daily life. I suggest you make this your mantra for your new healthy life - ***This Body Is Under New Management!*** Say it loud and say it with conviction. ***This Body Is Under New Management!*** Think of it this way. Imagine that your body is your *business* and you're the new manager whose been brought in to turn this business around. Sure it's going to be difficult and you're going to have to make some tough *decisions* but it's your job and it must be done. This activity is called *mental imagery* and it can be a very powerful and a very helpful technique. If you have been struggling with your weight, it may be time to fire the old management and bring in the new. Use this new mental image and this new daily mantra to make the mental changes necessary for your success.

In counseling and psychotherapy there is a term we use that refers to making something more real or concrete in your life. It's called *grounding*. So I'm going to give you a grounding suggestion now that will help you incorporate this new image into your thinking. I want you to take the saying ***This Body Is Under New Management*** and make it tangible. I don't care if you weave it into a tapestry, carve it into a piece of wood or simply draw it on a piece of paper. Just get physically involved in creating your sign. Then put it somewhere where you will see it often. Perhaps in the kitchen is a good idea. The important thing is to personally and physically involve yourself with the creation of this sign. I know that weight management and lifestyle change is a very difficult and emotional endeavor. I also know that it can be done. So put your body under new management and make it happen! You are well worth the effort!!

Wishing You Great Health,

Dr. John H. Sklare