

The Inner Diet

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

Dr. John H. Sklare

Part VI: Commitment Level

Welcome to Part Six of my eight part series on emotional eating. I would like to begin this discussion today by addressing the fifth most common issue that interferes with your ability to diet and lose weight called **Commitment Level**. My Inner Diet research shows that this issue is a serious problem for about 28% of all overweight people who are dieting and trying to lose weight. So what exactly is this issue called *Commitment Level* and how does it get in the way of your ability to diet, lose weight and control your eating. Allow me to explain.

Your commitment level is a measure of the amount of motivation or resolve that you have to make a serious life style change. Individuals, who struggle with this issue, tend to view dieting and weight loss as a short term endeavor. Their underlying intention is to change their eating habits only for the short term as opposed to embracing a new lifestyle and changing their eating habits for the long term. The problem with short term commitment is that it always results in short term success at best. Whereas, life time commitment results in life time success. When you boil it all down it's really just basically plain and simple logic! Life time commitment directly leads to life time success. Your chances of being successful at long term weight control with a short term commitment are about as good as wanting to take a shower without getting wet. It just isn't going to happen. If your commitment is short term, you may lose the weight you desire but research shows that it will most likely return. The reason is that those who demonstrate a lack of long term commitment tend to treat dieting and weight control in very much the same way that they would treat a common cold. Let me show you what I mean.

Let's say that every Friday after work you usually go out with friends for a couple of drinks, then go to dinner and eventually go to a movie. Well let's further imagine that on this one particular Friday that you unfortunately have a cold. So, instead of going for drinks, you go straight home. Instead of going out for dinner, you make some chicken soup. And instead of staying out late and going to the movie, you stay home and go to bed early. In other words, you drastically change your regular behavior. However, the next Friday when your cold is gone, you return to your old routine. Well, this is the same mindset that people who lack commitment bring to dieting and weight control. They see dieting as a short term change in their behavior. Their conscious or unconscious intention is to eventually return to their old eating habits. This attitude is at the very heart of the problem for those who lack commitment and it is also what feeds into classical yo-yo dieting.

Please don't be discouraged if you happen to fall into this category because this is a problem that is definitely solvable. However, if this sounds like you, it's no wonder that you have struggled with weight control. It's a bit like that dream most of us have had at least one time in our lives about being a panicked student in class. It's the dream where you suddenly find yourself sitting in a classroom and the teacher begins passing out a major test that you didn't know you were having. And there you sit totally unprepared and doomed to failure. Well, trying to diet and lose weight without the right mental preparation and commitment will also leave you totally unprepared and doomed to failure. The good

news is that this is not a dream and you can change this outcome simply by strengthening your commitment to healthier eating!

I once read that the difference between **commitment** and **involvement** can be compared to a bacon and egg breakfast in the following way: The chicken was involved but the pig was committed. I just love that statement. It paints such a clear picture because the reality is that there is a major and significant difference between true heart-felt commitment and casual halfhearted involvement and it's so important that you understand this distinction. Because the truth is that most of you are only halfheartedly involved in dieting, wellness and weight loss while very few of you are truly committed for the long run. Just imagine how easy weight loss would be if you wholeheartedly pursued it and were truly committed to this change.

This ends Part Six of my eight part series. In Part Seven, I will discuss the sixth and final most common emotional eating trigger called...**Secondary Gain**.

Wishing You Great Health,

Dr. John H. Sklare