

# The Inner Diet

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

Dr. John H. Sklare

## Part VIII: Summary

Welcome to the final installment of my eight part series on emotional eating. I hope that you have found this topic interesting, enlightening and useful. If you are presently dieting, I am also willing to bet that you saw yourself struggling with at least one of the six emotional eating triggers that I have addressed. As you may recall, I began this discussion in the first article by posing some questions asking you to consider why a woman, who was dangerously overweight, did not heed her doctor's dire warning and lose weight. I suggest to you that, at the heart of her problem, was at least one of the six emotional issues that I have uncovered in my research with The Inner Diet. So let's recap and I'll add some additional information along the way.

The six emotional eating triggers discussed were: Stress Eating (SE), Discomfort Level (DL), Perfectionism (PE), Inner Control (IC), Commitment Level (CL) and Secondary Gain (SG). What follows is the percent of the overweight population that have a "serious" problem with each issue. A "serious" problem is defined as someone who scores **High** or **Very High** on **The Inner Diet Questionnaire**. The following shows what percent of the overweight population score **High** or **Very High** on each issue: SE 74% - DL 72% - PE 51% - IC 49% -CL 28% - SG 5%. In other words, take SE for example. Stress eating is an issue that most profoundly interferes with successful dieting for 74 out of every 100 overweight people who are trying to lose weight. No diet will work long term for a stress eater until they address this knee-jerk reaction to stress. The same is true for the other five issues as well.

Here are some other interesting facts about the prevalence of these six issues in overweight people. 95% score **High** or **Very High** on at least one issue, 80% score **High** or **Very High** on two issues, 58% score **High** or **Very High** on three issues, 35% score **High** or **Very High** on four issues, 12 % score **High** or **Very High** on 5 issues, 1% score **High** or **Very High** all six issues and 5% don't score **High** or **Very High** on any issues. Just think about that for a moment. A whopping 58% of all overweight people score **High** or **Very High** on three of these emotional eating triggers. Is it any wonder why dieting and weight loss is so difficult?

Let me offer you just one more piece of statistical evidence that supports the existence of these issues in real life dieting people. When one completes the 40 item **Inner Diet Questionnaire**, they receive six scores, one for each of the six emotional eating triggers. The scores vary from 0 (does not interfere with dieting) to 100 (seriously interferes with dieting). Some score higher and some score lower but here are the average scores for each of these six issues.

### AVERAGE SCORES:

Stress Eating..... 62  
Discomfort Level.....58  
Perfectionism.....50

Inner Control.....	49
Commitment Level...42	
Secondary Gain.....	26

I should also mention that the data that I report here are all gathered through The Inner Diet Questionnaire which is a statistically valid and reliable 40 question measuring instrument. As a matter of fact, the development of the questionnaire was actually the topic of Doctoral Dissertation. That means that the research was conducted in a university setting under the supervision and guidance of research experts. The result is that there is real science behind the development of this questionnaire which guarantees that it measures these issues accurately (statistically valid) and can do it repeatedly (statistically reliable). I am also very proud to tell you that The Inner Diet has also been used by doctors, dietitians and other weight loss professionals, in their offices, for over 25 years now.

At the end of the day, until you are honestly ready to commit to healthy eating and embrace a more wellness oriented lifestyle; all the serious and ominous talks in the world won't motivate you to take action or help you stay on your diet. And it takes much more than simple *behavior modification* to create honest change in us humans. To create the serious kind of life-altering healthy change that you want to embrace, it also takes a serious dose of *cognitive modification* that addresses the underlying thinking that ultimately is responsible for unhealthy eating. In other words, it's really more about what you think than about what you do. By addressing the manager of your behavior (the thinking part of you) you put yourself in the perfect position to address the core underlying issues that create this unconscious resistance to dieting and interfere with you ability to lose weight. Time and experience have taught us that simply asking people to behave differently or eat healthier just doesn't get the job done. This heartfelt and life-altering desire for change has to come from you as a direct result of honestly wanting to take charge of your eating and make healthier decisions. This also demonstrates the primary reason that a *cognitive modification component* is critical to creating the mental change necessary to live a healthier lifestyle. The reason is very simple. What you do (Behaviorism) is a direct result of what you think (Cognitivism) because the thinking ALWAYS precedes the doing.

If I had to sum up the underlying message from this eight part series, two things come to mind. First, in order to truly succeed at dieting and long term weight loss, you need to undergo a **mental makeover** of sorts that addresses the emotional relationship that you have with food and honestly changes the way you think about eating. The second underlying message happens to also be the official motto of The Inner Diet - ***You can't change your weight until you change your mind!***

Wishing You Great Health,

Dr. John H. Sklare