



Appetite for Living Workshop

For those who like a little more detail ...

■ Understand the different functions of our brain and what part these play in relation to eating and diets

In order to understand emotional eating, it helps to understand some of the rules that govern human behaviour.

We have two mental levels, conscious, and unconscious. Some people call the unconscious, the subconscious.

The conscious mind is our rational, thinking mind. It reasons things out based on our perceptions and previous experiences. When we use will-power alone we are using our conscious mind, and as you read this you are 'listening' with your conscious mind.

The unconscious mind is the body's computer. It doesn't reason like the consciousness does. It's much more of a machine. Like with a computer, the input controls the output.

■ Find out what sort of eater you are

There are three key components that trigger an appetite.

1. **All** People get **urges** to eat because food in the mouth provides temporary relaxation and pleasure.
2. **All** People get **cravings** because of unconscious associations between food and activities (like watching TV) or parts of your environment. This is called a conditioned response.
3. **Some** People get compulsions to eat because of emotional reasons. Being overweight can provide all kinds of emotional protection. 99% of the emotional eaters do not recognise this aspect of themselves

■ What emotional eating means; how to work with this and move towards eliminating

Do you sometimes overeat because:

- You are bored, lonely, want a reward etc?
- You were never accepted for who you are?
- You can't eat like other people?
- You mother criticised you for being overweight?
- You feel more comfortable staying overweight?
- You feel deprived if you don't overeat?
- You just can't get full?

These are all emotional reasons to eat based on feelings or beliefs, rather than hunger. Real hunger is a biological need for nourishment. Without this built-in need, many would die from malnutrition or starvation simply because they wouldn't eat enough nourishing foods, but, here's the issue: With our over-abundant food supply, **many of us have learned to eat for reasons other than hunger consequently we're overfed, over fat and yet dangerously under nourished.**

■ Resolve Internal Conflict using an NLP technique

We can often experience an internal 'fight' between two parts of us. People can live for years, a lifetime even with internal conflict raging within. This can waste tremendous amounts of energy and sabotage effectiveness. A simple example of this could be that part of you wants to be slimmer and healthier but another part doesn't want to give up things you like to eat. The NLP *Parts Negotiation Pattern* provides the process by which we can change this, putting a stop to the conflict between the parts and negotiate 'peace', generating a win / win solution for both parts.

■ Say goodbye to the Limiting Beliefs you have around weight loss and a healthy lifestyle

Here are some **limiting beliefs** about dieting and weight loss:

- I can't lose weight because everyone in my family is fat.
- I'll always be fat; I might as well accept it.
- I can't resist fried foods.
- If I start eating, I can't stop.

These beliefs are limiting because they hold you back. Once your dieting or weight loss efforts start to pay off, or you notice progress, self sabotage takes over. Why? Because it's easier and more familiar.

Making a change seems difficult because it is natural to fall back into well worn patterns of behaviour. The longer you've told yourself these lies, the more well worn your path may be.

During the workshop you will identify *your* limiting beliefs around weight loss and healthy lifestyle, generating new positive and empowering beliefs to underpin and support your new behaviours.

■ Use the NLP Swish technique

The Swish technique enables us to quickly dissolve the feelings attached to unwanted thoughts and to deal with un-useful habits...

In the Swish we replace the unwanted thought or behaviour with a more useful and appropriate one because the Swish re-directionalises thinking.

It is an instruction to the brain No, not that - THIS!!

SWISH in a nutshell – you can start now ...

1. Get a picture in your mind of you doing the habit you don't want. Make it a good clear picture.
2. Get a teensy picture in your mind of the habit you do want.
3. Perform a mental manoeuvre in which you replace the old habit with the new. (E.g. picturing yourself lounging on the sofa, being replaced by being up and about doing fun things.
4. Practice over and over again until you get it, generally over a series of weeks

The SWISH can be done many ways and on the workshop we will do this as you relax and visualise – I'll make it easy for you!