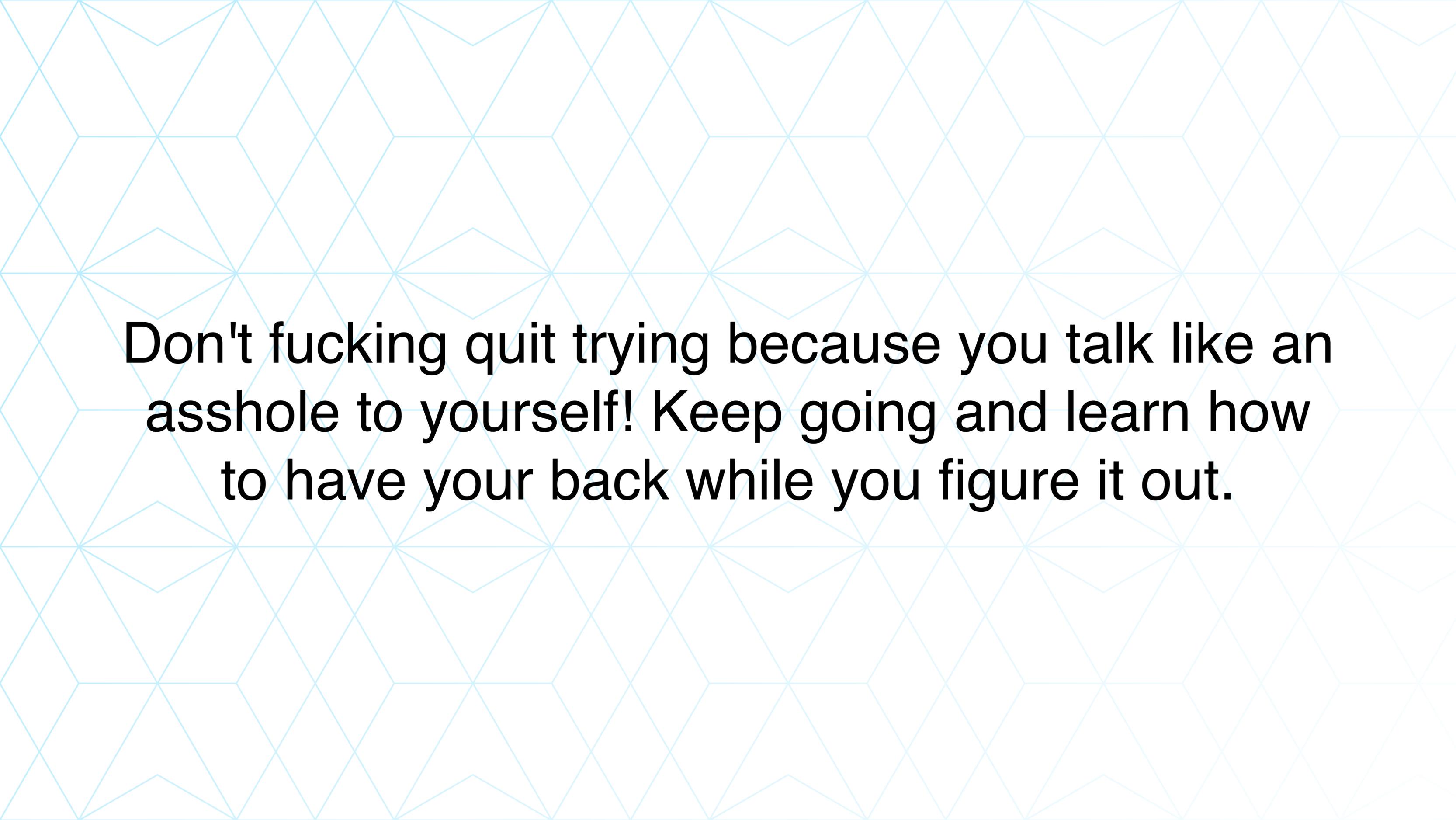


3 REASONS WE SELF- SABOTAGE

TAKE CONTROL OF FOOD CHALLENGE: DAY FIVE

#1

**You quit to prevent yourself from feeling
bad about mistakes.**

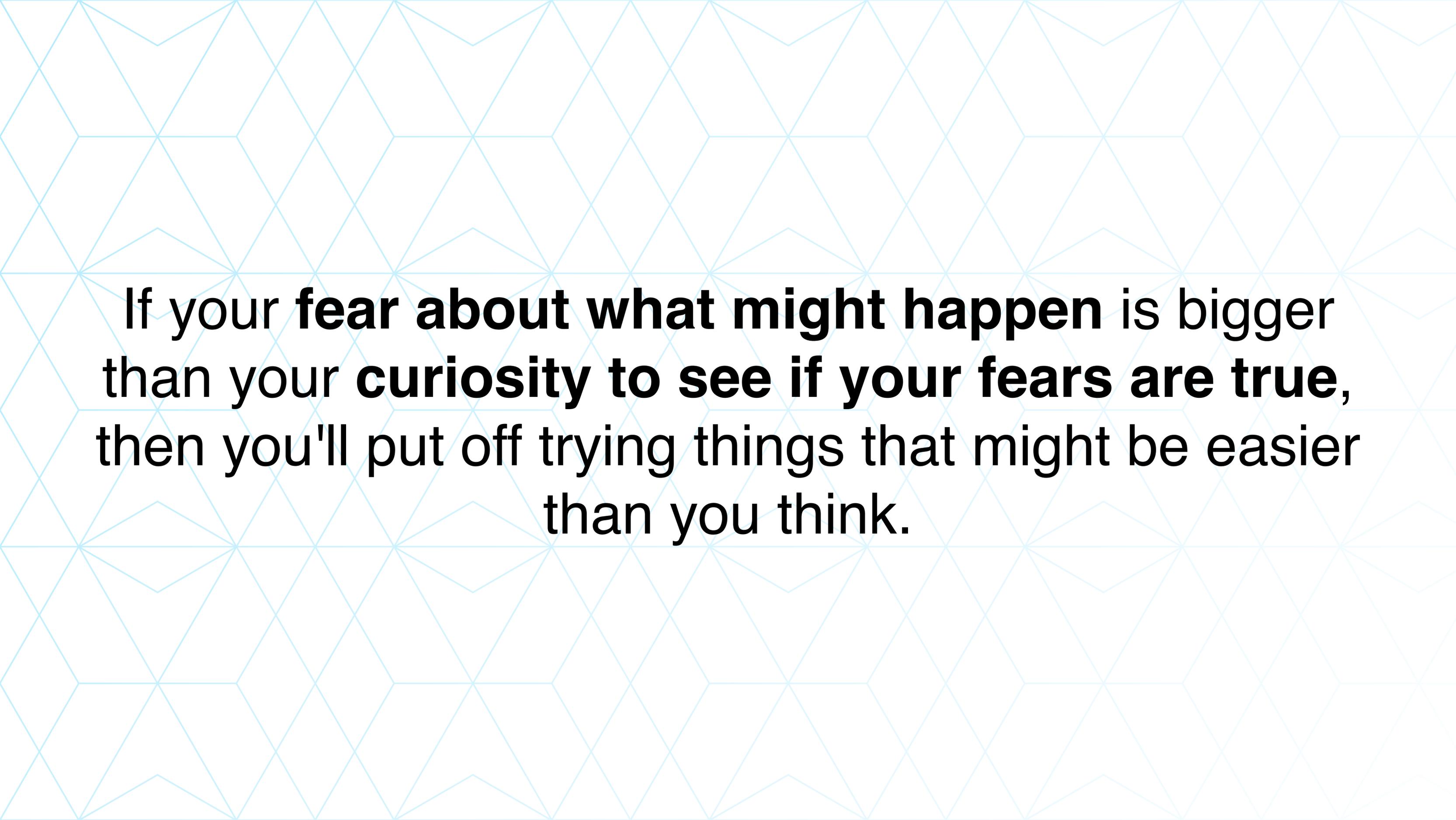


Don't fucking quit trying because you talk like an asshole to yourself! Keep going and learn how to have your back while you figure it out.

#2

You put off trying things, worrying what will go wrong.

**Example: Stopping at enough at dinner for fear that
you'll get hungry later.**



If your **fear about what might happen** is bigger than your **curiosity to see if your fears are true**, then you'll put off trying things that might be easier than you think.

Hunger

A common fear is 'I'll overeat if I get hungry'. Plan some food and if your body needs it, eat. If it doesn't, you will have avoided overeating from fear.

Focus on building a trusting and honest relationship with your body's hunger and fullness cues.

It's OK if you get hungry. Nothing is wrong with hunger.

#3

**When you do something right you worry instead of
feeling good about it**

This is called imposter syndrome and is common in weightloss.

As women we are not taught to be proud of ourselves. We are taught to cheer others on like a good girl, but we're a bitch or snobby if we're proud.

So even if we do it right or make progress, we downplay or worry (instead of being satisfied or motivated).

The problem is, you think losing weight will make you happy. But you'll end up quitting if the only thing that happens in weightloss is every time you weigh in you worry you'll screw it up. 3lbs is better than 2lbs. Losing .4lbs isn't good enough. Dropping a few sizes means you still have a long way to go.

WARNING

**You must change how you think about things to
change your weight.**

No wonder we need a "break" from weightloss. If you don't learn how to take pride in yourself, you'll find yourself blowing up weekends, taking nights off and such.

It won't be the diet you're escaping. You're desperate to feel better, and since you haven't learned how to do it mentally, you go back to food.