

Thin Thinking versus Fat Thinking

Do you practice Fat Thinking, or do you practice Thin Thinking?

When compared to people who have weight problems, people who find it easy to stay slim seem to have a different way of thinking about food and weight management. By becoming aware of those differences, you may decide to adopt some new thinking patterns.

Do You Comfort Eat?

Overweight people tend to find comfort in food. Slim people, by contrast, seldom look to food for comfort when experiencing difficult emotions. In fact, sometimes stress actually diminishes their appetite! They might say, "I'm too upset to eat!" They have other strategies for coping with stress, such as confiding in a friend, gathering information, and mapping out a plan of action. When they get stuck in unwanted emotions, they seldom soothe themselves with food. They choose other soothing activities, such as listening to music, taking a hot bath, or going for a long walk or ringing a friend.

Eat When You're Hungry.

Fat Thinking says, "I'll eat now, because I may be hungry later." People who are naturally slender eat when they feel hungry. They eat for one meal at a time, without thinking ahead to the next meal. They might feel hungry later, but they don't mind feeling a little hungry now and then. If they need to keep up their energy and blood sugar levels throughout the day, they carry healthy snacks with them wherever they go. It's worth keeping something healthy to eat in your car, so that if you do feel hungry after a walk with the dog or a shopping trip, you can eat properly without feeling guilty about it later.

Listen to your Body

Overweight people may eat due to external cues—such as seeing an advertisement about food, seeing other people eat, smelling food, or seeing food. The thin person eats in response to bodily cues indicating hunger. Those cues might be a hollow feeling in the stomach; a tired feeling or difficulty concentrating, which indicates a need for an energy boost; or a taste sensation in the mouth, indicating a desire for a specific flavour of food—salty, savoury, sweet, or sour. Sometimes they drink a glass of water before deciding whether they are truly hungry, to avoid confusing hunger with thirst.

Excess weight is not caused solely by psychological factors. Other factors—such as body chemistry, genetics, allergies, metabolic and endocrine deficiencies, and a host of other physical ailments—can contribute. Seek your doctor's advice and have a complete physical examination before undertaking any weight management programme.

When You Think You Are Full, Stop Eating.

Fat Thinking leads to eating beyond the point of feeling full. Some overweight people say they eat too fast, they don't think about how much they are eating, and they are not aware of what feeling full is like.

"Many people who over eat can spend all their time thinking about food—apart from the time they actually spend eating. Then they go into a sort of eating trance in which they shovel down as much food as possible without really tasting or chewing it".

One way to be Trim and Slim is to eat slowly and consciously, being aware that the average adult human stomach can hold only about two heaping handfuls of food (about the size of a grapefruit) and being very much aware of that stuffy, heavy fullness in the stomach that indicates the point of being full. At that point, a slim person does not want another bite, no matter how good the food tastes, because an overstuffed tummy feels like having a large stone in your stomach..

That Biscuit Has My Name On It!

Do you ever binge on foods that are loaded with calories, sugar, or fat because "I just can't stop at one or two?" Afterwards do you feel regret? A thin person can stop at "just one or two" and consider that a satisfying indulgence.

Fat Thinking endows food with meaning. For example, "Cheeseburgers are my downfall" or "Mashed potatoes and gravy are my comfort food" or "Chocolate is my friend" or "The biscuits in the cupboard are calling to me." To a Trim-Slim person, saying such things is utter nonsense. It would never occur to a trim and slim person to say such things about food, because food "is just something you eat when you feel hungry—otherwise, it's no big deal."

Stay off the Scales.

By repeatedly weighing yourself, you are setting yourself up to feel bad. Your weight can go up or down by as much as ten pounds in a single day. Thin people don't necessarily weigh themselves at regular intervals, but they do monitor how their clothes fit to stay aware of weight changes. They take action at the first indication of those few extra pounds by cutting back on some high-calorie foods, skipping a few snacks, substituting low-calorie foods and drinks, and getting more exercise than usual.

Probably the number-one cognitive factor that contributes to being overweight is denial. When the weight starts creeping up, overweight people tend to go into denial until the excess weight is a significant problem that can no longer be ignored. Denial takes the form of statements such as:

- I thought it was normal to put on weight after pregnancy.
- When I saw the extra pounds on the scale, I just assumed my scales were faulty.
- When my jeans got too tight, I thought they had shrunk in the washing machine.
- I kept telling myself a few extra pounds wouldn't matter, and no one would notice.
- I consoled myself with the fact that I wasn't as fat as other people I knew.
- I kept telling myself that putting on weight is a natural side-effect of getting older.

Thin people know exactly what they want to weigh, and when their clothes become a little tighter or the scales show they have exceeded their usual weight—even by only two or three pounds— they

take action immediately. Begin now to think, eat, and live your life as a thin person, by adopting some of the preceding thought and behaviour patterns. Try one on this week and find out if it works for you. Maybe you are already doing a few of these things, and seeing the results as those extra pounds begin to disappear and you get in touch with the Trim-Slim side of yourself. Doing so isn't easy—it requires revisions in the things you think about, the things you become aware of, and the things you say to yourself.

And finally,

When it comes to losing weight and keeping it off, habit is most peoples worst enemy. For you, it could be different.

If you have bad habits around food, you eat more than you should, you can't say no to second helpings, you're a late night snacker or a binge eater.... they're just habits. You're not mad, bad or broken, they can be changed easily with gentle, safe hypnosis.

You don't even have to believe in it and no will power is required.

Get ready to start on the road to better health and a newer, more enjoyable life.

Feel free to call me on **01752 218575** if you'd like to discuss your own situation. Telephone consultations are free.

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