



"Danger Zones and Detours: 7 Prevalent Forms of Weight Loss Sabotage"

by Pat Barone, MCC, "America's Weight Loss Catalyst™"

Whether you are six months into your journey towards permanent weight loss, or just can't seem to achieve lift-off, there will come a time when you have to battle an angry demon - you, or that part of you coaches call the "saboteur."

Sabotage has the ability to wipe out great achievement in any area of your life, but is especially prevalent in weight loss.

Why do we turn saboteur? Why would we eradicate our own achievements?

If weight loss was simple (or simply about dieting), we'd be a country of 100% thin people, not 40% thin people and 60% overweight people.

Weight loss is extremely complex because it involves physical, mental, emotional and spiritual aspects of ourselves. Sabotage is one of the keys I had to address to lose weight and sustain that weight loss.

Overeating behavior runs deep to the core because it's either (1) been conditioned into our behavior for a very long period of time (perhaps even since infancy), or (2) serves a deep emotional need, or (3) we have constructed a labyrinth of attitudes and beliefs around the necessity of food in our lives.

Sabotage is one of the most complicated areas we must conquer as we lose weight but, once conquered, it opens up the path to permanent change. And that's my wish for each and every one of you, that you make permanent, positive change in your lives!

Number 1 - On a Roll

Things are going so well, the little voice in your head tells you that you don't need to pay such close attention to your behavior. Common themes are "Oh, go ahead, you've lost 20 pounds, what can a little donut do?" or "You can handle that buffet because you've been "good" for so long!"

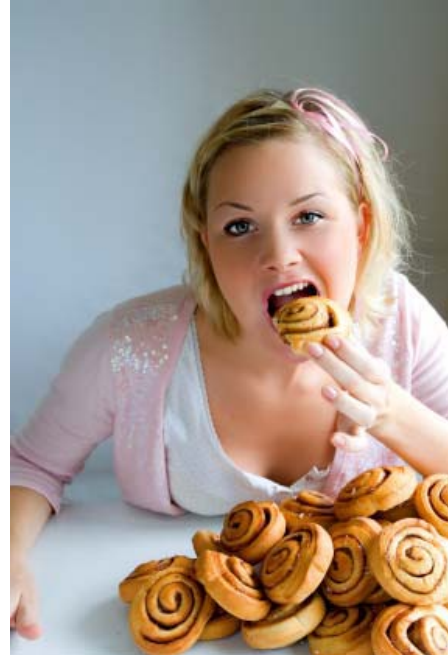


Anecdote

When things are going well, maintaining momentum is very important. Devising a reminder about persistence can outsmart this sabotage voice. Set goals and construct a vision of how you want to feel about your body, your weight and food. With every meal or snack, ask yourself if that "feeding" took you closer to or further away from your goals. A 2- or 3-word phrase can also help when you're tempted to loosen your consciousness around food. "Moving On!", "Keeping what I've got!" and "I weigh 132 pounds!" are a few examples. Use your "motto" often to engrain it into your thought patterns.

Number 2 – Rough Takeoff

Initiating changes can bring fear into the picture faster than anything else in life. Fear has lots of stages but calls up the saboteur faster than the mind can scream for cinnabons when stress hits your life. You'll go through some fear a few days after initiating a change in behavior around food. This is caused by fear of deprivation if you are eating too little and battling hunger. This fear is the reason most diets last less than 72 hours. Other key times are 2-3 weeks, when you first start to feel successful, and 2-3 months when initial enthusiasm lags and re-motivating yourself starts to feel hard.



Anecdote

Detach food and eating from the judgment of "good" or "bad." It's just what you do to take care of yourself. If food is not good or bad, and it doesn't indicate any sort of character fault, everything becomes easier. If you are not pleased with something you ate, shake it off and move on. Perfection doesn't exist anyway – it's just a myth.

Number 3 – Sabotage by Treadmill

This form of sabotage happens when exercise is considered a dreaded ordeal. This is one of the reasons why starting out slow is so important when beginning an exercise program. If your sabotaging mind thinks, "I exercised today, I can eat ice cream", you'll cancel out your workout with extra calories. When exercise is an all-or-nothing proposition, we often overdo it, then spend the next two days on the couch with the remote control, nursing exhaustion or sore muscles. And you get the picture! That cancels out even the best workout.



Anecdote

Separate exercise and food. Exercising doesn't add up to a certain amount of rich, fattening food. Develop the attitude that exercise and eating are completely separate subjects. We eat in a healthy manner to promote health. We exercise because its effect on the body and mind is desirable: clearer thought processes, more energy, better attitude, and more confidence. Concentrate on the great feeling you get after working out and that will draw you like a magnet past the sabotage points.

Number 4 – Lots of Compliments

As you lose weight, other people will notice. They may make positive or negative comments, depending on their attitude about life and themselves. When compliments don't jive with your head noise, conflict occurs. For instance, your coworker says "You look great!" and your head says "She must have thought I looked terrible before I lost weight" or "She's just saying that. I'm still fat!" or even "I don't deserve compliments – I've only lost (blank number) of pounds!"



Anecdote

As you lose weight, you'll encounter lots of positive and negative comments. Duck them all! Whether you find jealousy and resentment, or pure joy on the faces of your friends and coworkers, does it really matter? You're the only one who has anything to say about you and your life. You are the ultimate authority.

Too often, we give others the power to influence how we feel about ourselves. Stay focused on your goal, supremely unattached to what ANYONE might think. And if you're losing weight to get compliments, rethink your objectives. Because sooner or later, the compliments will fade out and you'll be left with just your opinions. The sooner you make them the only ones that count, the better.

Number 5 – There's One Answer

Thinking there is only one way (or a "best" way) to do something breeds rigidity. Then, when circumstances interfere with ideal methods, the sabotaging voice in our head has the perfect opportunity to urge us to abandon ship and head for the nearest Ben & Jerry's. That's one of the reasons strict diets fail 99% of the time. As long as you can follow the rigid food plan, you feel like you're in control. When schedules, the availability of food, or a sudden change in plans (in other words, life) interferes, control vanishes quicker than M&Ms on Halloween.

99%

V.

1%



Anecdote

We tend to spend a lot of time learning a "right" way and then hanging onto that for dear life. This breeds rigidity and it can happen in every area of your life. Flexibility is the key. A truly flexible person can bend with the wind instead of fighting it. A day filled with challenges may require a different answer than the day before. Each of us has (or can develop) the capability of being flexible.



Number 6 – The Big Let-Down

If you've lost weight for a big event, it's quite common to feel a lack of motivation to continue healthy eating patterns afterwards. Let-down also often occurs after reaching a goal weight.

No matter the reason, be on the lookout for let-downs in your attitude towards healthy eating and movement. Sabotaging voices love to tell you "You're done losing weight! You did it! You're "normal" now! You can eat what you want!"

Right!

Anecdote

Guard against dips in motivation by being on the outlook for any attitude change towards healthy eating and activity in your life. If you find your interest fading, revitalize your mission with new goals or new thought patterns. Instead of giving in to "I'm skinny! I can eat what I want!", figure out why it matters even more to maintain a healthy weight than it mattered to lose weight in the first place.

Number 7 – Knowing It All

Success brings a period of believing that we know it all. We never know it all! The mindset and skills you used to lose 50 lbs. may be different than those you need to maintain a healthy weight. Getting stuck in “knowing it all” means you're not clued in to exactly what's happening with your body now.

Anecdote

Just like every other area of your life, you never get to the end of the journey. Keep an open mind. Keep learning, growing and changing your outlook. The body hates to settle into a rut and loves change. When things get too predictable, make healthier changes and shake things up immediately.

Which form of sabotage is ***your*** biggest hindrance? It's important to recognize that sabotage is a natural reaction to change. It will always be there. In fact, seeing it as a sign of progress can powerfully “reframe” it!

Being proactive and working through times when the saboteur shows up will allow you to conquer one of the biggest stumbling blocks and attain permanent weight loss. This is one of the biggest advantages of have a coach, since coaching helps identify and work with the part of our personality which tends to sabotage our biggest dreams and goals.

Recognizing the Saboteur has Shown Up

- What language occurs in your head?
- How do you feel when sabotage is about to happen? (A little down, lethargic, bored, frustrated?)

After recognition occurs, take action! Any action at all will allow you some space to start to reprogram the sabotaging thoughts into more positive and helpful ones.

A Few Notes on Coaching: A Positive, Proactive Approach to Change

1. Coaching meets you where you are today, but never forgets the bigger picture of your life and where you are going.
2. Coaching helps you zero in on what has meaning for you in your life.
3. It's not just about moving forward, although that is important. Coaching is also about letting go of old limiting beliefs that hold you back.
4. Your coach is supportive, unattached to the outcome of your conversations, and lets you decide what's best for you, after helping you clarify your needs, circumstances and beliefs.
5. Coaching helps you make permanent changes, so vitally important in weight loss, since every weight regain takes its toll on the body and mind.
6. Because your coach is trustworthy and focused on your success, you can discuss and hear things from them that you ordinarily might not be willing to see or hear.
7. Coaching continues throughout your life; you will often hear the coach's words or voice in between sessions or find yourself doing tasks and actions that support your coaching experience.

*Everybody needs a coach. Every famous athlete, every famous performer has a coach -- somebody who can say "Is that what you really meant?" and give them perspective. **The one thing people are not really good at is seeing themselves as others see them.** A coach really, really helps. -- Eric Schmidt, CEO of Google*



Pat Barone CPCS, MCC
"America's Weight Loss Catalyst™"

In 1996, Pat Barone was completely fed up with dieting, yo-yo weight regain and the rising dosage of antidepressants her doctors were recommending. Frustrated and angry, she decided she would lose weight permanently.

Her doctors couldn't help her. Nutritionists, personal trainers and celebrity diet gurus didn't have the answer. So, she set out to figure out the keys to permanent weight loss on her own.

After losing over 70 lbs and keeping the weight off for over five years, she entered the elite club of people who achieve successful, permanent weight loss. (Permanent weight loss is measured by the medical profession at 5 years.) Today, she has maintained her weight loss since the year 2000 and lost close to 100 lbs!

It's not surprising that everyone was asking for her help! She founded Catalyst Coaching® LLC with the mission of helping others lose weight permanently, ***so they would not have to do it over and over again.***

Today, she has achieved the unparalleled credential of Master Certified Coach from the only independent global credentialing source for coaching, The International Coach Federation (ICF). She has coached thousands of clients on four continents to radically change their relationship to food, their bodies and their lives. She is also an inspiring speaker and author and appears as NBC15's on-air life coach.

Her well-researched educational products, from CD classes to workbooks to e-books, have positively impacted thousands of people and her *"enLIGHTen Your Life!™"* weight loss program is based on a multi-level approach to one of the most complicated subjects human beings face: excess weight.

If you would like to collaborate with "America's Weight Loss Catalyst" to create a powerful new approach to your health and fitness, email pat@patbarone.com. You can sign up for her free monthly newsletter, *The Catalyst*, at www.patbarone.com.

Pat Barone, MCC
Catalyst Coaching® LLC
PO Box 5523
Madison, WI 53705
608-231-6750
www.patbarone.com

Copyright ©2008 All rights reserved. This information may be reproduced, copied, transmitted in its entirety as long as ALL of the material remains intact with full contact information before duplication.

