



INSTITUTE FOR THE
PSYCHOLOGY
of **EATING**

DEEPENING INTO WEIGHT



WEIGHT: WHAT'S REALLY GOING ON

- We are clearly gaining weight collectively, globally
- We are not at all sophisticated enough to assess whose weight is a healthy weight, and whose isn't
- Our current understanding of weight is woefully inadequate and primitive - calories in, calories out, and weight as an indicator of laziness and lack of willpower
- Weight is a fantastically complex topic
- We don't know how much anyone should weigh
- We are exploring at the edge here, stepping into the wilderness

SOME GUIDELINES FOR WORKING WITH WEIGHT

- Humans can be dogmatic & judgmental about the topic of weight
- Please, we must each do our best to step into a shame free zone about our own body
- Weight hate is toxic, plain and simple
- And it's most toxic when we aim it at our own selves...
- Until we can see the challenge of weight and its potential excess through clear and kind and wise eyes, we can expect little success on any level
- The F word - fat - use it without judgment
- Before any one can lose any thing, they need to **own it** first
- This is crucial when it comes to weight

SOME GUIDELINES FOR WORKING WITH WEIGHT

- What we call excess weight, obesity, being overweight - can impact health in a negative way, a neutral way or a positive way
- The same exact concept goes for what we call slender, skinny or thin - this can impact health in a negative way, a neutral way or a positive way
- Really...
- And for sure, extremes in either direction can be extremely problematic
- With that said, we have a “natural weight”
- This likely changes throughout the course of our life
- In general, we have the best chance to reach our natural weight as we are living in accordance with the natural needs of our body, and living in accordance with the natural needs of our personal & emotional & spiritual worlds

SOME GUIDELINES FOR WORKING WITH WEIGHT

- Any weight loss journey guided and fueled by self hate, self attack and self rejection is rather futile
- How can we hate ourselves through the weight loss journey and expect an outcome of self love...
- Your job as a practitioner is to help your client grow and evolve and heal and transform and become their best self
- This gives you the best chance to help your client find their natural weight
- Of course, we work with the key principles we've learned in Mind Body Nutrition and Eating Psychology to help our clients in their journey
- But we never elevate the weight loss goal as being the person's primary goal. That's because it is never any human's primary goal in life to lose weight
- Everyone wants to lose weight for a key reason - to feel better about themselves...

GLOBAL WEIGHT GAIN

- **Some key factors include:**
- Poor quality food
- Excess sugar and poor quality carbohydrates
- Poor quality fats
- Foods engineered to addict
- Exposure to endocrine disruptors and obesogens
- In utero and early childhood diet
- Poor gut health - food, antibiotics, lack of breastfeeding, etc
- Disembodiment
- Overall toxic burden

THE WRONG RESPONSE

- We tend to lump all people into the same weight loss strategies: dieting + exercise + shame - and they mostly end up hurt, confused, frustrated, unsuccessful and disempowered...
- People go from diet to diet
- They over-exercise
- They are weighted down by weight hate from self, world and others...
- From here, weight loss often becomes the **primary activity** of their mind, their emotions, and their life
- People become weight loss refugees...

SOME MUSINGS

- This is why we look to empower our clients
- This is why we look to help them let go of TNBs
- This is why we help them embrace a journey driven by self love
- This is why we help them embody now
- This is why we take baby steps
- This is why we look for sustainable, honest, natural, and effective ways to help people find their natural weight
- This is why we need to be very empowered as practitioners when working with weight loss clients - they have a difficult and frustrating challenge

OUR HIGHEST GOALS

- This is why we always emphasize working towards our client's highest goals - even as we help them move toward their smaller ones
- Another reminder: you don't tell your client this. You just do it. And you do it in such a way that they don't even know you are doing it
- This is also why you as the practitioner need to let go of actual weight loss as the key measurement of success with a weight loss client
- If your client complains, then it's your job to help them step into their adult. Call them into their royalty and maturity. Remind them that their methods and approaches have not worked. Inspire them to take the slow road...

A DIFFICULT QUESTION TO ANSWER:

- **How do you know if someone legitimately has weight to lose?**
- We can't always know
- It takes some experience for sure
- Learn by observing people, their bodies, their weight challenges
- Tuning in and "seeing"
- Your client's history/story may be the best tool to determine this
- Depends on the amount of weight our client wishes to lose relative to their history
- "Perfectionism" tips us off to the need to relax and accept
- "Urgency" tips us off to the need to relax and accept

BREAKING IT DOWN FOR ANY WEIGHT

- Some people simply weigh what they weigh and there's nothing wrong
- For some people - diet and nutrition and mind body nutrition factors are key
- For some people - personal and emotional world are key
- For some people - a metabolic condition is underlying things
- For some people - stress of all possible kinds
- For some people - embodiment is key
- For some people - they are metabolic casualties of the world
- For some people - it's just a mystery
- For some people - it's a swirl of any and all of these

A POSTULATION

- The degree to which a person is in stress, anxiety, fear, hate around their weight or shape is the degree to which they need to de-focus on literal weight loss and focus on finding their center, their power, their embodiment, their dignity...
- Meaning, you must own something before you lose it
- We must own the body we have right now, embrace it, embody in it, if we wish to change it in any way
- We cannot wait to embody after we have somehow found our perfect weight. Life simply does not work that way. It's like saying we'll learn to make a lot of money after we somehow have a lot of money...

SOME CHALLENGES WITH WEIGHT:

- Weight hate clouds our thinking
- The toxic virus of perfectionism is very powerful
- We get hypnotized by what our media tells us
- We have a false belief in the lottery prize we win with a perfect body
- Less food + more exercise is seen as the royal road to weight loss, and this is scientifically inaccurate and has proven ineffective for half a century
- Any stressed based weight loss strategy tends to lock in weight
- People can be extremely impatient around weight loss, even if they haven't lost it in years or decades...

THE PROBLEM OF BEAUTY

- Postulation:
- Our relationship with beauty is immature and unexamined
- Beauty is “worshipped”
- Culture and media create an artificial standard*
- And, there’s a built in standard of symmetry and cross cultural agreement around beauty that speaks to a universal idea of beauty*
- Beauty often creates competition & jealousy, which leads to judgment and hate
- Both men & women perpetrate hate towards beauty in women
- Beauty needs to be respected on its own terms
- It’s time to honor beauty, rather than covet it...



THE PROBLEM OF “TARGET WEIGHT”

- Say's who...
- We give this number an undeserved amount of power
- Seldom an accurate or useful number
- Often used as a distraction
- Can be a lower level masculine approach that can pull us away from the feminine, from embodiment...
- Artificial target weight begets artificial and unsustainable strategies

THE PROBLEM OF “TARGET WEIGHT”

- We often believe that if we dislike our body, disapprove of it, or hate it, then changing it will surely make us happy
- And we often adopt shaming approaches, and a self attacking journey to reach a place of self love
- Sustainable weight loss, and/or happiness with our body can only come through a path of love
- A “target weight” is a made up number that might not make any sense whatsoever
- It is so often driven by self lack, or perfectionism, or poor quality thinking
- Yes, it's fine to have a target weight, but make sure you evaluate it with your client, meaning -

THE PROBLEM OF “TARGET WEIGHT”

- When was the last time you weighed this amount?
- How old were you?
- How did you get there?
- How long did you stay there?
- Why do you think the weight came back on?
- Is this a truly realistic target weight for you?
- If not, what would be more realistic?

CLIENT BELIEFS ABOUT TARGET WEIGHT

- “But I feel so much better at this weight”
- “This is where I feel my best”
- “This is where I feel most comfortable”
- When a client says this, they are referring to a past experience at this weight
- They obviously could not sustain it despite how wonderful it was
- And most often, it was indeed an unsustainable weight reached by unsustainable strategies
- They have a “state addiction” - yes, they got high at this weight, but it was temporary. Like any drug...
- Your client is being in their “manipulative teenager” archetype
- They need an intellectual intervention...

LOVING THE BODY

- This is the bottom line event we are all wanting when it comes to weight loss -
- If I lose weight, then I will love myself
- Conditional love such as this, especially when it comes to weight loss, will always tend to backfire
- Loving one's body is, perhaps, one of the ultimate forms of embodiment. And embodiment is very very good...
- Once again, this is the last place that most people wish to go
- Therefore, help your client take baby steps...

LOVING THE BODY:

- Is not something you try once
- It's a practice
- It takes work
- It's a lifelong endeavor
- And yet it's the most important
- Think: baby steps

A SECRET TO A HAPPY LIFE WITH WEIGHT

We must decouple:
Loving my body
From weight loss



ALWAYS REMEMBER...

- Please focus on these fundamental areas with your weight loss client:
- Slow eating
- Relaxation response when eating
- Eating rhythm
- Quality food
- Macronutrient balance
- Receiving pleasure
- Eating with awareness
- Creating a nourishing relationship with food

ALWAYS REMEMBER...

- Help your client see their relationship with food as a great teacher
- Make the connections, if any, between their key life domains and their weight
- Work with Toxic Nutritional Beliefs
- Work with movement vs “exercise”
- Help your client Embody
- Help your client love themselves into their weight loss journey
- Help them “be the real me” right now - achieve the end results in the beginning
- Where is life calling my client? How is it asking them to grow?
- Help your client “Choose to be here”



PRACTITIONER ATTITUDE IS EVERYTHING

- We're not looking at weight loss as the #1 goal
- Your focus on a specific weight loss number as the ultimate goal is an impediment to your client's journey with weight
- You don't announce this to your client. This is just how you function, how you think, how you operate....
- You are slowly and gently "sneaking" your client into this approach without naming it...
- We're looking to create harmony, balance, and natural relationship with food, body and life
- Our natural weight is so often a function of this, an outcome of this



WEIGHT IS DIFFERENT FOR EVERYONE

- Many people feel burdened by extra weight
- Many people are “fat” - and they are free and liberated
- Many people weigh what they weigh and that is simply the wisdom of the body and their natural weight - like it or not, accept it or not
- Many people are humbled by extra weight
- Many people have a truly fine and reasonable weight and believe they are “fat” and live in fear and judgment
- Many people need to go on an unpredictable journey with weight
- Many people need to be awakened and educated by their extra weight
- Many people are here to learn to love and embrace their body - no matter what

SOME WAYS TO WALK THE WEIGHT LOSS JOURNEY

- Walk a transformational path, first and foremost
- Reclaim the body on its own terms – embodiment
- Trust the body, trust life
- Re-boot the body via nutrition & detoxification & high quality food
- Right relationship with the feminine archetype
- Right relationship with the masculine archetype
- Right relationship with nature
- Right relationship with your spiritual journey

CONSIDER THIS METAPHOR:

- Body fat is indeed “stored fuel” - it’s stored caloric energy
- So whatever the case, always look to turn fat into fuel:
- Caloric fuel
- Emotional fuel
- Spiritual fuel
- Fuel for creation
- Fuel for service and purpose
- Fuel for our best self expression
- Fuel to give our gifts in this world

It is one of the beautiful compensations in this life
that no one can sincerely
help another
without helping
himself

Ralph Waldo Emerson



THE BIG PICTURE

- When it comes to weight from a bigger picture, what might the current state of weight challenges in the world tell us?
- Perhaps it's time to deepen
- To self examine and self reflect
- To get more mature and intelligent in our approach to weight
- To be more compassionate towards each other
- To update and improve our food chain
- To change how we nourish the body
- To reflect on how we've created our world

FINAL MUSINGS

- Accept your client's weight without needing to change it
- Welcome their impossible conundrum
- Relax into the journey
- Make it a path of inquiry, curiosity, discovery, detective work
- Be open to your client losing weight, not losing weight, gaining weight, losing some of the weight, anything...
- Until our client can accept and love who they are, despite what they weigh, it's easier to stay stuck at that weight, or return to it very soon if they lose it
- The bottom line: We need to help our clients call a cease fire against all self-attack
- In other words - love ourselves into weight loss...



DEEPENING INTO WEIGHT

THIS IS THE END OF
Deepening Into Weight

PLEASE GO TO
The Larger Weight Loss Client

