

# “11 SABOTAGE BUSTERS”

*by Becky Sampson*

- **Perfection** - This is NOT about being PERFECT. We tend to get stuck with thinking that we need to be perfect and this is the main reason why people give up. Don't give up. It's just a matter of accepting what is.... and moving forward. Perfection can be a killer if we allow it to rule us. Many of us start something and then at the first site of what we call.. messing up, we give up. This process of getting healthy, is about learning to be patient with ourselves.

**ACTION STEP:** Write somewhere you see often “PROGRESS NOT PERFECTION.” Say it multiple times a day to yourself.

- **Negative Thoughts** - This is very very common to experience with people who go to food or any other kind of unhealthy behavior to have negative thoughts about self and others. What you say to yourself is critical to how you view life and how you view yourself. Don't judge the negative thoughts.. just be aware of them and write them down. Negative thoughts can truly kill any kind of progress you may be making.

**ACTION STEP:** Have a notebook that you carry with yourself and start writing down these negative thoughts that come to you. Ask yourself are they true and then rewrite them into positive statements. Another thing you can do is put a rubber band on your wrist and every time you have a negative thought come into your mind, snap the rubber band and then turn that negative thought around into positive.

- **Surroundings** - It is VITAL that you have a good support team around you. Be aware that there are people around you that will not want you to be successful. This program is about YOU and no one else so take care of what you need to in order to protect that

space. The people you have in your life can directly affect your success or failure at making lasting changes. Even the pictures and the music and the shows you watch can affect you. Just be aware of these things and then make changes to create the environment that will support you in living a healthy life.

**ACTION STEP:** First look at cleaning up the environment around you. That may include the people that hang out with, the books you read or the music you listen to. Start making wise conscious choices that will foster a Healthy environment to support the positive outcomes you are looking to create.

- **Isolation** - Many times when it comes to weight or any other kind of unhealthy behavior, you will want to isolate from people and stay in secret about what you do that is not healthy. This is about getting out of that space. If you find yourself wanting to eat when no one is around or hide any of your behaviors that is a sign you are heading into isolation. Reach out... call someone, do some writing and pray for help to stay out of that dark place. This is one of the biggest culprits when it comes to staying stuck.

**ACTION STEP:** Make a list of times when you have found yourself going into isolation. Ask yourself what is it that you are hiding and why? Then find people in your life that you can trust enough to talk to about these issues and ask them for their support as you reach out to them.

- **Stay Committed** - When you say you are going to eat something, stay committed to it. If you find yourself wanting to change your food plan for any other reason than for an emergency, there is usually something there to look at. Meaning if you wrote down that you were going to drink 8 oz of milk and then you went the fridge to find that the milk was bad .. that's considered an emergency change. If it's just that you want what you want when you want it .. and you want it right now, you might want to look at what is going on

outside of the food that may cause you to want to change what you already had committed to.

**ACTION STEP:** Make the decision every 24 hours that you will make a plan the night before and then stick to it. Do your best to not deviate from that plan. You will find by doing this, it will affect many other parts of your life as well for the positive.

- **Emotional triggers** - Many of us go to food to fulfill our emotional needs so we want to be aware of those emotional triggers whether it's being sad, tired, lonely, angry. We don't want to JUDGE those emotions, we just want to investigate them. Don't be afraid to face the emotions. They are there to teach you something and as you get further in the program you will learn more and more tools to put in place to deal with them. As I always say, it's just all information.

**ACTION STEP:** Carry with you a little notebook and keep track of these emotional triggers. You don't have to do anything at this point other than to notate them and then at a later time go back and do some writing on what came up for you during that time. Also create an action plan of what to do when you are emotional triggered. (See 911 Plan Resource)

- **Fear of Failure** - This is HUGE for many of you out there. I know what you are thinking.. "Here I go again. Will this finally be the answer for me and will I finally get it?" Well, I can't answer this for you other than I can provide to you some tools that have helped me greatly as I have gone through my own journey of weight loss. What I have learned has worked for me is that to stay out of the fear, I stay PRESENT. Meaning, I stay in the moment and I don't look back nor forward in the future. I say to myself ... "Just for today, I will take care of myself."

**ACTION STEP:** Shifting the way you look at past experiences can have a HUGE impact on your success. Look at past so called “Failures” as stepping stones to getting you to where you are today. Write about what you would call your past failures and then what was it that you learned from them.

- **"THIS IS TOO HARD"** - Beware of this thinking. It's just prospective. I tell all my clients to go and get an EASY button at Staples and keep it close to you because this will help remind you that it's as easy or as hard as you make it to be. If you find that you are telling yourself that things are HARD.. I guarantee you they will be so we need to work on shifting this thinking. So.. for instance if you say to yourself right now.. "It's HARD for me to live a healthy lifestyle and take care of myself," I challenge you to reframe that thought and say.... "IT'S EASY FOR ME TO MAKE HEALTHY CHOICES AND TAKE CARE OF MYSELF TODAY!" There is a completely different energy that you put out in your body when you say that even if you don't completely believe it now. I have seen people's lives totally change because of this practice.

**ACTION STEP:** Purchase an EASY button and keep it somewhere that you will see often. Literally reframe thoughts of “It’s hard” .. to “It’s EASY.” If you need to write these “EASY” thoughts in your journal and read them often.

- **Set UPs** - We tend to set ourselves up to get trigger or fail. So many of you have probably been on a lot of diets or food plans in your life and feel very much like you have failed. Get that out of your mind. I believe everything in life is PERFECT just as it is including everything that you have experienced up to this point. I encourage you to take a look at where in your life you set yourself up for failure? Many times this comes because we have certain false beliefs that we are trying to prove to ourselves such as "I am not good enough.. or I can't do this.. or I am not worthy of success," etc. Seriously.. WATCH OUT for these messages. They will KILL you.

**ACTION STEP:** Write on 3 ways that you set yourself up and then make a plan to do things differently in the future.

- **Tired, Lonely & Angry** - These are times when you want to give up and throw everything out the door. If you find yourself experiencing any of these and then having those thoughts, PAUSE and ask yourself, "What do I need to do to take care of myself right now?" It's important to recognize these moments and then take care of yourself. It's normal to feel these things. Life happens and it's up to you to take care of you because as I often say these days.. "YOU ARE A BIG DEAL."

**ACTION STEP:** Be aware of those times when you are Tired, Lonely and Angry and then ask yourself what you need in those moments and then get into action with taking care of yourself.

- **Fail to Plan** - "If you fail to plan.. you plan to fail." This is soo true. Just make and keep the commitment to before you go to bed to plan the next day out. This is HUGE. I can't stress enough how important this element is to your success. It takes about 5 minutes so take it and you will see what a difference it makes for you in shifting a lot of things. This has been one of the key elements to people being successful in my program. Just make a decision to do it JUST FOR TONIGHT.

**ACTION STEP:** Take time daily, usually at night, to plan for the following day.

- **Patience with Self** - This has got to be one of the most important things to watch for. Be patient and loving to yourself. This process is about learning to love yourself not continue to beat yourself up over the past or where you are today. When you can learn to accept you for you exactly where you are in your life there seems to be this amazing transformation that occurs inside of you and it becomes easier to make healthy choices.

**ACTION STEP:** Write 5 things a day that you love about yourself.