

Program Yourself Thin 2.0

Intelligent Weight Loss

Training Module Three: Hypnotic Programming: The Science of Personal Change

“Your ability to control your weight is directly dependent on your ability to influence your behaviors.”

The Structure of Your Mind

| CONSCIOUS | UNCONSCIOUS |
|---|---|
| <ul style="list-style-type: none">-logical-rational-figurative-can handle +/- 7 pieces of info at a time-where willpower exists-understands through language-decides what to do-can think and understand negatives | <ul style="list-style-type: none">-illogical-associative-literal-stores every experience we've had-where our habits exist-understands through imagination-runs automatic processes and behaviors-can only think constructively, cannot process negatives |

4 Key Points to Sear into Both Your Brains

- #4- You will be most successful if the conscious mind makes the decisions and the unconscious mind carries them out
- #3- Your unconscious mind cannot process negatives, describe what you do want, not what you don't want.(don't think of a banana.)
- #2- Your unconscious mind does not know the difference between vivid imagination and reality (ex: lemon, scary movies)
- #1- Your unconscious will always win over willpower

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The Structure of Behavior

Physiology (muscle tension, posture, breathing)



STATE → BEHAVIORS → BODY



Internal Representations (memories, imagination, beliefs, etc.)

Physiology

The way we use our bodies directly influences how we feel and what we do. Begin to notice throughout the day what is going on in your body. Pay attention to your posture while you are sitting at work. Notice the tension in your body as you are driving, and see if you are taking deep full breaths while you are watching television. As you begin to make simple changes in your body you are going to find that you can easily make powerful changes in how you feel.

Internal Representations

The way we re-present things in our minds directly affects how we feel, and how we feel effects what we re-present in our minds. When you think about a time when you had the day off and fell asleep in the sun you have different feelings in your body than when you think of a time when you were driving, looked in your mirror and saw flashing police lights. You will also find that if you are late to meet someone as you are rushing to get there you will imagine the initial greeting completely differently than how you imagine it when you are ten minutes early.

How to specifically use this information to control your state

You now have two very powerful ways to take control of your behaviors from the inside out. First is by changing your physiology, rather than struggling to act differently, you now know that it is much easier to change how you feel by changing your posture, breathing fuller, and letting go of tension. It will work *EVERY* time whether you believe it or not. Next is by becoming aware of what you are thinking about. If you begin to feel some stress do you immediately start thinking of that time your boss yelled at you 10 years ago. We have habitual thought patterns that go with our moods, become aware of them and change them to short circuit undesirable states. Spend a few minutes remembering different times when someone was nice to you or times when you felt appreciated. The more you train you mind to feel good the more you will feel good.

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The Secret to Change

The biggest secret to change is to focus on the UNCONSCIOUS MIND. Most people make the mistake of trying to change through willpower. The problem with that is that you have to constantly stay focused on what you are doing, even when you're tired or stressed. When you use Self-Hypnotic Programming to create changes you'll find that your habits change naturally.

5 Steps To Program Yourself

Step 1: Identify the behavior you want to change

Begin by choosing a specific behavior or habit that you want to change.

Ex: I want to stop eating at night, no more cookies, etc.

Step 2: Define how you want to act instead

Remember your unconscious mind doesn't understand negatives, so you want to clearly define what you DO want to do in that situation instead.

Ex: I want to drink water and exercise at night, I want to eat fruit during breaks, etc.

****Step 3: How would you need to feel to act that way**

This is the step that makes it all work. You know how you want to act, but also think about how you would need to FEEL in order for that new behavior to be natural.

Ex: If you want to exercise at night- focus on feeling energized and motivated

If you want to eat better at dinner- focus on feeling healthy, calm and aware at dinner.

Remember that your behaviors flow from your emotional states. Change how you feel and you simultaneously change your behavior.

Step 4: Make a movie of you acting in new way

Go into the theatre of the mind and make a movie of you in the original situation.

Start the movie 5 minutes before the behavior begins and end it 5 minutes after the behavior ends. Rewind the movie to the beginning and watch it again imagining that you felt exactly the way you decided to in Step 3. Replay the movie imagining that you felt that way intensely. Notice how it changes. How do you change in it. Do you talk different, move different, etc.

Step 5: Loop the movie. And watch 10-20 times quickly

Once you have a movie you like, connect the end to the beginning and let it look through in your mind quickly 10-20 times.

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Some specific things to practice programming yourself to do:

What specific changes are you going to make to achieve this weight loss?

What are 3 types of exercise that you enjoy doing?

If you feel bored or stressed what are 3 alternatives to eating?

What are 4 foods that you had regularly overeaten?

What are typical times (daily and weekly) that you may have overeaten?

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Your Daily Reminder

Answer these questions and then put the answers in the box and keep it by your bed. If you want it to be even more powerful, make extra copies and put them on your bathroom mirror, by your computer, on your car dash, etc.

Every night before you go to bed read it to yourself.

Every morning when you wake up, read it yourself.

In a few days you will have it memorized, keep reading it to yourself every morning and every night. You will find your motivation increasing automatically.

How much do you want to weigh on your last day on this planet? _____

What is your reason for wanting to live at this weight? _____

How are you going to achieve this goal? _____

My Commitment to Myself