

FEELING GUILTY?

"How to STOP this feeling"

Have you been doing the "Yo Yo" dieting cycle for years! Do you have 'good days' where you eat only salads and fruit, followed by "bad days" where you binge on all those foods you class as forbidden eg bread and butter, chocolate or nuts. Are you weighing heavier than you did 10 years ago, when you started dieting (and even then you thought you were overweight!)?

If this sounds like you then here is the one piece of advice that is going to help you loose the weight and keep it off! **Diets will never work.** You could spend the rest of your life dieting and you will just keep on getting heavier! Why you ask? Unless you change the way you think, you will simply continue to go on diets, break them, feel guilty, binge, gain weight and then go on another diet!

Think about this, **GUILT** is the one major cause for your weight gain! It has nothing to do with what you eat! You say 'what is she talking about'; 'of course it is what I eat!' Think about it! If you eat 2 Tim Tams, you feel guilty, you know you have blown it now, so what's the point, you think you might as well eat the whole packet and start the diet again tomorrow!

If you can learn to **FORGIVE** yourself, and accept that you may have been able to chose an alternative snack, but accept the fact that it has happened, you are only human, and that you can simply get back on track again, then you will be more likely to stop eating the Tim Tams and start healthy eating again. You then are more likely to eat only 2 or 3 Tim tams instead of the entire packet.

You see it isn't the fact that you ate the Tim Tams that has caused you to gain weight, it is the fact that you have spent your whole life feeling guilty for eating certain foods/drinks (chocolate, chips, nuts, takeaways, alcohol, shall I go on!) that causes you to gain weight. You feel guilty because you ate 2 Tim Tams so you binge on the entire packet. Your guilt made you eat 6 more Tim Tams! If learned to forgive yourself for eating the 2 then you would be better off!

So the Lesson is to **STOP** feeling **GUILTY!** From now on you are no longer allowed to feel guilty. If you follow your 12 week healthy eating menu guide, and you go off track, remember that it doesn't matter! **FORGIVE** yourself and simply get back on track the very next minute! Remember that **every minute is a new minute!** Everyone makes mistakes and as long as you never give up you will get to your goal weight!

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