

SESSION V

THE POWER OF COMMITMENT: MOTIVATE YOURSELF TO LOSE WEIGHT

OBJECTIVES

- *Describe the principle of the “two-week commitment.”*
- *Define “self-motivation.”*
- *Describe the principle of “patient continuance.”*
- *Describe the four-step formula for developing the power of self-motivation and commitment.*
- *Develop a crystal-clear vision of yourself as a lean, active person.*
- *Describe the health and emotional benefits of being lean.*

BACKGROUND

If you apply the principles of *The New Neuropsychology of Weight Control* for two weeks, you will be successful in your weight loss efforts. During this two-week period, your body and mind will undergo wonderful changes. You will notice inches beginning to melt away. You will feel better emotionally, perhaps better than you have felt in your entire life. The changes will be so dramatic that you will never want to go back to your old way of living. You will be emotionally committed to the program.

This emotion is the source from which you draw the power to reach your ideal weight—the power of self-motivation. Self-motivation is your ability to set a goal and work patiently toward it until it is achieved. The power behind self-motivation is emotion. Emotion is the driving force that compels people to action and sustains their action.

In this session you will learn the four-step formula for developing the power of self-motivation.

PRACTICE

1. Listen to/read audio Session V, “The Power of Commitment: Motivate Yourself to Lose Weight.”
2. Explain why the two-week commitment is essential for weight control success.

3. Define “self-motivation.”

4. As you listen to the narrator, list and describe each of the four steps in the formula for developing the power of self-motivation and commitment.

1. _____

2. _____

3. _____

4. _____



5. The following exercises are designed to help you begin the four steps of developing the power of self-motivation.

STEP ONE: YOUR EMOTIONAL STATE

The following form is designed for a realistic appraisal of your current emotions and state of mind. Determine the degree to which you currently experience the feelings or situations described, then circle the appropriate number on the scale.

NEVER	0	1	2	3	4	5	6	7	8	ALWAYS	Your Score	
1. Muscle aches and tension											1 2 3 4 5 6 7 8	_____
2. Nervous tics or habits											1 2 3 4 5 6 7 8	_____
3. Headaches or backaches											1 2 3 4 5 6 7 8	_____
4. Fear of challenge											1 2 3 4 5 6 7 8	_____
5. Lack of control											1 2 3 4 5 6 7 8	_____
6. Anger											1 2 3 4 5 6 7 8	_____
7. Frustration with self											1 2 3 4 5 6 7 8	_____
8. Frustration with others											1 2 3 4 5 6 7 8	_____
9. Lack of humor											1 2 3 4 5 6 7 8	_____
10. Inability to make decisions											1 2 3 4 5 6 7 8	_____
11. Depression											1 2 3 4 5 6 7 8	_____
12. Crying spells											1 2 3 4 5 6 7 8	_____
13. Poor memory											1 2 3 4 5 6 7 8	_____
14. Boredom											1 2 3 4 5 6 7 8	_____
15. Lack of motivation											1 2 3 4 5 6 7 8	_____
16. Sleep problems											1 2 3 4 5 6 7 8	_____
17. Eating disorders											1 2 3 4 5 6 7 8	_____
18. Worrisome											1 2 3 4 5 6 7 8	_____
19. Nervous, high strung											1 2 3 4 5 6 7 8	_____
20. Impatience											1 2 3 4 5 6 7 8	_____
TOTALS											_____	

Add up your score. In this case you're hoping for a lower score, not a high one. If your total is more than 60, you're emotionally sensitive to your need to change. Every four weeks you should repeat this exercise to see how much your score has dropped. If you're following the program, it will drop dramatically.

STEP TWO: DEFINING YOUR PURPOSE

In Session IV you compiled some key figures. Rewrite those figures in the spaces below to refocus you on your purpose.

- A. Your Current Weight_____ .
- B. Your Current Percentage of Body Fat_____ .
- C. Your Goal Weight_____ .
- D. How Much Weight You Need To Lose_____ .
- E. Your Target Date_____ .

STEP THREE: REALIZING YOUR SUCCESS IS POSSIBLE

When instructed to do so by the narrator, complete the following steps. If you've always been overweight, disregard the instructions for Picture 1 and focus your efforts on pictures 2 and 3.

**Ideal Weight
Level
From Past**

Insert Photo

How My Body
Once Looked

**Current
Undesirable
WeightLevel**

Insert Photo

How My Body
Looks Now

**Future
Ideal Weight
Level**

Insert Photo

How I Will Look
When I Achieve My Goal

STEP FOUR: CREATING THE HEART-FELT BELIEF YOU WILL SUCCEED

SENSORY DESCRIPTION: (Write about how your body will look and feel when you reach your ideal goal weight. The sounds, tastes, smells and emotions you'll experience when you achieve your goals.)

SIGHT: _____

SOUND: _____

FEEL: _____

TASTE: _____

SMELL: _____

EMOTION: _____

POSITIVE CONSEQUENCES FORM: Write a list of all the advantages and rewards you will experience as a result of achieving your ideal goal weight.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

POINTS TO REMEMBER

- Self-motivation is the key to losing weight and keeping it off.
- A strong sense of personal dissatisfaction with the way you look and feel fuels your desire to change and creates the emotional energy necessary for change.
- The emotional energy to change needs to be focused on a definite, realistic and achievable goal.
- If others have lost weight successfully, then it is possible for you to do it too.
- The image of yourself as a lean, healthy person provides the emotion necessary to sustain your weight loss efforts.
- By following this program's guidelines for just two weeks, you'll make changes in your life that will eventually result in your reaching your weight control goals and keeping the weight off permanently.

PROGRESS CHECK

1. Check your goal statement for the five key elements of an effective goal statement. It should have been these:
 - a. Specific result is stated.
 - b. Time or date is specified.
 - c. The weight loss is measurable.
 - d. It includes all possible sensory impressions.
 - e. The positive consequences are listed.
2. Test your goal statement with these questions:
 - a. Is this something I really desire?
 - b. Is this achievable?
 - c. Will it help me create my ideal body image?

When you are comfortable with your sensory goal statements, schedule the time for completion of Session VI.