



# WEIGHT ★ NO ★ MORE DIET CENTER<sup>SM</sup>



[www.weightnomoredietcenter.com](http://www.weightnomoredietcenter.com)

<b>Brick</b>	<b>Marlboro</b>	<b>Oakhurst</b>	<b>Brooklyn</b>	<b>Cedarhurst</b>
<b>732.903.7700</b>	<b>732.536.2027</b>	<b>732.663.0222</b>	<b>718.998.8898</b>	<b>516.569.6400</b>

## ARE YOU REALLY HUNGRY?

You are NOT hungry most of the time. You are NOT hungry because something smells good, looks good, or tastes good. You are also NOT hungry because there is stress, a deadline, pressure, a personal or business problem, anxiety, tension, it's morning, afternoon, evening, when alone, with thinner friends, weekdays, weekends, day time, night time, money problems, it's raining, it's not, it came with the dinner ... and on and on and on ... You are NOT hungry 24 hours a day, though you might think you are. There are many daily food encounters—friends offering food, a maitre d' describing dessert, the smell of popcorn in a movie theater, to name a few. Acknowledging the visual and emotional blitz helps interrupt the knee-jerk reaction that causes you to eat even though you're NOT hungry. Just knowing you are NOT hungry most of the time is a helpful piece of information.

You may even have identified reasons to justify your when you're NOT hungry. "I got so mad at my kids." Or, "I locked my keys in the car." These might SEEM valid enough reasons to make you eat. They are NOT. If you eat when you're angry, does your anger go away? Bored waiting for AAA to let you into your car? Since when does a yawn become a yawn? Tired? When does food become a replacement for sleep? Is the party you went to any better because you came home stuffed, bloated, full of gas, uncomfortable and with lowered self-esteem? Is it worth it?

Past behavior has NOT worked. You need a clear vision of what you're trying to accomplish, a mind open to the possibility of change, and the knowledge that some discomfort might occur while you're changing. There is no change without change. The very act of becoming slim is a change. Do you eat out of habit, not hunger? Identifying habits requires guidance, introspection and patience, but most of all honesty. Once you acknowledge, "Yes, I do that," you can decide you don't want to do THAT anymore and begin to do something else instead. You CAN alter automatic, learned responses by creating alternative behaviors that CAN and DO result in permanent change.

Perhaps when you are particularly motivated to reach your goal weight for an upcoming wedding, class reunion or birthday celebration, you might not eat something when you normally otherwise would have. But IF you only use will power, self-control, good intentions, and inner resolve, you'll find the weight loss temporary. After the event, you may be a little less motivated or a little more angry, lonely, tired, or bored, and you'll probably eat only to reinforce your old eating behavior, which is what caused you to gain weight in the first place. There is no good intention, self-control, inner resolve or will power sharp enough to cut through all the layers of your very practiced, ritualized eating habits—habits gone haywire. If you EVER had good intention, self-control, will power or inner resolve, you would have used it 5, 10, 20, 30, or 50 pounds ago!

Identify your eating patterns. Even the seemingly insignificant ones, such as "it's only broccoli, some more can't hurt." What ritual thinking is in your subconscious? Are leftovers a problem? Does food preparation end up being one for you and one for the pot? Does someone else serve you your food at home, in the office, in a restaurant? Do you finish everything served to you? If you buy, prepare, serve and accept a little less food, you'll eat less. Ultimately, you'll be a little less. If you don't bring it into the house, you won't eat it. It is NOT necessary to finish everything on your plate. You MAY leave food over. Food is wasted if you put it into a body that doesn't need it. If you order less the next time, there will be less to waste.

Hunger demands to be fed. An urge passes. Hunger is a physical need (perhaps you haven't eaten all day). An urge is an emotional craving (you ate a while ago but that doughnut in the window looks tasty). Food does NOT contain a narcotic. Food only has the power you gave it by doing the same thing with it each time you encountered it—many times since childhood, when you might have learned how to cope with stressful situations by using food inappropriately.

If, however, you begin to change your overreaction to food by doing something else FIRST, you might end up eating the object of your desire but you'll most likely not put as much on your plate, you'll eat a little less, stop a little sooner, and eat it a little less intensely than if you had not attempted to put aside the initial urge at all. For best results, attempt many kinds of change in your life. If, for example, drinking more water doesn't help to ward off what you think is hunger, perhaps the water AND calling a friend is what you need. Or, sometimes the water, calling a friend AND going into another room, away from the food, is what you need. You might even try every technique available and a moment is still difficult. It happens. That doesn't mean you stop trying. It just means your results have not quite accumulated enough to effect a noticeable change. It doesn't mean nothing is happening. It just might be too subtle for you to notice. Keep doing it anyway. It accumulates. Continue trying, and from each seemingly failed, imperfect human attempt, the old, destructive habit will be eroded bit by bit ... you will be that much closer to success. It takes many steps of new behavior to create new habits as ingrained as those you are trying to change.

Start thinking today of things you can do, actions you can take, the next time you're thinking about eating but know you're not hungry. The first time you do any of them, it might feel awkward and uncomfortable because it is different from what you've done in the past. However, no matter how uncomfortable you feel at the beginning of creating a new habit, NOTHING is as uncomfortable as having to choose what to wear based on how much of your body it will cover or selecting what to wear based on what fits on a particular day rather than what is appropriate for a particular occasion. It is the action of taking an action that gets the result. It almost doesn't matter which techniques you use to start to re-pattern your habits; what is important is that you take a swift, purposeful, and immediate action. The quicker the action, the quicker the moment of anxiety passes, and you find yourself sticking to your program for longer stretches of time. It is becoming comfortable, enjoyable, routine—your new *preferred* behavior.