

## **Weight Loss (One Session)**

As you know, the reason you are here is because you would like to lose a few pounds.

Here is how you will do it. Starting tomorrow morning, you will have 3 meals per day.

You will have breakfast, you will have lunch and you will have dinner.

You will find that after eating a regular meal that your stomach will feel so full and so satisfied that you just could not add to that full satisfied feeling and you will find that this wonderful full and satisfied feeling will last right up to your next regular meal. If for any reason you ever feel the desire to eat between your regular meals, all you have to do is **STOP, CLOSE YOUR EYES AND TAKE A DEEP BREATH**. As you slowly exhale this deep breath, that feeling, that desire will **DISSOLVE AND DISAPPEAR** and your stomach will once again feel so full and satisfied that you just could not add to that wonderful full and satisfied feeling.

You have decided to take control *of* your life instead of allowing life and food to control you. When you sit down to one of your 3 regular meals, when the food is right in front of you and there is nothing else for you to do but begin eating, you will briefly close your eyes and say silently but forcefully to yourself the words, **ONE HALF**, you will open your eyes and begin to eat your meal. You are going to be amazed to find out that after you have eaten about one half of the food on your plate, your stomach feels so full, so satisfied that it would be impossible for you to add to that wonderful full and satisfied feeling. You will push your plate away and as you do, you will develop a wonderful proud feeling knowing that you now control food, that no longer does food control you. From this time on you are only going to eat those foods that you know in your own mind are conducive to good health and weight loss. What this statement really means is, you will stay away from junk foods, donuts, ice cream, potato chips, pizza and all the other foods that you know are junk foods. I repeat, you will only eat foods that you know in your own mind are conducive to good health and weight loss.

Don't worry you will continue to enjoy the foods you do eat because we're not here to take any enjoyment away from you. Once you have attained your goal weight, you will eat only enough, I repeat, only enough to maintain this new found slim, trim, healthy, beautiful (handsome) body. Now, as you know, there is only one way for anyone to lose weight and that is to take in fewer calories than you use. In order to do this, you have to have constant control of your eating habits. Constant, constant control. In order to achieve this constant control, two things are absolutely necessary. The first is self-esteem. You have to like yourself. Many, many people at the subconscious level do not like themselves for whatever reason, real or imagined. Because they don't like themselves, they feel that they are not worthy of achieving the weight loss they desire.

Let's understand something, you are a very special and unique person. On this entire planet of billions of people, there is no one exactly like you. In the entire past history of man on this planet, there has never been another person exactly like you. If there was, there would be no need for you to be here now. In the future, there never again will be a person exactly like you. If that was necessary, again, there would be no reason for you to be here now. You are a unique, one of a kind person. As the saying goes, "When they made you, they threw the mold away." You are just as good as anyone else, so you deserve to achieve and maintain this weight goal you desire.

In addition to this, you now become aware of your body. Many people are not aware of how their bodies look, how they walk or even how they talk. You now become aware of how you look right now and how you will look once you have achieved your weight goal. You will find these two things will help you to achieve that constant control of your eating habits, which is absolutely necessary to achieve the weight loss; secondly, and more importantly, to maintain that weight loss.

Let the goal of achieving your ideal weight become your #1 priority, as opposed to that other priority of eating for false pleasure or security. That priority, you will find, is only a momentary, fleeting thing that lasts only as long as you are eating. This may be

another reason why people tend to overeat, they want to prolong that time they are feeling false pleasure or security. It is pleasurable, but it is a habit you want to eliminate.

I repeat, let that priority of achieving your goal weight become #1 at this point in time, as opposed to that other priority of false pleasure or security. The #1 priority becomes very, very important to you at this point in time, I say again, once you achieve your goal weight, you will then eat only enough to maintain that slim, trim, healthy, beautiful body. You will be constantly aware of your new body and your new weight. So should you deviate 1, 2, or 3 pounds from your goal weight, this awareness will tell you that you have done so, you again pay more attention to your eating habits so that you return to your goal weight easily and effortlessly. In a moment I will count from 1 to 3, at the count of three, you will notice that you will begin to feel dry in your mouth and around your lips.

(COUNT FROM 1 TO 3 SLOWLY)

The dryness that you are beginning to feel in your mouth and around your lips is your body's natural thirst for plain, clear, uncolored water. And the only thing that will satisfy that thirst is plain, clear, uncolored water.

From this moment forward, every time you experience that dryness or that discomfort or that feeling of needing something in your mouth, you will recognize it as your body's natural thirst for plain, clear, uncolored water. And you satisfy that thirst immediately and without hesitation, freely and frequently throughout your day with large, refreshing, health giving, energizing, delightful drinks of plain, clear, uncolored water. And the water is so refreshing and so delicious, it is exactly what your body has craved. And the water is so cleansing, it washes away toxins and broken down fatty particles.

As you continue, day by day, to give your body the plain, clear, uncolored water that it needs for proper function, you free yourself from any need to store or retain fluids. And so those stored or retained fluids are turned loose to flow away, leaving you light and free, feeling wonderfully alive, well and free.

After reading the weight control patter script the first time, do the following:

1. Repeat paragraph #1.
2. Go over paragraph #2 and create 3 visualization situations, where the client is using deep breathing technique. Tell them, "Each time you use this technique it becomes stronger than the time before."
3. Go over paragraph #3 in the same manner as above.