

Conquer Food Newsletter



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W I N T E R / S P R I N G 2 0 1 3

You mustn't even think you won't succeed

- Georgia O'Keeffe

The result is not the point. It is the effort to improve ourselves that is valuable. There is no end to this practice.

- Shunryu Suzuki

If at first you don't succeed, try, try, again.

- Thomas Palmer

Ask about phone sessions, whether you're in NYC or out of town.
Call 212-986-7155 or email:
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Dear Friends,

I hope you are well and that you are as amazed as I am that it is already March, 2013.

Your choosing The Program way, meal after meal, meeting after meeting, made 2012 the best year of The Caryl Ehrlich Program ever. My heartfelt thanks.

Are you a master of extremes? Do you deprive in order to binge? Do you think all or nothing, black or white, too little or too much, too big or too small, *I can go for hours without eating but once I start I can't stop?* If so, this newsletter will discuss this black and white thinking and help you see how positive thinking yields positive results.

Henri Matisse said, "There are always flowers for those who want to see them."

You may have been fed more negative thoughts for longer periods of time than you have been fed positive ones. It takes commitment, practice and relentless repetition to get in the habit of

thinking, speaking, and acting in a positive way.

Three things you can do:

1. Envision what it is you want to happen.
2. Say it regularly.
3. Say it aloud.

To paraphrase Walt Disney. *If you can dream it, you can do it.*

I hope you are well and continuing to do your Program. If you need help, let me know.

Onward and downward

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No-Obligation consultation available to all - Call 212-986-7155 to find out more.

... *A behavioral approach to weight loss.*

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I've got to hand it to you.

When you change a habit – create a new automatic response to replace the old automatic response of always putting something into your mouth when you're tired, bored, frustrated or stressed – you change your point of view, too.

A repatterning technique is finding a way to cope with the ups and downs and food seductions of life. When you use new thoughts, different words, and inventive actions – in order for you to be comfortable enough to put up your hand and say, *No thanks, I'm fine – No thanks, I'm not hungry – No thanks, I'm good.* and you realize you are fine, you are good.

When food pushers abound at a party, business meeting, or holiday function, peel the enclosed hand sticker from its backing and affix to your clothing. Or put up your own hand and say, *Nothing for me, but you go ahead. I'm fine!*

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.

- Winston Churchill

Unrealistic Expectations can cause failure

Weight gain is an evolutionary process. Some people call it creeping weight. The scale turtles inexorably upward – a tight skirt, a belt notch, a can't-zip-up-my-pants inch at a time. Yet you expect the scale to go down as rapidly as a high-speed elevator. This erroneous thought pattern – practiced and perfected as with any bad habit – is an unrealistic expectation.

Dangerous to be sure with any endeavor, but deadly when it comes to weight reduction.

I could have, I should have, I didn't, I wanted to, are the loud laments of the perfectionist.

Perfectionism is an illusion, however. Since you'll never be perfect, in your mind you don't ever succeed. Then you think: I failed, I blew it, I'm weak, or bad, or whatever you say to beat yourself up, and you stop trying altogether.

Why not acknowledge small incremental improvements, times when you did better at one meal, one day, or one event than you might have? Focus only on what you did, not on what you thought you should have done. The inclination to focus on the negative is part of the *all or nothing* addict mind. You think that if you can't do it perfectly for an entire week – even though it is unrealistic to think you can – you won't do it at

all. It would be more pleasurable to look for the positive and see that list grow.

Some habits are so entrenched you might need additional sessions. If you're not reaching or maintaining your weight loss goals, think about coming back for one, five or ten additional sessions; You can stretch them out every other week or however you like – Sometimes you need to hear the words one more time. Call 212-986-7155 to schedule an appointment.

Copy your favorite writer, musician, painter. You'll get a better sense of how they think, create, and succeed.

Mastery is not genius; it is a function of concentration and time.

If you think you can, you're right. If you think you can't you're also right.

- Henry Ford



Even if you **fall** ON your face, you're still moving **forward**

- Victor Kiam

The secret of success may very well be mindless repetition.

- Charles Duhigg



technically, the glass is always full.

ACCENTUATE THE POSITIVE

Marcia S, an unrealistic thinker, lost seven pounds in two weeks. The third week she lost one pound. When I asked for a positive story, she said: "Nothing good happened." She was miserable.

"But you lost eight pounds," I reminded her.

Yeah, but," she continued, "I was so good all week and the scale didn't move."

"You lost one pound this week," I reminded her, "and you didn't gain back the previous seven."

"Yeah but . . ." she repeated. "I lost that pound at the beginning of the week and didn't lose anything

the rest of the week." She was unable to acknowledge anything positive. So great were her unrealistic expectations, it was impossible for her to feel joy or satisfaction in what she had accomplished.

By ignoring these fragile buds, by not watering, nurturing, and turning them to sunlight, they turn to dust. You're used to seeking out the imperfect and because you're not yet in the habit of recognizing the fruits of your labor, they dwindle on the vine.

What remains are the weeds of destructive, negative, unrealistic thinking. These thoughts can and do take over your mind and your heart. Unrealistic expectations make you believe you'll never succeed, every effort is for naught, you are forever destined to fail.

BE KIND TO YOURSELF

Create your own positive voice. Think of the reasons you want to reach your weight loss goal (or any goal), not the reasons you don't want to remain at your present weight.

Tell friends how good you feel, rather than reliving your less-than-perfect efforts. Give importance to the good stuff. Let go of all else.

Try to monitor your negative, unrealistic thinking. How many times you give yourself credit for doing something positive - "I ate only when I was hungry the entire week" - to take it away by adding, ". . . except for

Thursday night when I worked late and had three slices of pizza?" It is not a good habit of thought to give one evening of pizza the same weight as six days of staying on your Program.

Thinking realistically and positively may be tricky at the beginning because you may have been thinking unrealistically and negatively. It takes practice and perseverance to change your attitude, but you will succeed. Perhaps not immediately. Perhaps one baby-step at a time. But if you believe you can, you can.

Napoleon Hill said, "If you can conceive it, and believe it, you can achieve it."

TWO EXTREMES

Do you wonder, what is the greatest amount of food you can eat and not gain weight? Do you put yourself at risk with all-you-can-eat restaurants, big portions, and frequent eating encounters? Do you bring junk food into the home for the kids and end up eating it yourself? Do you end up stuffed, bloated, sometimes nauseous, sick to your stomach, and certainly uncomfortable? The frenzy eventually passes, and the ferocity subsides. You might feel remorse. The next day you go to the other extreme.

Then you wonder what is the smallest amount I can eat without feeling deprived and without passing out in the street? So you eat two peanuts, some 40-calorie bread, celery and carrots, a bite of this and a swallow of that. Yet you're still hungry. You filled up your body but never nourished it. So you want more. And more. And more. You might feel

physically full but remain emotionally and nutritionally empty. Do you see yourself in either extreme? It is an example of all or nothing thinking. Both extremes, are rituals of the food addict, designed to distract.

You get so busy with the ritual, so great is your preoccupation with doing all the steps in each ritual, you don't have time to feel the feelings that caused you to seek distraction in the first place.

Think this way and see what happens:

I can do it!

I can weigh ___ pounds.

I choose to weigh ___ pounds and will do everything possible to achieve my goal.

I choose to feel better about myself because I am worth taking care of.

I can do it!

If you give too much credence to your real or imagined failures and not enough to your attempts, your interim successes, and your accomplishments, you will become the failure you think you are.

All or Nothing Thinking

All-or-nothing thinking is far more destructive to your weight loss goal than a friend baking brownies and leaving them on your desk. Even if you eat one brownie but manage to give the rest to co-workers and friends, you think you've blown it. A better way of thinking would be to realize you only ate one, when in the past you probably would have eaten several, if not all.

Unrealistic expectations give substance, heft, and power to an unrealized goal. They squash the budding crocus of success as it pushes through the thick asphalt of failure. Unrealistic expectations kill the flowering of dreams, because you become so disappointed that you give up hope.

Thomas Edison never stopped trying. "I have not failed 10,000 times," he said. "I have successfully found 10,000 ways that will not work."

Even if your weight remains the same, there are other questions to ask: Did you keep a food log? Did you drink the requisite amount of water? Did you do better at an industry function than you might have? Did you eat less than usual at your mother's? Yes? Then you're ahead of the game. Think about that!

TELL ME A POSITIVE STORY

Every meeting, and once a week between sessions, participants are asked to tell me a positive story.

Whether you're creating success or failure, you're still creating.

Here are just a few.

- I had a work meeting and passed up lots of food. Nobody noticed or cared. It was great!!
 - I'm planning better and it makes a nice difference.
 - Pants looser! At a function, I ate less than half of what I was served. I normally would have finished all of it. It was terrific!
- "Loser's visualize the penalties of failure. Winners visualize the rewards of success."

- Chinese Restaurant Fortune Cookie



How to get in touch

The Caryl Ehrlich Program is available by telephone for the busy professional, stay at home mom, or anyone who has a hectic schedule.

- Save time and the expense of travel.
- Enjoy the convenience of being a Program participant from your home, office, or while traveling.
- Receive unlimited e-mail support between sessions.

If you would like to conquer your food addiction by telephone call **212-986-7155** or email Caryl@ConquerFood.com for more information.