

The most destructive force in your life— Mind Chatter!

Your brain is an organ. Your brain is not “you”. Its job is to produce thoughts from beliefs that were formed and stored from experiences to protect and guide you. You could say that your brain is a “defensive mechanism” that is always looking for the worst case scenarios and the most painful outcomes that “could” occur so as to protect you from them. Your brain produces thoughts and YOU produce thoughts, so it is easy to think EVERY thought produced by your brain is YOUR thought, but that is NOT true! (And THE cause of why change is so hard)



Learning what thoughts are YOURS, and what thoughts are your brain’s automatic output, is one of the most important skills you can learn to lose weight permanently and to live a happy life free from unneeded pain and suffering.

I like to think of my brain’s output of thoughts as my “Grandma brain”. My grandma was overly cautious and nervous about a lot of things. She would always be sure we had our doors locked and seatbelts on before she allowed us to back out of her driveway. She locked her car doors inside her locked garage. She would always share the latest negative news she heard on TV—*“somebody was kidnapped at a mall in Tennessee so you better not go to the mall!”*

Everyone has a “grandma brain” constantly spewing out negative, pessimistic and self-limiting thoughts. But if you understand that your brain’s MAIN job is to protect you from danger, then this would only make sense. But just like I never believed and adopted my grandma’s fear-based thinking, so too must you not believe every thought your brain produces!

The term I like for the constant flow of thoughts your brain produces is “**Mind Chatter**”. Some Mind Chatter is positive (“what a beautiful sunset”), but our concern is with the negative and self-defeating Mind Chatter that kills our motivation, makes us feel hopeless or makes us believe we can’t before we even try.

Believing your Mind Chatter is easy to do. *“You’re too old to exercise”, “You’re too fat to go to a gym, people will laugh at you”, “I love to eat chocolate, I could never give up my chocolate”* are all examples of Mind Chatter. **Because your brain’s thinking seems like YOUR thinking, it’s very**

easy to believe these thoughts and thus operate by them. Once you develop the skill of distinguishing between your own thinking and your brain's constant output of negative, pessimistic and limiting thoughts, you are free to hear your own true voice that is based on the truth. For example:

"Yes, I know I am 55, but that's not too old for exercise."

"Yes, I know I am overweight but it doesn't matter what other people think and there's probably others at the gym who are also beginners."

"Yes, I know my brain loves chocolate, but I can save it as an occasional treat on weekends."

YOUR ASSIGNMENT:

- 1. Become aware of your negative Mind Chatter. Spend the day just becoming aware. Don't try to talk back to it yet. Put your energy into just becoming aware.**

An easy way to do this is to say to yourself or out loud: "Mind Chatter said, _____"

- Mind Chatter said, "That really sucked."
- Mind Chatter said, "I can't believe she would say that to me."
- Mind Chatter said, "Why is he so inconsiderate?"
- Mind Chatter said, "Nobody's going to be there that I'll know."
- Mind Chatter said, "Why do I always get stuck behind slow drivers?"
- Mind Chatter said, "I'd like one of those Snickers."
- Mind Chatter said, "Why do I have to work with a bunch of idiots!?"

Get into the practice of saying "Mind Chatter said..." and you'll separate your brain's automatic thoughts from your thoughts. Developing this skill is LIFE-CHANGING so why not dedicate yourself to mastering it?

You will find that YOU have very few thoughts as compared to the dozens of thoughts your mind spits out every minute. **Can you see how your brain producing 139 negative thoughts in a day vs. your 4 positive conscious thoughts would be a factor in how you feel and see yourself and your world?**

2. Write down the 3 most self-destructive things you heard your Mind Chatter say today:

a. On my way to work, Mind Chatter said,

b.

c.

***** I cannot emphasize enough how powerful this skill is to changing how you feel and your ability to change your life rather than keep following the old programming of your brain. Truly, if you master one skill from this whole program, this is the one! -DAVE**