

The Power of other People

Understanding the power that other people have to influence you emotionally is essential to successfully develop a new lifestyle. Most of us never even consider this and when it does inevitably occur, it can hit us unexpectedly and painfully!



Human Nature

It's human nature to judge ourselves when someone close to us makes an improvement. We are always comparing ourselves to others—especially with those people close to us. Remember how you felt when a friend moved into a better house or traveled to a country you wish you could go to. This is especially true when a friend or family member makes a lifestyle change like exercising and eating healthy to lose weight. The only way to feel better about yourself is to join the person in this change or get the person to stop the change. The easiest and most comfortable way is to get a person to stop the change. This is what our subconscious automatically is drawn to and why most of the people around you will begin to automatically (perhaps without even realizing it) sabotage you so as to help themselves feel better.

Your friends

We are friends with people because we share the same interests and beliefs. If you are overweight, it's a good chance the majority of your friends are as well. It's unlikely that your friend's interests involve exercise, outdoor activities, healthy cooking or following a healthy eating routine during the week. Your old friends may enjoy overindulging on food and drink and activities that don't involve any physical activity. With your new goals, you'll no longer want to do the same things your old friends like to do. This can put you in a difficult place that you probably never fully anticipated!



Dealing with Negative Friends

Frankly, one of the best ways you can tell someone is improving their life is that their friends are changing. At my recent 25th class reunion I realized that I had very little in common with most of the people there. That isn't because I am "better"; I have just moved to different beliefs and goals for MY life. As YOU move to different beliefs and goals for your life, why would you want to struggle trying to find common ground with people who no longer have the same beliefs and goals? It's just going to hurt you and make them uncomfortable. The answer: Love and approval. We get our deep psychological need for approval and connection (or love) from our friends. But don't think for a second that making new friends is uncaring or an awful thing. What's most important is YOU! **Why would you sacrifice your life and your future so a friend could be comfortable?** Makes no sense. *"Hi my name is Mary, and I live in an overweight body and hate my clothes so my friends can stay comfortable and accept me."* Sounds ridiculous, but your subconscious brain doesn't understand what is ridiculous or intelligent—it just wants the emotions of approval and connection! (Pause here and think about this until it really makes sense)

The BEST course of action is to share your new beliefs and goals with your friends in non-judgmental and non-intimidating ways. Over time some of your friends may join you in your new beliefs and goals, but some will not and you'll need to allow yourself to accept that. Realize too that when you get in the gym and start participating in more physical activities like perhaps doing a 5k fun run, you'll get around other people who already have the beliefs and goals you want. **They say that if you want to improve your life, make friends who are at a higher level than you so you'll rise up to their level!** This is uncomfortable at first, but over time you'll naturally rise up to their beliefs and goals automatically. This is why getting in a gym environment is very important to your permanent success.

Dealing with a negative spouse

Negative comments and criticism from a spouse are very painful and difficult to understand and handle. I believe it's truly the largest brick in the wall that stands between a person and success. So preparing yourself is essential!

First and foremost is realizing that any negative energy coming from your spouse is actually their way of dealing



with their own self-judgment. This puts the TRUE responsibility for their feelings on their self-judging thinking rather than you doing something wrong. Their brain will try to convince them that YOU'RE doing something wrong to cover-up their inner feelings of inferiority and negative self-judgment.

Fully understanding this takes the self-blame/guilt off of you and allows you to correctly understand WHY they're doing what they're doing.

It's human nature to be angry when we feel hurt. Remember this, remember this, remember this! So when your spouse causes you to feel bad/angry/hurt with their negative words, do not criticize back. It is like pouring gas on a fire! Their criticism is not really their TRUE feelings but rather their brain's way of dealing with their own feelings of self-judgment, insecurity and inferiority. By criticizing back, you REINFORCE their negative feelings and thus bring more criticism and negativity!

When you understand how the brain and subconscious mind works to protect itself, you no longer feel mad at those that criticize or make fun of your new lifestyle, but rather you feel sorry for them because you know that are acting this way from their own hurt. The best course of action is to just walk away from very hurtful remarks but be sure to communicate that you hear them so they feel heard. "I hear you" goes a long way to turn around a critical or angry spouse because it shows you care and that is really the core reason for their hurt. (That you approve and love them despite their not sharing in your new better lifestyle yet)

Do your best to never react negatively or try to respond to their hurtful remarks. You can't persuade someone when they are experiencing negative feelings. With time they'll naturally get over their initial negative reactions toward your new lifestyle. If you withhold your negative reactions, the chances of them approving of the new you and even joining your new lifestyle increase dramatically.

It's OK to do something for just you!

This is a HUGE psychological barrier that halts change for so many people. Women especially get their feelings of significance (being a good mother, spouse or daughter) by doing for others. This belief of **"If I do things for others I feel good about myself"** becomes so reinforced that it usually develops into the belief that doing something just for ourselves is selfish!

This is a totally disempowering belief! By making yourself better, you increase your capacity to help others. Exercising and eating healthy for yourself and yourself only is self-love that we all need and need to teach our kids. **Lack of self-love is the root cause of low self-esteem and all the issues we struggle with as adults—including weight.** Role modeling self-love by taking care

of yourself is one of the most important things you can do to raise healthy kids and to help others.

ASSIGNMENTS:

- 1. Discuss with your trainer or write about your understanding of why those who are supposed to love you would try to sabotage your new lifestyle?**
- 2. Discuss or write about why reacting back negatively only makes it worse.**
- 3. Why is trying to persuade someone when they are experiencing negative emotions impossible?**
- 4. What are the best ways to deal with negative people?**
- 5. Discuss or write about the importance of taking care of ourselves and role-modeling self-love/care.**