

COMMITMENT TO MYSELF

I am now about to engage in a process of learning to manage my weight unlike any other I have engaged in before. This is not a temporary diet program. *I'm finally going to learn to manage the other me.* The one who gains the weight back. The one who overeats.

I understand that this process will take time, and I promise not to give up on myself and this process when the going gets tough. I will not allow myself to bail by rationalizing that "my head is just not in the right place right now", as if at some future date it will miraculously be easier! I know that my unwillingness to tolerate this learning process *is why* I'm still carrying this weight. I can learn it now or I can learn it later, but avoiding this process has not proven to be an ineffective option. **I must** re-pattern my destructive eating behaviors. Apparently, they will *not* go away by themselves.

It will be uncomfortable at times, but if I stick with it, I *will* learn how to minimize and manage my planned or unplanned overeating so that I *never* have to find myself in this position again.

I commit to **take action** help myself.

Signed _____ Date _____

HOW DO I KNOW IF I'M READY?

I get that this is *not* about my intelligence or willpower and am willing to **learn new skills** and **take actions**.

I'm willing to put the time in up front to **create new routines and habits** so that I can be *less* obsessed with food and weight.

I'm ready to learn to **manage** self-defeating behavior patterns.

I accept that I am *not* going to be perfect and I'm willing to **tolerate** the inevitable feelings of failure that have always got me to bail out in the past.

I realize that this is *not* about instant change, but about my **willingness to go the distance** until I get where I want to be.

I'm no longer going to wait until "my head is in the **right** place".

I recognize that **no one but me** can make me want this enough to do what it takes.

From the desk of.....*Susan L. Holmberg, MS, CNS*