

PEERtrainer on track

Class 2:

The Real Reason You Can't Get In Control

PEERtrainer™

<http://www.peertrainer.com>

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This information is intended for the sole purpose of participants in the PEERtrainer on track Program. This is not a substitute for medical advice. Please seek a physician if you have any questions or need medical advice or attention when starting a weight loss program.

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1. **Story about my hotel stay ... so excited by all the great stuff to do there.**
 - a. The paradox was that I was afraid I would miss out on things, and as a result wasn't as fully present as I could have been to thoroughly enjoy them.
 - b. Afraid I'll miss out on the opportunity to really relax and soak it all in, and I noticed I got slightly anxious in the process.

2. **Realized how easy it is to fall into this habit. This is so much like life. We all do this to some extent.**
 - a. Sort of like a dog in the woods ... always following, chasing the next scent. Looking for that next rich scent to pick up.
 - b. As humans, we're always looking for that next thing to satisfy us.

3. **An interesting definition of Greed: "I need more to make me happy".**
 - a. It shows up constantly in our thinking. Constantly moving from one thing to the next.
 - b. I need cookie, soda, coffee, \$, car, sex, boyfriend/girlfriend, food, toys.
 - c. If you really observe, you'll notice how much of your thinking wanders to "what I need next to satisfy me".
 - d. Promotion, bigger house, etc. Endless.

4. **What is it we're really looking for?**
 - a. We are all moving towards happiness. Each person, right now, is doing the best they can to be happy.
 - b. Overindulging in food - in the sense of having an emotional relationship to it - is a way of trying to get to happiness.
 - c. Not really a good way, because it can't actually get you to a real sense of happiness.

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5. Another aspect of this definition of greed I'm talking about: Grasping.
- That pizza was so amazing ... I need to have it again. If you think about it, it's almost never as good the subsequent times. Because you're trying to recreate an experience that was naturally good. It's never as good the 2nd time.
 - Addict: saying that the first time getting high with the drug of choice is always the best. And every subsequent time is spent trying to recreate it ... chasing that.
 - These things are temporary by nature.
 - Not by any means saying don't enjoy food or other thing in life, but recognize the temporary nature of it, or you can find yourself like that dog always trying to pick up the next scent ... without really knowing where you're chasing.
 - And if you're using food as a path to find happiness, it won't work and over time it will compromise your health.
 - Keep you from getting where you want to be in terms of your weight.
 - Can be so many different things, but Food is perhaps the easiest of those things because we have to eat to stay alive ... it's a daily thing.
6. So where do we go with all this?
- Real question becomes: what do you do instead of that?
 - What can you do instead of chasing the next thing, next cookie, next great meal, next sense of satisfaction/happiness from food?

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7. Breathe, slow down. A time out can be as simple as a single breath. Realizing that you can have the sense of being calm and centered right now. It's a choice. We have to make that choice. Not always easy, but it's still a choice we have to make.
8. Extension of that: just smile. Seems silly, but the sheer act of smiling can actually change your state. A lot of good things come out of smiling, so smile ok? :)
9. Looking for healthy, positive things that will make you happy and not make you fat! Exercise. Talking with friends; reading books on personal development. Going to workshops; good social connections. Doing something fun/productive with your husband or wife ... a hike, take a class together, etc.
10. Being grateful for what you already do have ... rather than chasing more.
11. Generosity. Thinking, praying for the benefit of others. Common theme in most religions and spiritual traditions.
12. Notice that those urges are temporary. The craving always passes. Looking at your impulses and recognizing them for what they are. Question is will you be the master of it?