

## **ADMIT IT OR NOT WE ARE ALL RULE BREAKERS!!!**

Let's start by acknowledging that we are all rule breakers. Many of you have been rule breakers when it comes to food selection, portion sizes, and exercise.

So how do we break out of this self destructive pattern?

When it comes to food guidelines will serve you better than hard and fast rules. Focus on general guidelines rather than black and white, all or none rules.

Now the bigger task is embracing your rule breaking, without being self destructive. What I mean by this is actually choosing to be a rule breaker in a way that benefits you and your family.

Breaking rules regarding your medical follow up would be self destructive. Breaking rules that you have set for yourself as a response to being overweight can be liberating. For example, many of you have made a lot of rules to live by because you are overweight. These are the rules you need to start breaking. For example, maybe you have rules about....

not speaking up so as not to bring attention to yourself

what colors you wear

how you relate to your family and friends out of low self-esteem

how there are certain activities you will not engage in because of your weight

maybe there are places you will not go because of your weight

what are some of the rules you have made for the fat you that we can start breaking as you lose weight?