



by Linda Fiverson

Why don't we try? Why do we give up? Is it our short-term memory? Short-lived commitment? Our need for constant gratification?

I wonder how fed up you are? Do you remember the last time you began a weight loss program? How desperate were you? How willing were you to do "anything"? (Of course, nothing outrageous!)

How do you feel about yourself? What would and could be changed? How accurate is your self image? Is your self image the same one others have of you? How often do you think, "I CAN'T DO THIS FOR THE REST OF MY LIFE?" How many other things have you had to wonder about doing for the "rest of your life"? You can do almost anything for "one" day so maybe if we simplified our daily challenges and broke them into small tasks, they would be less overwhelming!

How many times did you believe the "tabloid diets" and think FAST IS BETTER THAN SENSIBLE? How many lifestyle changes have you tried this year? Smoking, dieting, exercising, spending money? Maybe you wanted to try to manage your time better?

How often are you "BORED" and FINDING YOU AREN'T TOLERANT? Realize that everybody loses patience and makes mistakes. It's like marriage – the beginning is the "ROMANCE PERIOD". Everything is perfect and no one makes mistakes. Then comes the "FIRST SCREW UP" and you gasp. "Oh, my God!!!!!" After that, the second one is NOT SO PAINFUL. That's the beginning of the "SLIDE DOWN" feeling...like we are slipping and sliding, finding it hard to put two days together. It is like an accident waiting to happen.

How can we become more forgiving of ourselves? Why is every mistake and imperfection a score card for how successful you are? Why are your days so validated by this? How can you become less "black or white"? Why can't there be any gray areas?

How sure are you about the decisions you make? Can you stop yourself when you want to eat? Do you have that 2 minute pause button? You know which one? Think, "Yes, that looks so delicious! Yummy! I haven't had it in ages! I may never have it again for the rest of my life!!" Can you walk away for 2 minutes? Eat something else? Can you wait to see if the feelings of desire go away?

How long have you maintained your last "smallest" size? A day? A week? More? Are your head and body in sync with each other? Does your body have a mind of its own?

How is Your Attitude?

- A** – Always make today your best day.
- T** - Take pride in yourself and whatever you do.
- T** – Treat yourself and others with respect. Everything starts with self respect.
- I** – Isolate your negative thoughts.
- T** – Treat new challenges like opportunities.
- U** – Utilize your talents every day.
- D** – Do the job right the first time.
- E** – Expect only the best each day...No more.

Rank the changes you need to make from the easiest to the hardest. I think the more immediate changes would be perceived as the easiest, don't you? How about planning and setting off in a new direction? Instead of concentrating on "changing your body" don't you think you have to "change your mind" first? Don't you know that what you are looking for isn't in the refrigerator???

People demand a lot from themselves, particularly women. They base their expectations on the images in "skinny" actress magazines and billboards. Our culture has come to idealize the HUMAN CLOTHES hangar look of fashion models. Why don't we notice the health risks of that "super-thin" look?

Vomiting, use of laxatives, starvation, diet pills and low calorie eating can cause gallstones, cardiac arrest, anemia, hair loss, abdominal pain, depression and even death. Did you know that 62% of girls and 28% of boys in grades 8 – 10 have already been on diets? Most women in our culture are "disordered" when it comes to issues of our selves...

ISN'T THIS A THINNESS MANIA? Do you like that expression? Could that be where we get all the discrimination of overweight people from? Consider whether or not your body is a device to be controlled – especially in a world that feels **SO OUT OF CONTROL!**

Think about the questions I have posed. Where are you going to put the emphasis? Use these questions to help you decide what your commitment will be.

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