

Are you afraid of losing weight?

If you've tried everything to lose weight, it may be that your unconscious fears are holding you back. Terry Bahat explains the eight common fears of losing weight and what you can do about them.

“You can't be serious”, I hear you cry in astonishment, “I tried 23 different diets and will try several more, until I reach my desired weight goal”.

Well, yes, I am here to inform you, this fear is real and if you don't deal with it properly, you're going to try many more diets than 23 and have a very difficult time in your quest.

Fears are unconscious, don't make sense and often, prevent us from living the life we want. It's time to let this one go.

To do this, firstly, we must recognise that fear of losing weight is legitimate and that our attention is required. Secondly, we must identify the fear. Identifying the fear may happen instantly or may take substantial time and effort, but only then will we be able to solve and dissolve it.

In interviewing nearly 1,000 women on this subject, similar fears were discovered, so rest assured you are not alone and help is at hand. What has been discovered is that there are eight major, basic core fears experienced:

1 Fear of the unknown – You worry what is going to happen once you've reached your desired goals: where you will find yourself; who you will associate with; how you will react in new situations. Achieving your objectives will instill confidence and resilience in you and strength of character will assist you in successfully, dealing with every new situation you'll find yourself in. Don't stress and learn to relax!

2 Jealousy – You fear that your spouse, friends, colleagues will all feel a little insecure and jealous. Ask yourself what you can do to ensure they are not being left out. Clearly and honestly communicate to them what you're doing and why. Put them at ease, assuring you still love them as always.

3 Failure – You fear not being able to accomplish desired body weight. Consistency is the key and the only guarantee for results. If you've failed in the past know that you were just using the wrong strategy. If it didn't work then, do something different to get a different outcome. Start with small, baby steps and make changes to your nutrition, physical activity and your mind set.

4 Not looking good – You fear that after losing weight you will look unhealthy, old or sick. It's time to change your self-image. Close your eyes and imagine yourself looking into the mirror and seeing your body slim and toned, fit and strong. What a pleasure to watch. Visualise the body you are moving towards and remember, there is more to you than your weight.

5 Tension with friends – Fear they won't respond to you like they did before. You fear that as you are on a different quest, they may feel judged and uncomfortable (particularly if they too are overweight). Know that this is not your “stuff”. Some powerful, honest two-way communication and cooperation will make a difference here

to put others at ease.

6 Too much attention – You're used to taking a back seat and fear being centre of attention. You can plan ahead for this one and decide how you wish to respond. The process starts from inside: who do you want to be?

7 Change in lifestyle – “I won't be able to enjoy “crappy” food”. True, comforting food, which was one of your “dearest and closest friend” is no longer. Cultivate and develop new, positive habits. Ask “what food can I enjoy that will help me to get the body I desire?” Think of the lifestyle and quality of life you wish for yourself and make appropriate adjustments.

8 Not keeping the weight off – You fear gaining every kilogram back and more. A holistic approach is necessary to tackle the emotional trigger for over-eating so that you don't relapse. Adopt new, positive habits. Start with quality nutrition and cultivate a “healthy” mindset. Increase your physical activity and don't deprive yourself. Eat mindfully and ... put the scales away. **em**

Terry Bahat has been involved in the wellbeing/fitness industry for over 10 years. She is the founder of CoreWorks and a keen keynote speaker. Terry is passionate about empowering women to successfully manage their body weight with safe, long-lasting results.

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