



Sue Evans, Fast and Lasting Change

Think Slim, Adjusting your Body's Signals – Step by Step

The Think Slim range of 5 Minute Mind Makeovers show you how to change your relationship with food, so that you can lose weight without dieting; by stripping away habits and social conditioning, getting you back into balance with your body's needs.

Once you've set your mental satnav and started eating consciously (the previous 2 Think Slim Mind Makeovers), you may find it helpful to make some adjustments to your body's natural hungry and full signals, to help you make the very best of the new patterns you're setting.

Here's a Step-by-Step Reminder of What to Do

Begin by taking a lovely, soothing breath, dropping your shoulders to relax, and if you like, by closing your eyes. And imagine that you're somewhere you find very comfortable. Take a few moments to notice your surroundings, and how that comfortable feels in your body.

You notice a doorway. You feel curiosity drawing you towards it to explore, so you open the door, and step through into the space beyond. Into your own mental control room – the place from where your brain regulates and controls all those amazing functions.

There's a whole array of different controls, and you already know what each and every one of them does.

So find the control for your hungry signals; and first of all, turn it up, so that you notice a genuine hunger. Where it starts in your body and how it moves, and as you notice that change in sensation, turn it down, and a little further still, so that you leave it set a little lower than it was at the start.

Next, find the adjustment for your appetite, and turn that down a little too – so that your body will still alert you when it genuinely needs food, but a little less insistently than it used to. So you'll have more time to respond appropriately, making good eating choices, and staying comfortably in control.

And there's another control which adjusts the sensitivity of your body's 'full' signal. Find that control – you might notice that it had been switched off – turn it on, and turn up the sensitivity, so that your body will give you a much clearer signal when the food you've eaten is enough to satisfy your genuine need. So that you'll know when you're full, and stop.

And as you continue to explore your internal controls, there may be others you'd like to adjust too. Maybe there's a switch for cravings, which now you can simply turn off, noticing the shift in sensations and your body's balance as you do.

You can re-visit this control room any time you like – giving your automatic programmes a little assistance in doing the very best job they can of looking after you. And for now, step back through that doorway, closing the door quietly behind you. Back into the comfortable place, allowing your awareness to come fully back into the here and now, refreshed and alert.





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5 Minute Mind Makeovers



The skills of the 5 minute mind makeovers access the parts of your thinking outside your awareness - the parts which actually shape your experience of the world, and where you can make lasting change, almost instantly.

Many makeovers use your imagination, and it surprises me how many people think they don't have a good one: Yet they can worry with the best of them, so they're great at imagining things going wrong.

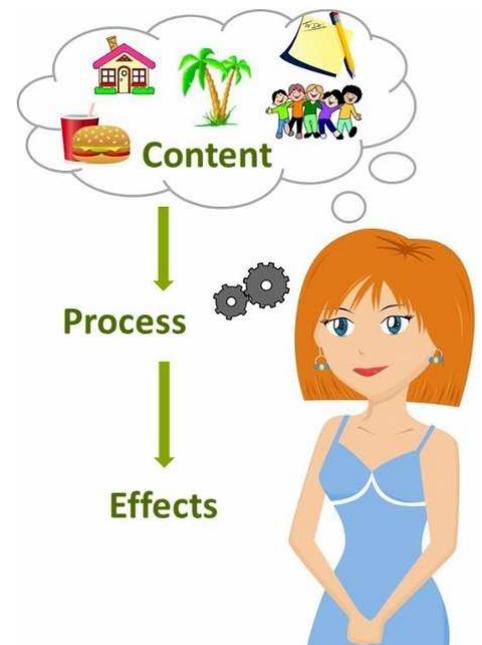
Trying to change the content of your thoughts, using things like willpower or affirmations, can be hard work. It's much easier to adjust your thinking process for better results.

Did you know that your thinking has a process? It's generally the content and the effects (how it makes us feel) that get all our attention, and we leave the process to do its own thing.

The vast majority of our thinking is automatic. Imagine the distraction if your brain made you aware every time it tweaks your blood pressure or your temperature; or described to you exactly how you digest your food. You don't need to know.

These automatic routines keep us functioning; but every now and again, your brain picks up one which is less helpful - like an anxiety response, or an upsetting memory; which, though it's often illogical (and sometimes highly disruptive), runs just as automatically as your digestion.

My range of 5 minute mind makeovers will teach you the skills to change your automatic programmes, simply and effectively; switching off unhelpful ones, and building in the ones that get you results that you want. It's like being able to go into your own brain software, right at the code level - so the change is fast, and lasting.



I'll regularly be adding to the range of 5 Minute Mind Makeover topics, which you can find at www.fastandlastingchange.co.uk/5minutemindmakeovers.html

If there's a topic you'd like covered which isn't there yet, please get in touch and let me know
Enjoy your skills