

HOW TO LOSE WEIGHT FOR THE LAST TIME

How to Work Through the Book with a Friend or Group

Reading *How to Lose Weight for The Last Time* with a friend or group is a great way to create accountability and support.

You'll be able to share ideas and insights that may have been hard to come to on your own, and encourage each other along the way.

Getting Started

Hosting a group can be a really rewarding experience but works best when you get organized. Some key things to decide in advance are:

- How will you meet? Will it be in person, on a video call, or over the phone? For how long?
- Choose dates to meet and schedule them in. Meeting to discuss one chapter each week tends to work well.
- Who will be the scheduler? The scheduler will send reminders about what needs to be completed for each session.
- Who will be the facilitator? The facilitator will lead the group and make sure you're on track. Will the same person lead each session or will you take turns?
- Will you connect with each other between meetings? How and when?
- A check-in at the start of the meeting helps to break the ice and get you talking. What will your check-in be? Sharing wins can be a great way to start. Another good way to start is to share something that came up for you around the week's topic.

It's also a great idea to agree to some ground rules ahead of time. Here are some suggestions:

- Be positive. If someone is struggling or complaining, work together to brainstorm ideas and solutions.
- Aim to be honest and vulnerable. Many groups make a promise not to share personal stories outside of the group, so that everyone feels safe to share.
- Talk about what you'll do if someone can't make a session.
- Agree to end sessions on time and with a clear plan for next steps.

Most importantly... have fun and make this your own! Organize your group in any way that helps you to get the most from it.

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Suggested Topics

I suggest breaking the book down into manageable chunks, so that you can work through it at a reasonable pace. To get you started, here's a list of ideas in chapter order – but pick and choose what's most interesting for your group. There are no rules!

Chapter 1: Overdesire and Overhunger: Why Your Body is Always Hungry

- Discussion Questions:
 - What messages did you get about food when you were younger? *Ex: Breakfast is the most important meal of the day.*
 - What changes will you need to make to become fat-adapted?
 - How do you feel about being the expert on your body, instead of being told what to do by other diet and nutrition experts?

Chapter 2: Emotional Eating: Why You Always Want Food

- Suggested Activities:
 - Print out the “Feeling Wheel” and practice naming your emotions this week.
 - Print out the “How to Change Your Thoughts” resource and complete it.
- Discussion Questions:
 - How did food play a role in your life growing up? Was it used for celebration, entertainment, or love? Some other way?
 - What did you notice about your emotions this week?
 - What emotions drive you to overeat?
 - What's a new thought you want to practice believing? How will you practice your new thought?

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Chapter 3: Why You Give In and Eat “Bad” Food

- Suggested Activity:
 - Print out the “How to Strengthen Your Relationship With Yourself” resource and answer the questions.
- Discussion Questions:
 - Do you ever feel ashamed or guilty about eating something “bad?”
 - What did you learn from completing the “How to Strengthen Your Relationship With Yourself” questions?
 - What’s one commitment you want to make to strengthen your relationship with yourself?

Chapter 4: How to Measure REAL Hunger

- Suggested Activities:
 - Print out the “Emotional vs. Physical Hunger” resource and practice distinguishing emotional from physical hunger this week.
 - Practice listening to your hunger scale and the messages your body is sending you about when to stop eating.
- Discussion Questions:
 - What messages did you receive growing up about leaving food on your plate?
 - How do emotional and physical hunger feel different for you?
 - What messages do you get from your body that it is time to stop eating?

Chapter 5: Creating Your Unique Eating Plan

- Suggested Activities:
 - Print out the “Protocol Template” and complete it.
 - Decide on your goal weight. For most people, I suggest picking a number that is in the middle of the “healthy” or “normal” BMI zone for your height, but ultimately, this is your choice.
- Discussion Questions:
 - How are you feeling about your protocol? Why?
 - What will help you to follow your protocol?
 - Share your goal weight and why you chose this number.

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Chapter 6: Measuring and Analyzing Your Results

- Suggested Activities:
 - Print out the “Scientific Method of Weight Loss” resource.
 - Start keeping a food journal in a notebook or on your phone.
- Discussion Questions:
 - What are the benefits of approaching weight loss like a scientific experiment?
 - What helps you to be consistent with your food journaling?
 - Have you ever experienced a weight plateau before? How did you handle it?

Chapter 7: Troubleshooting: Weight Loss Challenges and How to Solve Them

- Suggested Activities:
 - List out 5-10 reasons why you want to get to your goal weight.
 - Create your plans A-G.
- Discussion Questions:
 - Share your reasons for wanting to get to your goal weight.
 - Which of the weight loss challenges in this chapter do you anticipate could be an issue for you? How will you overcome those challenges?

Chapter 8: Eating Against Your Own Will

- Suggested Activities:
 - Write down any ingrained eating or drinking habits that you have.
Consider that you have more control over them than you might think!
- Discussion Questions:
 - What habits did you notice this week?
 - Do you ever judge or criticize your natural emotions? Which emotions do you tend to criticize? *Ex: anger, sadness, joy*
 - Do you think that you may be eating as a trauma response? Is there any additional support that you need?

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Chapter 9: Processing Emotions Without Food's Help

- Suggested Activities:
 - Print the “How to Process Emotions” resource and experiment with one of the techniques this week.
- Discussion Questions:
 - What has been your experience with processing emotions so far?
 - What’s challenging about processing emotions? Brainstorm strategies together.
 - Moving forward, what emotional processing techniques do you want to experiment with?

Chapter 10: How to Keep Off the Weight Permanently

- Suggested Activities:
 - Print the “Maintaining Your Weight Loss” resource and answer the questions.
- Discussion Questions:
 - What are your thoughts and feelings about maintenance?
 - Is your current protocol something you’d be happy to follow for the rest of your life? Why or why not?
 - What challenges or obstacles do you anticipate in maintenance? How will you overcome these?

Chapter 11: Your Bright Future

- Discussion Questions:
 - What do you imagine your life will be like after you’ve reached your goal weight? Notice if you’re expecting weight loss to solve all your problems!
 - How do you feel about talking to others about your weight loss?
 - How does your future self think, feel, and act?