

How to Strengthen Your Relationship with Yourself

The relationship you have with yourself influences every area of your life, including your weight.

If you want to create permanent weight loss then working to build a strong relationship with yourself is one of the most significant things you can do.

FIRST, IT'S GOOD TO UNDERSTAND THE RELATIONSHIP YOU HAVE WITH YOURSELF TODAY.

Use these questions to explore how you currently treat yourself – be sure to include both the positive and negative!

- How do you describe your appearance when you look in the mirror?
- The way I describe my personality and abilities is...
- What do you think about yourself compared with other people?
- How would a good friend or family member describe you?
- Are you a person who keeps their word to themselves? Why or why not?
- How do you talk to yourself when you don't meet your expectations?

HOW TO LOSE WEIGHT FOR THE LAST TIME

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Here's what I think having a good, loving relationship with yourself means:

It means that you speak kindly to yourself, like you would to a friend or close family member. You don't trash yourself, beat yourself up, or make snide or snarky comments to yourself about yourself. And you keep your word to yourself because you know that you are valuable.

If that doesn't describe the relationship you have right now, you're not alone. Use the following questions to guide what you want your new relationship with yourself to be. You don't have to consider your past or what anyone else thinks about you – you get to decide how you will treat yourself.

- How do you want to choose to think about your body and appearance?
- How do you want to choose to describe your personality and abilities?
- What do you want to choose to believe about your value, compared to others?
- What changes do you want to make in the way you keep your word to yourself?
- How do you want to talk to yourself when you don't meet your expectations?
- What else will you do to treat yourself with respect and kindness?