

# HOW TO LOSE WEIGHT FOR THE LAST TIME

## Weight Loss Troubleshooting

It's totally normal to experience some hurdles or obstacles on the path to losing weight for the last time. If you feel like you don't know how you'll ever do this, that's okay - keep persevering and experimenting and you'll get there. If you are struggling to lose weight explore the following:

<b>COMMITMENT</b> If your commitment has waned you're unlikely to do all the things that you know support you. I recommend coming up with five to ten diverse reasons why you want to get to your ideal weight and stay there forever. Why is your goal important to you? Write your reasons out on an index card and read them every day. The more reasons the better!	<b>CHECK YOUR THINKING</b> When we're on a weight loss journey and not being successful, many of us turn to catastrophic thinking that makes us feel discouraged. Dump out all your thoughts on paper and come up with a different way of thinking that will produce the results you want.	<b>HUNGER SCALE</b> Do you consistently stop eating at +4 on the hunger scale? If you think this could be an issue for you, reread How to Measure REAL Hunger in Chapter 4 of <i>How to Lose Weight for the Last Time</i> , and consider tracking your hunger scale in your food journal while you work on this.
<b>SLEEP</b> How much sleep are you getting? Being well-rested makes it so much easier to lose weight. You generally know you've gotten a good night's sleep by how you feel in the morning.	<b>EXERCISE</b> Exercise has many health benefits but it's not effective as a weight loss tool. In fact, it can actually make you gain weight because you feel hungrier after working out. Definitely keep exercising if it feels good, but if you exercise strenuously, think about dialing down the intensity.	<b>STOP COMPARING</b> It can be tempting to measure yourself against others and want to do what they do to lose weight, but this is a distraction. Trust in yourself and your process and don't concern yourself with what anyone else is doing. Be in this for the long haul.
<b>SNACKING</b> Have you stopped snacking? This includes any bites or sips in between meals. If you're still snacking, try drinking more water - rehydrating may be enough to keep you from wanting to snack between meals. If you're snacking for emotional reasons, you'll find more help with this in Chapter 9.	<b>PLANNING</b> Planning your food in advance may seem tiresome at first but you'll be surprised how helpful it is once you get into a routine. How could you make planning convenient and easy for yourself?	<b>FALL-BACK PLANS</b> When life throws you a curveball and you can't eat what was on your original plan, it can be easy to throw out your good intentions and eat whatever is available. If this is happening for you, be sure to create "plans A-G" - see Seven Plans in Chapter 7 for more guidance on how to do this.
<b>ALCOHOL</b> If you drink alcohol, be mindful of what and why you are drinking. Consider reducing or taking a break from alcohol and seeing how your body responds.	<b>REVIEW FOOD JOURNAL</b> What have you been eating or drinking that's off your plan? Why? What needs to change in order for you to follow your plan 100 percent of the time?	<b>PLATEAU</b> A true plateau is when you see no movement on the scale (or numbers moving upwards instead of downwards) for at least 21 days while following your plan 100 percent of the time. If you're in a true plateau, it's time to make a change to your protocol. For guidance on how to handle a plateau, see The Plateau in Chapter 6.

***Pick out one topic to work on this week!***