

Posthypnotic Suggestions

Starting your new life

In small or large steps - now you start living the way you want to live once you have achieved your weight goals.

Now you're doing the things you've been delaying to the day you're finally the person who you want to be.

You are now beginning to move and eat as you will move and eat the day you have reached your desired weight.

You can start showing your beauty now. Beauty is not a question of weight, but a question of permission to feel your beauty and to show it to others.

If you need your overweight as a camouflage, you'll now find more convenient ways to get out of the focus of those who don't want you to be noticed from.

Accepting social support

Every day you acknowledge yourself a little more and let yourself be surprised by the unusual new experience of how pleasant it can be to accept the respect of others without any ifs or buts.

You become more and more a team player:

You become more aware of who can support you.

You will become more aware of the support that helps you.

It becomes increasingly easier for you to show your needs and ask for help.

You are becoming increasingly aware that the healthy weight of an adult woman/man is not that of a 16-year-old and you find it easier to communicate this to your supporters.

You will become clear-headed and clairvoyant when it comes to gathering all the pieces of the puzzle and finding the right contact persons.

Finding strategies that work for the person

The more the puzzle is put together, the more clearly the strategies that work best for you crystallize out!

If you have a "relapse", get help to understand what your body/your unconscious is trying to communicate to you!

Integrating more physical activity into everyday life

Let yourself be surprised by the moment when you consciously perceive for the first time that you enjoy moving! And from the moment you realize that more physical activity stabilizes your mood and lifts your spirits!

Effortlessly your everyday life becomes more active.

You realize that you have more and more fun using the various possibilities of everyday life for more physical activity: to get up immediately to do something, to pick things up from the floor, to use the stairs instead of the elevator...

You use your inner search engine to find just the right leisure activity/physical activity/sport for you.

Your inner voice tells you exactly how much exercise is right for you at any given time.

You become an expert in finding the right balance between relaxation and activity.

Living with perseverance towards the new goal

You develop confidence in the small and smallest steps. Like the many tiny raindrops of a continuous drizzle, they can cause a dam to overflow.

You will find the time you need to prepare for the next day of your new life.

You take the time to make a plan and write it down.

You enjoy optimizing the new processes in your imagination first .

You can see more and more clearly how you want to shape and structure your new life. You plan lovingly for yourself as you are now - not for your ideal.

You realize that you are much more loving with yourself, even if something does not succeed as planned. Learning from your experiences is so much easier this way!

Changing eating behaviour

You drink more water.

You eat rhythmically (min. 3 main meals, possibly 1 - 2 healthy snacks between meals).

From now on, meals have a beginning and an end for you. In between there is a break of 2 - 6 hours, at night longer.

You are asking your body if it is hungry.

You get to know your personal signals for hunger better and you follow them.

You learn to distinguish hunger from frustration, boredom, stress, etc.

You ask yourself: What do I need instead of food when my soul is hungry?

You eat while sitting and in peace (without parallel media consumption).

It's easy for you to eat mindfully.

You eat slowly. If you are still hungry after eating the intended portion, you'll wait 20 minutes before taking more.

You eat a balanced and varied diet, not just one group of foods.

You eat more foods with lower energy density.

You will find out which type of nutrition is best for you in the long run to live your life powerfully, agile and easily.

At the right moment, you will give back to your unconscious the responsibility to eat the right amount of the right food at the right time.