

LOSING WEIGHT: MAKE IT YOURS!

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Introduction

So you want to lose weight? Why? Think that's a dumb question? It may not be. I think that the primary reason that the majority of people have trouble losing weight and keeping it off is that we're skipping a step. When we get panicked about our unwanted bulges, instead of running hurriedly to the "How to Lose Weight" section of our favorite bookstore, we should take time to ask ourselves, "Should I?" If after some perhaps painfully honest soul-searching, the answer to this question is yes, then the "how" part is usually pretty easy to figure out and implement. Many people sabotage themselves, though, by asserting that the answer to the "should I" question is yes, when it's really not. Though seemingly innocent, this oversight can result in health problems, eating disorders, additional weight gain, and, at the very least, severe blows to one's self-esteem when the weight loss plan fails. So before you begin another weight loss program, how about spending a bit of time trying to figure out if it's really what you want to do.

This course focuses on the "Should I?" aspect of a good weight loss program, as well as offering tips and tools for how to actually lose the weight and how to maintain weight losses. It breaks down into the following modules:

Module 1: Should I Lose Weight?

- The Objective Part of the Question

- The Subjective Part of the Question

- Reasons Not to Lose Weight

Module 2: How Do I Lose Weight?

- Coming Up with a Plan

- Sticking To It

Module 3: Maintenance