



# *Healthy Living*



Curriculum One (1)  
Week 6

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*Healthy Living*

based on  
**THE PRISM**  
WEIGHT LOSS PROGRAM

## **WEEK SIX:**

# The Appetite Understood and Tamed

## STEPPING OVER THE BROKEN SNARES

*“We have escaped with our lives as a bird from a hunter’s snare. The snare is broken and we are free!”  
Psalm 124:7 (The Living Bible)*

You are stepping into the final week of phase one with a new freedom and knowledge. You gained new insight into self-sabotage last week, as well as how to deal with temptation. The above quote speaks of escaping from a snare or trap. You have escaped and you must remind yourself that “the snare has been broken” as you journey to the TRUE YOU! NEVER AGAIN will you return to the “overeating snare!!” Your new understanding has weakened its influence in your life. You have the power to choose to be free! MAKE THAT CHOICE AND GO FORWARD!!

This week you will grasp a deeper understanding of how your body responds to appetite and eating. You have learned you have attitudes and habits which foster an emotional attachment to food; however, not all of your negative eating behaviors result from emotions or will. Physical habits and addiction also play a part in the misuse of food by overweight people. As you learn different ways your body uses and craves food, you can determine to what extent you have a “physical eating habit.” Becoming aware of how your body deals with food will allow you to enter your new lifestyle of the TRUE YOU and continue forward with complete confidence. You will know how to care for and feed yourself at your “right weight.” You have come a long way in five short weeks. You have a right to feel very good about yourself. If you have totally applied all the program guidelines to your life, you are a very different person than you were five weeks ago. You feel much better about yourself!! Phase Two of the program offers an opportunity to strengthen and sharpen your new awareness.

If you feel you have not applied yourself in the way you hoped, speak to your leader before making another six week commitment. Do not continue in the same attitude or you will sabotage your own opportunity to finally become the TRUE YOU. You may be very frightened because you realize this REALLY WILL work for you. You may feel you do not deserve the freedom you have only been able to dream about. Do not continue to justify your actions! You DO DESERVE to be that person in the mirror. DECIDE TODAY TO FOLLOW THE STEPS TO LIFETIME FREEDOM AND THE TRUE YOU!!!!

### OPTIONAL SCRIPTURE READING:

#### II TIMOTHY 1:13

*“Hold tightly to the pattern of truth I taught you, especially concerning the faith and love Christ Jesus offers you.” (The Living Bible)*

#### PSALM 118:5-6

*“Out of my distress I called on the Lord; the Lord answered me and set me free. With the Lord on my side I do not fear. What can man do to me?” (Revised Standard Bible)*

**PERSONAL EVALUATION**

1. Which of the six KEY PRINCIPLES has been most important to your success to this point?

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2. Of all the changes that have taken place in your life in the past five weeks, which are the most dramatic?

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3. Are you starting to receive compliments? How are you responding to them?

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4. Have any of the compliments touched you deeply? Which ones and why?

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5. What is your favorite part of the program to this point? Why?

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***THIS CONCLUDES WEEK SIX – LESSON ONE***

## THE PROBLEM OF IMMEDIATE GRATIFICATION THE “P.I.G. SYNDROME”

*“The good man eats to live, while the evil man lives to eat.”*

*Proverbs 13:25 (The Living Bible)*

You have likely often heard this proverb or others like it. It seems to be so simple and uncomplicated! All you have to do is view food only for nourishment, not recreation. The problem is that somehow over time nourishment and recreation have become synonymous.

Have you ever tried to remove crabgrass from your lawn? You chop off the surface plant, but the roots remain below the ground and new growth appears within days. In much the same way, you finally gave up trying to eat right and lose weight because you couldn’t keep it off. Living to eat is referred to in this program as the Problem of Immediate Gratification trap, or “P.I.G. Syndrome.” No one enjoys being called a pig. The good news is that your daily adherence to the program guidelines coupled with a new understanding of the roots of this behavior WILL FREE YOU FROM ITS GRIP FOREVER!!!!

The behavior of “living to eat” reflects attitudes of weakness, both actual and perceived. You feel these weaknesses both physically and emotionally. Appetite originates from either physical or emotional signals. You may believe that all physical appetites are calls for nourishment and should be satisfied. You will learn this week that some physical appetite results from unnatural, physical addiction to certain foods. By learning more about physical addiction to some foods, you will strengthen your attitude toward eating the right kinds of food.

Look first at the emotional attitudes which lead to the P.I.G. Syndrome. Each day you face stressful, anxious or fatiguing situations. Do you turn to your favorite food to “get you through”? Food is one substance you most always have within your grasp. It is easy to justify your free choice and right to eat in order to balance the stress. Research indicates that many overweight people crave refined, high calorie carbohydrate or sugar laden foods during and immediately after stressful situations. They believe these foods ease their tension, and it actually does relieve tension for about 20 minutes! These types of foods cause the brain to release a chemical, serotonin, which actually produces a temporary feeling of well-being. Now you understand why you actually did feel better for a short time after those cookies or chips!!

You can begin to see that you must change your attitude about the ways you deal with tension and stress. Only then will you be able to rid your life of the **Problem of Immediate Gratification!** You cannot simply trade the P.I.G. Syndrome for one of self-deprivation. No one wants to feel upset and tense with no relief! You set yourself up for a big fall by asking yourself to deny this urge. You will still “live to eat,” but won’t be satisfied with the result. You must find a healthy, positive alternative to maintain your emotional well-being. When you find the alternative that’s best for you, it will catapult you miles forward on your journey to becoming the **TRUE YOU**, the person you were created to be.

## **WEEK SIX – Lesson 2**

At this point in your journey, it is important to bring into full view and closely examine the P.I.G. Syndrome. To do this, you must actually chart the frequency and intensity of your own appetite urges. You must take a hard look at the “living to eat” patterns you have established. You must analyze the calming effect certain types of food have on you. **YOU MUST UNDERSTAND THE “ROOT SYSTEM” OF THIS PROBLEM BEFORE YOU CAN COMPLETELY REMOVE IT FROM YOUR LIFE!**

This examination of your emotional urges to eat can be very simple. Keep a notebook next to your food journal sheets this week in which to chart these urges. You need to record what life situation led to your urge and what kind of food you craved. This new addition to your daily self-examination will help you understand the sources of these urges and lead you to alternative ways to deal with the stress and tension! You may be one who has not felt the urge for immediate gratification through food since you began the program. Be thankful you do not suffer from this problem! Hopefully the information you receive today was helpful and will assist if this problem ever surfaces.

The P.I.G. Syndrome is the “overeating ogre” inside all who have an unnatural attraction to food. The creators of this program have each battled this creature on their journey. If the ogre lives in you, it is now “caged” within the program guidelines. You have the tool to keep it chained – your Agreement of Resolution. If you loose the ogre through violation of the program guidelines, you are asking for an attack like you have not experienced. When you completely understand this ogre within you and have developed solid defenses to its attacks, you will be able to loosen its chains without fear. You will be the one in control – the “overeating ogre” will be unable to surprise you or take advantage of your weaknesses.

**YOU CAN TAME THE OGRE!  
IT TAKES CHOICE AND PATIENCE.  
YOU ARE CAPABLE OF BOTH —  
OGRE BEWARE!!**

### **OPTIONAL SCRIPTURE READING:**

#### **ROMANS 7:5-6**

*“While we were living in the flesh, our sinful passions, aroused by the law, were at work in our members to bear fruit for death. But now we are discharged from the law, dead to that which held us captive, so that we serve not under the old written code but in the new life of the Spirit.” (Revised Standard Bible)*

#### **PSALM 119:114-115**

*“Thou art my hiding place and my shield; I wait for Thy word. Depart from me, evildoers, that I may observe the commandments of my God.” (New American Standard Bible)*

**PERSONAL EVALUATION**

1. When you feel stressed or tired, what is the first thing you think of doing to relieve the pressure? If you don't eat, what other things do you find yourself doing?

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2. When you are stressed and you give in to food, how do you feel immediately afterwards?

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3. Think about a time this week that you ate while under stress. Think about a quiet, calm meal you had this week. Did you feel differently about how your appetite was satisfied? How was it different?

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4. How does stress affect your ability to control your eating behavior?

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5. How do you feel today about your ability to overcome the attacks of the "overeating ogre"? What changes do you need to make in yourself before you can loosen its chains without fear?

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***THIS CONCLUDES WEEK SIX - LESSON TWO***

## **WHAT INITIATES THE ATTACK OF THE OVEREATING OGRE**

As a person losing weight and gaining knowledge for lifetime change, your complete focus today is to “stay on the program.” You realize that you will face temptation and times of stress and fatigue each day. You understand that stress, fatigue and temptation are part of a normal life and you must not allow them to derail you. You are pleased and proud – and you should be – of how great you look and feel after only five and one-half weeks. Be convinced today that you need accept nothing short of the TRUE YOU.

In order to insure lifetime success you must take a deeper look into the source of your eating problems. Yesterday you were introduced to the “overeating ogre” and how it is fed by the P.I.G. Syndrome. You discovered how a better understanding of your attitudes will help you tame the ogre. Today’s lesson discusses the physical cravings of your “ogre” and the chemical motivation behind them. This “chemistry lesson” is intended to increase your understanding and will be simple and straight forward. The goal of this lesson is to shed more light on the reasons why you have “appetite urges.”

A vital part in your transformation and restoration of the TRUE YOU is your replacement of P.I.G. Syndrome attitudes and ogre-motivated cravings with right attitudes and healthy behaviors. This will not happen overnight. Real, lasting lifestyle change takes time and effort. Are you worth it? YES!! Awareness alone has brought you to a new place of strength in dealing with your appetite. Knowledge about your physical appetite urges will help you develop attitudes which will produce actions that support and nurture the TRUE YOU. A greater understanding of your appetite urges and their origins can also help you adhere to the program guidelines. Look now at how what you feed your body affects the “overeating ogre.”

Have you ever observed the eating behaviors of slender, right weighted people? They do not appear to answer their appetite urges in the same way you do. They seem to exhibit a sense of self-control with respect to appetite, regardless of the situation in which they find themselves. You may rationalize that they have a different attitude in dealing with stress and tension. The P.I.G. Syndrome is apparently not as developed in them. The truth is there actually are chemical dependencies which currently exist in you and not in the right weighted person.

Studies indicate up to two-thirds of the overweight population may have an abnormal desire for refined carbohydrates and sugars. This characteristic has been observed in bulimics. These “binge/purge” eaters report that they feel anxious and depressed just prior to a refined, high carbohydrate or sugar eating binge. The refined carbohydrates and sugars soothe them mentally for a time. As soon as they realize how much food they have consumed in an out-of-control manner, they purge the food. They then report decreased anger and increased feelings of control, adequacy and alertness. Although most overeaters do not purge or binge in the same fashion as bulimics, the cravings for refined, high carbohydrate and sugar foods do seem to be connected to similar feelings. Do you often

feel anxious or depressed just prior to eating in an out-of-control manner? Research indicates there are parts of your brain which produce appetite urges. These urges motivate you to eat foods which increase production of certain chemicals. Unfortunately, these chemicals satisfy you emotionally without actually supplying true physical satisfaction. You soon become hungry again. You turn to more and larger quantities of refined carbohydrates and sugar. These foods do not “satisfy” and you crave more. Finally, the extra calories turn to fat and you gain weight.

It appears protein-rich foods are a necessary ingredient of appetite control. Some experts recommend three to four ounces of protein per day to insure balance in your diet. This protein will also “quiet the ogre.” Nutritionists recommend all natural peanut butter (no sugar added) and fish products as excellent sources of appetite-controlling protein.

Awareness of how certain types of food affect your appetite urges and moods is not the complete answer to your eating problems, but it is an important piece of the puzzle. The important thing to remember is this: **THE “OVEREATING OGRE” NEED NOT DICTATE TO YOU WHAT TYPES OF FOODS YOU WILL EAT! YOU CAN HAVE CONTROL OVER YOUR APPETITE URGES!** Your daily adherence to the program guidelines the past five weeks has greatly contributed to your ability to control this area of your life!

**INCORPORATE THIS KNOWLEDGE INTO YOUR LIFESTYLE!  
REMOVE THE “OGRE’S” MOTIVATION TO ATTACK**

### **OPTIONAL SCRIPTURE READING:**

#### **ROMANS 7:20-25**

*“Now if I am doing what I don’t want to, it is plain where the trouble is: sin still has me in its evil grasp. It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong. I love to do God’s will so far as my new nature is concerned; but there is something else deep within me, in my lower nature, that is at war with my mind and wins the fight and makes me a slave to the sin that is still within me. In my mind I want to be God’s willing servant but instead I find myself still enslaved to sin. So you see how it is: my new life tells me to do right, but the old nature that is still inside me loves to sin. Oh, what a terrible predicament I’m in! Who will free me from my slavery to this deadly lower nature? Thank God! It has been done by Jesus Christ our Lord. He has set me free.” (The Living Bible)*

#### **PROVERBS 25:27-28**

*“It is not good to eat too much honey, nor is it honorable to seek one’s own honor. Like a city whose walls are broken down is a man who lacks self-control.” (New International Bible)*

**PERSONAL EVALUATION**

1. Review your food journals. Are you eating protein each day? If not, how can you adjust your daily food program to include protein?

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2. How many times have you experienced “the ogre’s attack” since you began this program? Can you remember what you ate just prior to your hunger attack? Do you see a connection?

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3. Do you feel overwhelmed by all this new information? Do you believe it will help you become and continue as the TRUE YOU? Do you understand that these changes are gradual and will take time?

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4. Are you willing to make these changes if it means you will experience a lifetime of eating with self-control? What does this mean to you?

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***THIS CONCLUDES WEEK SIX – LESSON THREE***

## **“AREN’T YOU HUNGRY?!” HEAVEN FORBID!!**

The television blares at you. Billboards blast down the message. The background music at the supermarket softly implants the message:

### **AREN’T YOU HUNGRY?!!!**

These media messages imply that normal people get hungry and, upon suggestion, immediately move to satisfy that hunger. But the “overeating ogre” does not behave normally. If you have the **Problem of Immediate Gratification**, you may not take the time to ask “Am I hungry?” You find yourself responding with a hearty “YES, ALWAYS!!” The P.I.G. Syndrome inside you views hunger pangs as bruises to the soul. The “ogre” growls for satisfaction. The P.I.G. Syndrome responds quickly. Eat to live?? How quickly this attitude changes amid the onslaught of messages, both internal and external!

### **YOU MUST FACE YOUR FEAR OF HUNGER!**

Think for a minute. You were raised to believe that hunger is a sign of poverty and weakness. Our affluence and prosperity dictates that we should never, ever be hungry. The term hunger has taken on new meaning – unrelated to physical health, it is simply a measurement of unfilled appetite urges. Before you began this program, you probably viewed becoming slender principally from the aspect of how much you would have to deprive yourself in order to “get there.” You now know how distorted this view really is. You are learning that right weighted eating does not always have to involve deprivation. **YOU HAVE BEGUN TO EXPERIENCE THE DELIGHT OF SELF-CONTROLLED, DISCIPLINED EATING!** You may still face the question, “Aren’t you hungry?”, but now you are able to answer with a firm **NO!** You understand why you are satisfied and not hungry. You know when and why you eat. **HUNGRY IS NOT HORRIBLE!** You do not “live to eat.” The P.I.G. Syndrome and the “Overeating Ogre” **ARE NOT PART OF THE TRUE YOU!** You have learned that you most likely turn to refined carbohydrates and sugars to satisfy your hunger urges caused by hurts, stress, tension and fatigue. You now understand that overeating is not healthy. Many of the items offered in the “Aren’t you hungry?” media pleas consist primarily of “empty calorie” foods. These are foods high in calories but low in nutrients and protein. These foods “trick” your body into thinking it is full, but you soon feel hungry again. The cycle begins once more.

Healthy eating can counter appetite urges. You are currently eating in a very healthy manner if you are adhering to all of the program guidelines. Although you may still carry excess weight, your system is balanced – maybe for the first time in years. By continuing that balance, you will ensure that you become **AND CONTINUE AS the TRUE YOU.** Slender people all around you eat this way without thinking, maintaining the balance necessary for normal appetite urges at appropriate times. This is the change you must see take place in your attitude about hunger. Are you willing to give up hearty recreational eating or using food as a tranquilizer in exchange for becoming all that you were created to be? **TAKE THIS IMPORTANT STEP IN YOUR JOURNEY TO BECOME THE TRUE YOU!!!**

**WEEK SIX** – Lesson 4

**Say the following outloud:**

**“TODAY I WILL CHOOSE TO RESPOND ONLY TO CALLS OF TRUE PHYSICAL HUNGER. I WILL KNOW WHEN THIS OCCURS BECAUSE I UNDERSTAND THE TYPES OF FOOD MY BODY NEEDS TO SUSTAIN ITSELF. I UNDERSTAND MY HUNGER; THEREFORE, I AM NOT A SLAVE TO IT. I AM BECOMING FREE TO THE EXTENT I AM APPLYING THE DISCIPLINES OF SELF-CONTROLLED EATING IN MY LIFE.”**

**KEY PRINCIPLE NUMBER SEVEN:**

**UNDERSTANDING WHAT MOTIVATES YOUR HUNGER PHYSICALLY AND EMOTIONALLY FREES YOU TO RESPOND TO IT IN A WAY WHICH TRULY SATISFIES YOU.**

**OPTIONAL SCRIPTURE READING:**

**ROMANS 5:3-5**

*“We can rejoice, too, when we run into problems and trials for we know that they are good for us – they help us learn to be patient. And patience develops strength of character in us and helps us trust God more each time we use it until finally our hope and faith are strong and steady. Then, when that happens, we are able to hold our heads high no matter what happens and know that all is well, for we know how dearly God loves us, and we feel this warm love everywhere in us because God has given us the Holy Spirit to fill our hearts with His love.” (The Living Bible)*

**PSALM 107:8-9**

*“Let them thank the Lord for His steadfast love, for His wonderful works to the sons of men! For He satisfies him who is thirsty, and the hungry He fills with good things.” (Revised Standard Bible)*

**PERSONAL EVALUATION**

1. In what ways is your current way of eating healthy? Did you always describe healthy eating in these ways? If not, how is your current description different from the past?

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2. How do you feel today when you hear the plea “Aren’t you hungry?”

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3. What things about your response to question two would you like to see change?

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4. What KEY PRINCIPLES and guidelines are helping you make those changes?

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***THIS CONCLUDES WEEK SIX – LESSON FOUR***

## **FILLING THE HOLES CREATED BY CHANGE**

When you experience the loss of an important aspect of your daily life, you seek to fill the void. Do not fail to recognize the importance of the space created in your life – or you are setting yourself up for negative consequences. You may find yourself becoming stressed or irritable; or, you may search for a “quick fix” to fill the gap. The quick fix is never adequate to permanently fill a void in your life, and you will find yourself longing for lost behaviors and the temporary satisfaction they gave you. You must and will find positive, lasting replacements for the voids in your life.

### **GIVING UP YOUR OLD EATING HABITS HAS LEFT A VOID IN YOUR LIFE... WITH WHAT ARE YOU FILLING THE VOID??**

You are excited about the way you look and you should be! You love the new freedom you have to shop and socialize. Daily you are affirming your worthiness and uniqueness, gaining confidence in your abilities. Do you still find yourself feeling a bit lonely, bored or depressed at times? You find time on your hands at the strangest moments and you are not sure how to fill it. Think back to the discussion on the grieving process. These feelings are connected to your sense of loss! Your appetite was not the only thing that contributed to your “living to eat.” Eating filled many voids in your life!

Eating may have replaced your need for human affection and affirmation. When you felt lonely and down, eating made you feel better. It created a wall of protection (fat) around you that actually served to keep others at a “safe distance.” Now that your eating is under control and the wall is crumbling, the void is resurfacing. You may find that you need a big hug and lots of company. The problem is, you may have forgotten how to initiate this kind of healthy, positive affection. You may have to relearn some actions others take for granted. If you are married, even reaching out to your spouse and children may be difficult. Know this – your loved ones WANT to reach out to you because you are breaking down the walls! Don’t be afraid, even if it seems a bit scary. Remember, they love you very much and have needed you the entire time you were “away.” Do not allow your fear to keep you from filling the void with these mutually rewarding and healthy hugging and squeezing experiences! You should actually go looking for hugs; with a personal goal of at least four hugs per day! By filling your void in this positive way, you will also feel more accepting of the TRUE YOU. YOU WILL FEEL FREE TO BECOME THE PERSON YOU WERE CREATED TO BE!!!!

If you are single, you must be very careful that you fill your void in a positive, healthy way. If you have limited resources for hugs, you must watch that you do not become a loner or become overly affectionate with the wrong person. Spend a lot of time with your family right now. If you don’t find the support you need within your family, seek close friends you know and trust to be the recipients of your hugs and affection. The main point is to avoid spending a lot of time alone. Loneliness will only make the void seem larger. Don’t be frustrated by the suggestion that you spend significant time with others! Remember Week Four, Lessons Six and Seven – YOU ARE THE LOVING EXPRESSION

OF A COMPASSIONATE GOD! YOU ARE SPECIAL TO HIM AND HE CARES ABOUT ALL ASPECTS OF YOUR LIFE.

A word of caution: Overindulgence is **never** healthy. If a little is good, it can also be great. Be careful not to force yourself on others or monopolize their lives.

**YOUR ATTITUDE MUST BE ONE OF CONSISTENT AWARENESS!  
YOU RECOGNIZE YOUR NEED FOR LOVE AND FILL IT IN APPROPRIATE WAYS!!**

**OPTIONAL SCRIPTURE READING:**

**PHILIPPIANS 4:19**

*“But my God shall supply all your needs according to his riches in glory by Christ Jesus.”  
(King James Version)*

**PSALM 71:1-3, 5**

*“In Thee, O Lord, I have taken refuge; let me never be ashamed. In Thy righteousness deliver me, and rescue me; incline Thine ear to me, and save me. Be Thou to me a Rock of habitation, to which I may continually come; Thou has given commandment to save me, for Thou art my Rock and my Fortress. For Thou art my hope; O Lord God, Thou art my confidence from my youth.” (New American Standard Bible)*

**PERSONAL EVALUATION**

1. Have you experienced a void in your life through the loss of something or someone important? Describe how you felt.

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2. What are some ways you have dealt with this void?

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3. In what ways can you relate to the statement describing fat as a “wall of protection?”

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4. Have you found it difficult to accept physical affection from others?

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5. Name two people with whom you would like to spend more time. Make a plan for how to do that this week.

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***THIS CONCLUDES WEEK SIX – LESSON FIVE***

## **TO WEIGH OR NOT TO WEIGH - THAT IS THE QUESTION!**

Today you must take some time to work through a very important decision. Your failure to take this decision seriously may cancel out much of your effort the past six weeks. In order to get a clearer picture, review now some of the discussion from Week Two about the renewing of your mind.

You learned that what you consciously believe about how much you weigh has little to do with poor eating behaviors. You have a new picture of yourself and how much you weigh. The past four weeks you have begun to replace those old fat pictures of yourself with positive TRUE YOU thoughts and attitudes. When you look at your TRUE YOU picture and your “right weight” scales, YOU KNOW THAT IS THE PERSON YOU WERE CREATED TO BE!! Your attitudes and actions support these “facts.” It is very important you do not disrupt this exciting change taking place as you renew your mind. If you do, you may have a difficult time continuing the positive attitudes and supportive actions which will help you complete your transformation process and journey to the TRUE YOU.

For the reasons described above, you must seriously consider staying off the scale and waiting to weigh until you are within 15 pounds or less of your “right weight.” At that point, you will only use the scale to insure you do not go under your “right weight.” If you are not sure how close you are to your “right weight,” ask your leader.

You may want to weigh now to create numerical evidence of your success, but think before you do that. Do you really NEED a number? Look in the mirror. Feel it in your clothes. YOU ARE EMERGING!! You feel great about your disciplined eating behavior and are excited about the way you look. Why risk overconfidence or disappointment? If there is one thing you have learned in the past six weeks, it is that YOU ARE CAPABLE OF MAKING GOOD, HEALTHY CHOICES BASED ON RIGHT ATTITUDES. Ask yourself what positive results could come from weighing today. What could you possibly lose?

Regardless of your decision, you must continue to plant your “right weight” and TRUE YOU picture firmly in your mind. It is the guide and measurement of your actions. You are in the process of transformation! Continue patiently on your journey, no matter what the odometer (scale) says. You are that much further then if you hadn’t begun. YOU ARE WELL ON THE ROAD TO BECOMING THE TRUE YOU, THE PERSON YOU WERE CREATED TO BE!!!

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**WEEK SIX** – Lesson 6

**OPTIONAL SCRIPTURE READING:**

**HEBREWS 6:11**

*“And we desire each one of you to show the same earnestness in realizing the full assurance of hope until the end, so that you may not be sluggish, but imitators of those who through faith and patience inherit the promises.” (Revised Standard Bible)*

**PROVERBS 3:5-6**

*“Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.” (King James Version)*

**PERSONAL EVALUATION**

Are you struggling with the decision to weigh or not to weigh? Below are some questions you should answer to help you make your decision.

1. How many clothing sizes do you think you still need to lose?

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2. Does your answer to question one correspond to your TRUE YOU picture?

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3. Which is a better measurement of your size, the scale or your clothes?

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4. Which has been more difficult, staying off the scale or staying on the food plan?

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5. If you choose to weigh today, how difficult will it be for you to stay off the scale for the next few weeks?

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**WEEK SIX - Lesson 6**

6. How will it affect you if you have lost very few pounds?

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7. How will it affect you if you have lost far more weight than you hoped?

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8. Does the number of pounds you have lost have real importance in your transformation process?

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***THIS CONCLUDES WEEK SIX – LESSON SIX***

## **THE END OF THE BEGINNING... THE BEGINNING OF THE END!**

Today marks the end of the beginning leg in your journey to the TRUE YOU. You have come to terms with many causes and results of your past eating behaviors and weight gain. You have examined them and MADE THE CHOICE TO LET NONE OF YOUR PAST EXPERIENCES KEEP YOU FROM BECOMING ALL YOU WERE CREATED TO BE!

### **THE TRANSFORMATION HAS BEGUN!!**

Throughout this book you have been given KEY PRINCIPLES to help you unlock the doors to freedom and the TRUE YOU. There is a basic assumption underlying these principles:

### **THE ATTITUDES OF THE OVERWEIGHT PERSON MUST BE TRANSFORMED IN ORDER TO PRODUCE ACTIONS TO BRING ABOUT LASTING CHANGE.**

Negative eating behaviors and being overweight are born from hopelessness and confusion rather than genetics or poor character. The new light of freedom and understanding is shining in your life. This is the **beginning of the end** for all you have disliked about yourself. RESTORATION IS TAKING PLACE!!

You may have reached your “right weight” already. If you have, you may be wondering if there is help for you to continue to make the adjustment to your new lifestyle. A PRISM® Continuance plan has been created for you! Your leader has a pamphlet for you which explains the Continuance guidelines in detail. You are encouraged to stay in class until you have completed all four phases. The encouragement and support of the class is very important.

Phase Two of the PRISM® Weight Loss Program deals with many of the results of change you will experience as you get closer to becoming the TRUE YOU. You must be prepared for the life adjustments you have and will continue to make. The attitudes and behaviors of others will play a larger role in your life. You will become keenly aware of how society views eating and weight. You will also learn more about stress, your emotions, exercise and becoming who God created you to be! Phase Two will help you continue on the road to lasting transformation and the TRUE YOU!

If you are not yet at your “right weight,” you must continue into Phase Two. This program is designed to provide you the guidance and encouragement to help you become the TRUE YOU regardless of the time necessary to succeed! Phases Two, Three, Four as well as the PRISM® Journal were written and designed to keep you on the road to becoming all you were created to be. The time it takes you to succeed is not important... THE FACT YOU DO SUCCEED IS!!! DECIDE TODAY TO STAY ON THE ROAD TO YOUR DESTINATION, THE TRUE YOU!!

If you are considering dropping out, STOP!! Look at how far you have traveled. There is no such thing as taking a vacation from the process of TRANSFORMATION!!! YOU ARE BECOMING THE PERSON YOU WERE CREATED TO BE! STAY WITH THE PROCESS — IT LEADS TO SUCCESS!!

**WEEK SIX** – Lesson 7

**OPTIONAL SCRIPTURE READING:**

**COLOSSIANS 1:9-12**

*“So ever since we first heard about you we have kept on praying and asking God to help you understand what He wants you to do; asking Him to make you wise about spiritual things; and asking that the way you live will always please the Lord and honor Him, so that you will always be doing good, kind things for others, while all the time you are learning to know God better and better. We are praying, too, that you will be filled with His mighty, glorious strength so that you can keep going no matter what happens – always full of the joy of the Lord...” (The Living Bible)*

**I JOHN 5:3-5**

*“Loving God means doing what he tells us to do, and really, that isn’t hard at all; for every child of God can obey Him, defeating sin and evil pleasure by trusting Christ to help him. But who could possibly fight and win this battle except by believing that Jesus is truly the Son of God.” (The Living Bible)*

**PSALM 51:10**

*“Create in me a new, clean heart, O God, filled with clean thoughts and right desires.” (The Living Bible)*

**PERSONAL EVALUATION**

1. How do you feel about yourself right now?

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2. What kinds of positive feelings are new to you? How are they evident in your daily life?

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3. What has happened the past six weeks that has pleased you the most?

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4. What are some changes you are looking forward to in the next six weeks?

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5. What is the most exciting thing that has happened to you as a result of your weight loss?

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6. Take a few minutes and re-read the Introduction section and Program Guidelines. Write down the areas in which you need to make a firmer commitment for the next six weeks.

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***THIS CONCLUDES WEEK SIX – LESSON SEVEN***