



Healthy Living



Curriculum Two (2)
Week 10

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Healthy Living

based on
THE PRISM
WEIGHT LOSS PROGRAM

WEEK TEN:

Transforming Not Conforming



Healthy Living



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OUR FOOD-CENTERED SOCIETY

As you enter the tenth week of your journey, you will take a look at our “food-centered” society and how it has contributed to your poor eating behaviors. You have traveled over many hills and through valleys in the last nine weeks. You are learning how to confront difficult social situations and remain steadfast in your new lifestyle. Think back to one of those times. Was it easy to stay on the road or did you succeed only by gritting your teeth and thinking about your commitment to the program guidelines? Your daily commitment and determination to adhere to the program guidelines will continue to support you for a time. However, the time will come when you will need more than sheer determination to avoid dangerous detours in the road.

The goal of this program is to guide you through the TRANSFORMATION process, enabling you to live the rest of your life slender and free to make positive, healthy eating choices. You will not live within the program guidelines forever; however, the positive attitudes you are developing will stay with you for the rest of your life. It is these positive attitudes which will continue to produce right actions of self-control with respect to your eating behaviors. Your right actions will ensure the continuance of the TRUE YOU.

Think for a moment about the world around you and its attitudes toward food. How many social functions which you attend are NOT centered around food? You are likely more conscious today about the fact that most of our “gatherings” include food as the central focus. Food has been elevated from man’s source of nutrition and sustenance to a recreational and entertaining activity. The challenge for the TRUE YOU is to be able to live in this environment, but not allow yourself to fall into its traps. THE GOOD NEWS IS... YOUR TRANSFORMATION TO THE PERSON YOU WERE CREATED TO BE EMPOWERS YOU TO DO JUST THAT!!

How did you reward yourself after your last “diet?” How many people have asked you where and what you are going to eat after you reach your “right weight?” Isn’t it amazing that the most common reward for successful weight loss is FOOD?! After all that hard work and deprivation it is time to “go back to eating and a normal life!” WAIT A MINUTE! Is the way you ate ten weeks ago NORMAL? Do you want to go back? Do you really feel deprived? NO!! The life of the TRUE YOU is one of freedom and choice.

Consider this analogy. How many people would ask an alcoholic to celebrate three months of recovery by having several of his favorite drinks? Why is it then, that people celebrate the “end of a diet” by overeating?!

You more fully understand the depth and seriousness of your eating behavior and addiction to certain foods. But, isn’t the elimination or limitation of these foods a small price to pay in exchange for the way you feel about yourself after just nine weeks?! How could just one glass of champagne hurt the recovering alcoholic? Just for a toast, to be social?... You must communicate in love to those

WEEK TEN - Lesson 1

around you the decisions you make with respect to your food choices. Help them understand and be honest with them.

**LET THE PAST PASS AWAY!
CELEBRATE THE TRUE YOU
THROUGH A LIFE OF FREEDOM,
SELF-CONTROL AND POSITIVE ACTIONS!!**

OPTIONAL SCRIPTURE READING:

JOHN 16:33

“These things I have spoken to you, that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.” (Jesus speaking)
(New American Standard Bible)

II CHRONICLES 20:17

“You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, O Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you.”
(New International Bible)

PERSONAL EVALUATION

1. In what ways have you celebrated reaching your “goal” in past diets?

2. Do you see a connection between your celebration and gaining your weight back? How? If not, why?

3. Have friends or family approached you about what you are going to eat after you complete this program? Who has approached you and what did they say? How did you respond?

4. How WILL you celebrate reaching your “right weight?”

THIS CONCLUDES WEEK TEN – LESSON ONE

SET APART WITH UNDERSTANDING AND LOVE

“I will celebrate my ‘right weight’ of _____ pounds!”

Many who have traveled this road before you and are continuing on at their “right weight” are amazed at the attitudes of others about their new eating behaviors and food choices. As difficult as it is for some people to understand how a person who was obese can choose to ignore the dessert table, it must be even more perplexing when a person who has lost only 20 pounds chooses not to eat dessert. Understand that you will attract attention with the food choices you make, especially after you have reached your “right weight” and are no longer in this program.

Social situations which involve foods you have chosen not to eat can create what may be called the “loner syndrome.” Your choice not to participate may cause you to feel like “the odd man out.” This syndrome has led many to prematurely end their journey, leaving the program prior to reaching their “right weight.” Others have reached their “right weight,” but left the program prematurely and fell into this syndrome. You may already have experienced situations where you felt “separated” or alone because of your food choices. Part of the transformation process is the development of positive attitudes, which will enable you to lovingly and willingly deal with these situations as they arise. Resist eating what is offered simply to be polite. Nurture YOU for a change, rather than the host and your friends. Think about how great you feel and look. **THANK GOD FOR HIS WORK AND TRANSFORMATION IN YOUR LIFE!** You will be able to respond in love to those around you only if you first love YOU! As the **TRUE YOU** unfolds, you will even be able to help others understand and respect your new lifestyle.

Explore for a moment a few ways that you can deal with your own feelings about the “loner syndrome” as well as the feelings of those around you. Rather than feeling that you are “the only deprived person” at the party, turn that feeling into a positive thought: “I am the only one at this party who is making wise and healthy food choices. I choose to support and nurture the **TRUE ME** tonight.” Your positive attitude and right actions may even help others understand your choices. When you answer the questions that others pose, maintain your positive attitude with responses such as “I feel healthier and happier when I choose not to eat that,” or “I feel more in control of myself when I choose not to eat that.” Communicating your feelings in a positive, non-threatening manner will help others relate to your new lifestyle. It is very important that those around you believe you **REALLY ARE** happier with the choices you are making today rather than the choices you made three months ago!

In your efforts to help others understand your **TRUE YOU** lifestyle, you must guard against exhibiting a “holier than thou” attitude. **THERE IS NOTHING NEW UNDER THE SUN.** Most successful rehabilitation programs teach total abstinence or very limited use of the abused substance. Do not alienate those around you who may be in need of the same transformation you are experiencing. Do

not make others feel that super-human strength is a requirement for success. Remember, your transformation process is the result of awareness, discipline and hard work.

**AS YOU CHOOSE TO NURTURE THE TRUE YOU
IN EACH LIFE SITUATION,
YOU WILL EXPERIENCE MORE AND MORE FREEDOM
AS YOU JOURNEY TOWARD TRANSFORMATION -
THE PERSON YOU WERE CREATED TO BE!**

OPTIONAL SCRIPTURE READING:

I PETER 5:2-3

“Shepherd the flock of God among you, exercising oversight not under compulsion, but voluntarily, according to the will of God; and not for sordid gain, but with eagerness; nor yet as lording it over those allotted to your charge, but proving to be examples to the flock.”
(New American Standard Bible)

PSALM 32:8

“I will instruct you and teach you in the way you should go; I will counsel you and watch over you.” (New International Bible)

PERSONAL EVALUATION

1. Which social occasions in the last ten weeks stand out in your memory?

2. In addition to the fun or excitement, were you looking forward to these occasions because you had lost weight?

3. Before the events, were you concerned about what you would eat? What were your greatest fears?

4. Did you anticipate questions from others regarding your obvious weight loss? In what ways were you apprehensive? In what ways were you excited?

5. Did you feel pressure about your eating choices other than from your own desires? From whom or where did it come?

6. Were you tempted to go ahead and eat just to appear “normal?” How did that make you feel?

7. What do you think motivates others to question your food choices? Why do you think others “push” food at you?

8. How does understanding this motivation better prepare you to respond to them in a loving manner rather than being resentful?

THIS CONCLUDES WEEK TEN – LESSON TWO

BE AN EXAMPLE OF ENCOURAGEMENT

“Oh, are you STILL on that diet?”

“Oh yes, I tried that kind of diet once,
but it didn’t work for me.”

“I just don’t have time to count calories.”

“Aren’t you SICK of dieting?”

Have you heard some of these comments over the last few weeks? How does it feel to hear others respond to you in this way? It is frustrating isn’t it? It is like trying to watch television while the radio is blaring! Your journey is very important to you and these discouraging comments can cause you to doubt even if for just a moment – that your transformation is really taking place. You must fight these feelings of doubt, knowing that **YOU ARE WORTH THE EFFORT!! THE TRUE YOU IS EMERGING!!**

Your response to others’ statements says a great deal about where you are in your transformation process. Your choice to **REACT** with anger can only lead to frustration and more anger. You may be tempted to fall back into old eating behaviors. Your journey will be delayed as you “wrestle” with your Agreement of Resolution. Your anger and frustration will affect your relationships with others. On the other hand, **CHOOSING** to **RESPOND** to these statements in love and understanding demonstrates progress on your journey with the confidence that you know where you are going! As you communicate with others in this way, you provide them with awareness and insight into the changes **YOU HAVE DECIDED TO MAKE**.

Explore for just a moment a few of the “real” reasons others may be asking you the questions listed at the beginning of this lesson:

1. They are overweight or weigh more than they feel they should. Studies reveal that the majority of Americans are more than 15 pounds overweight.
2. Their lives are filled with stress and they use eating as a “safe” outlet for their anxiety.
3. They have been unable to stay on a weight loss program or maintain their weight (the average “diet” lasts four days).
4. They are looking for answers “outside” of themselves to avoid taking responsibility for their own attitudes and actions.

You can relate to these reasons, can’t you? Chances are, they were once a part of your life, too. The awareness and understanding you have gained in your journey to this point gives you the freedom to **RESPOND** to others in a spirit of compassion. Your words of understanding and encouragement will ease the anger and reduce the confusion experienced by others.

The progress you have already made on the road to the **TRUE YOU** may be only a dream for oth-

ers around you. You are much closer to your “right weight” – but more than that – your understanding of the reasons behind your past eating behaviors have helped you develop positive attitudes which lead to right actions! YOU REPRESENT THE EVIDENCE THAT TRANSFORMATION IS POSSIBLE! YOU CAN DELIVER THE MESSAGE OF HOPE TO OTHERS!

**BE AN ENCOURAGEMENT TO OTHERS
AS YOU COMMUNICATE YOUR UNDERSTANDING
AND JOYOUS EXPECTATION!
SHARE THE EXCITEMENT OF FREEDOM
AND THE POWER OF CHOICE!**

OPTIONAL SCRIPTURE READING:

COLOSSIANS 3:12

“Since you have been chosen by God who has given you this new kind of life, and because of His deep love and concern for you, you should practice tenderhearted mercy and kindness to others. Don’t worry about making a good impression on them but be ready to suffer quietly and patiently.” (The Living Bible)

I THESSALONIANS 5:11

*“So encourage each other to build each other up, just as you are already doing.”
(New American Standard Bible)*

PSALM 119:41-42

*“May Thy lovingkindnesses also come to me, O Lord, Thy salvation according to Thy word; so I shall have an answer for him who reproaches me, for I trust in Thy word.”
(New American Standard Bible)*

PERSONAL EVALUATION

1. When was the last time someone confronted you about your weight loss efforts? What feelings did you experience?

2. As you think back to the above situation, how do you think the other person was feeling?

3. How did you react to their statements or questions? Did your reaction or response affect your dialogue in a positive or negative way? How?

4. What did you learn from this experience?

5. How have others' comments or questions contributed to your failure in past weight loss efforts? How can your future RESPONSES ensure that this will not happen again?

THIS CONCLUDES WEEK TEN - LESSON THREE

GIVE YOURSELF A BREAK?!

This is the point in the program where you may be feeling that “you deserve a break.” You have been so good for almost three months! You have faithfully adhered to the program guidelines. You have eliminated or limited all those wonderful, tasty foods you used to love to eat. You have really worked hard – You deserve a break!

Television advertisements bombard you all day long, telling you that you NEED to eat the very foods you have chosen to avoid. Well meaning relatives or friends may be encouraging you to reward yourself for all the effort you have expended in the last ten weeks. It is possible that friends or family are pushing these foods your way to sabotage your efforts or cover their own feelings of guilt about their eating behaviors. Or, is your urge to “take a break” coming from within?

Regardless of the source, you must resist the urge to “take a break” from your journey to the TRUE YOU. Rely upon the positive attitudes which are developing within you. Fight the temptation to deviate from the program guidelines with the P.R.A.Y. concept and your Agreement of Resolution. Remember, when your friends or relatives leave, you still must live with yourself and the consequences of your actions.

THE BUTTERFLY IS EMERGING, THE COCOON IS BREAKING! SUPPORT THE TRANSFORMATION PROCESS BY USING YOUR POSITIVE ATTITUDES TO PRODUCE RIGHT ACTIONS!

Think about this – YOU HAVE BEEN GIVING YOURSELF A BREAK – A REFRESHING BREAK FROM DESTRUCTIVE EATING BEHAVIORS! YOU LOOK BETTER, YOU FEEL BETTER AND ARE HAPPIER THAN YOU HAVE BEEN IN A LONG TIME – WHY WOULD YOU WANT TO TAKE A BREAK FROM THAT?! YOU ARE A SPECIAL PERSON WITH MANY WONDERFUL THINGS AHEAD OF YOU!

**DO NOT PULL OFF THE ROAD TO TAKE A “BREAK!”
YOU KNOW YOU ARE ON THE RIGHT ROAD,
THE ROAD WHICH LEADS TO THE TRUE YOU!**

OPTIONAL SCRIPTURE READING:

PHILIPPIANS 3:12-14

“Not that I have already obtained it, or have already become perfect, but I press on in order that I may lay hold of that for which also I was laid hold of by Christ Jesus. Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.” (New American Standard Bible)

ISAIAH 41:10

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” (New International Bible)

PERSONAL EVALUATION

1. Watch thirty minutes of television or listen to the radio for fifteen minutes. How many commercials urged you to eat?

2. In the past, how do you think this barrage of commercials has subconsciously defeated your weight loss efforts?

3. How will you benefit by resisting the urge to “take a break?”

THIS CONCLUDES WEEK TEN – LESSON FOUR

THE RIGHT FOCUS ON "HOLIDAY CELEBRATIONS"

What pictures come to mind when you think of holiday celebrations? If you are like most, you see beautiful, decorated tables covered with food, plates overflowing, people eating and eating and eating. Words such as bountiful and plenty along with feelings of indigestion and "being stuffed" are common. We have adopted many "holiday feast days" in our culture, all of which center around an abundance of food. Fourth of July picnics, Thanksgiving dinners complete with stuffed turkey, Christmas, Valentine's Day chocolate, Easter baskets, even church potlucks and ice cream socials are a part of our lives. Year after year these events support and affirm the tradition of "feasting."

Historically, many celebrations centered around offerings of thanksgiving and recognition of blessings. These celebrations were a time of rest from work and often involved fasting, not eating. The term "celebrate" actually means to proclaim often with honor and praise; to extol; to distinguish by an observance or ceremony.

How many times have you driven home from a family "holiday celebration" feeling defeated and guilty, not to mention physically ill from overeating? How does that feeling correlate to the definition of celebrate in the preceding paragraph? NOT AT ALL! Today's society is so wrapped up in the "feast," it forgets the reason for the festival.

Resolve today that you will no longer celebrate the table you are sitting at, rather, you will celebrate the real reason for which you are gathered together. Food will still be a part of most of your celebrations – BUT ONLY A PART. Begin today to think of ways to change the focus of the celebrations you are responsible for planning. This year, celebrate the Thanksgiving message rather than the Thanksgiving turkey!

**THE TRUE YOU CELEBRATES
THE REASON(ING)
NOT
THE SEASON(ING)!!**

OPTIONAL SCRIPTURE READING:

I CORINTHIANS 5:8

"So let us feast upon Him and grow strong in the Christian life, leaving entirely behind us the cancerous old life with all its hatreds and wickedness. Let us feast instead upon the pure bread of honor and sincerity and truth." (The Living Bible)

PROVERBS 15:15

"All the days of the afflicted are bad, but a cheerful heart has a continual feast." (New American Standard Bible)

PERSONAL EVALUATION

1. Do you have any emotional ties to certain “holiday” foods? If so, which ones?

2. How will that holiday change for you if you choose not to eat that food?

3. How will today’s lesson change your plans for the next holiday celebration?

THIS CONCLUDES WEEK TEN – LESSON FIVE

A “FRIEND” WORTH LOSING

When you started this program, did you have an unhealthy “friendship” with food? Read how “friendship” with food is described in the following testimony:

“I had a wonderful friend who was there for me 24 hours a day. It was there during the happy times to help me celebrate; it was there to comfort me when I cried during sad times. My friend was there during times of loneliness and even in times of anger. This friend, food, filled my needs and nurtured me. It did a very good job! The only problem was that the ‘nurtured’ or ‘complete’ feeling lasted just a few minutes. Then I would need to be nurtured again. You may have the same friend. You may have known this friend for years and years, or just a short time.

I have come to realize that this friendship must end if I am to take control of my life. No more binge eating, no more huge quantities, no more unhealthy, sugar filled foods. I must say good-bye to this self-destructive relationship with food.

Why me, God? Why must I be a fat one? Why must I give up what I want? Why can’t I be like others who can eat anything they want and remain slender? But the truth told – how do they eat? With self-control. They would never think of eating a dozen cookies with three large glasses of milk. So I began to watch my few friends who seemed to have no problem staying slender. Their eating behaviors were not at all like mine. When I asked them about it, they could not comprehend how I could eat thirty to forty cookies at one sitting and then skip lunch. They could not imagine eating until they were stuffed and uncomfortable. This showed me that I did not have a normal relationship with food. That relationship had to change, whether I liked it or not, if I was ever to become who God truly created me to be.

I shed many tears because my ‘friend’ was now on death row and needed to die. My ‘friend’ is on death row, but not dead. When something dies it is gone forever, but this ‘friend’ is always right around the corner waiting for me to make a wrong turn.”

Can you relate to the words you have just read? When you realize that you must change your relationship with food you may go through the process of grieving the loss of a “friend.” It is time to say good-bye – you must let it go. Even society has supported your unhealthy “friendship” with food. Determine today that food will take its proper place in your life, a source of physical energy and nutrition. **FOOD WILL NO LONGER DOMINATE OR CONTROL YOU – YOU WILL FREELY CHOOSE HOW, WHEN AND WHAT TO EAT!!**

You may be consciously aware that the grieving process is taking place, or it may be in your subconscious. Review Week Five – Lesson Five of this program. According to experts, DENIAL is the first stage of the grieving process. One form of denial can be the shift of your “friendship” to a food item that is allowed on the program. Check yourself – are there any foods you are eating on a daily basis that you are forming an unhealthy “friendship” with? Maintain balance in choosing your food each day. Do not fall into the trap of food misuse within the program.

WEEK TEN – Lesson 6

The lifestyle of the TRUE YOU is free from unhealthy relationships with any food! THE TRUE YOU FORMS POSITIVE RELATIONSHIPS WITH ONLY HEALTHY, NOURISHING FOOD – FOOD THAT SUPPORTS AND SUSTAINS THE PERSON YOU WERE CREATED TO BE!

**THE PROCESS OF TRANSFORMATION
TO THE TRUE YOU
INCLUDES SAYING GOOD-BYE
TO YOUR OLD FOOD “FRIENDS”
AND SAYING “HELLO” TO FREEDOM FOR LIFE!**

OPTIONAL SCRIPTURE READING:

EPHESIANS 4:17-24

“So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, with a continual lust for more.”

“You, however, did not come to know Christ that way. Surely you heard of Him and were taught in Him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” (New International Bible)

PROVERBS 18:24

“A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.” (New International Bible)

PERSONAL EVALUATION

1. What are some types of foods you eat more than four times per week on the program?

2. How are these foods related in taste and/or texture to your “old favorites?”

3. Think of one of the foods you misused on a regular basis before you began the program. How was your attitude toward that food similar to your attitude toward the foods you identified in question one?

4. In what ways do you need to adjust your attitude about any of the foods you listed in question one? How does that make you feel?

5. What will that change in attitude mean as you continue on as the TRUE YOU? How long will the benefits last?

THIS CONCLUDES WEEK TEN – LESSON SIX

ANGER - A KEY TO UNDERSTANDING

This week you have explored some of society's view of food and eating as well as how it has affected you in the past. You have also looked at your "friendship" with food and the grieving process involved in giving up that relationship. Remember, as you gain more understanding and awareness in these areas you must apply what you have learned. Be careful not to casually disregard some of these ideas simply because you have yet to experience them. It is likely you will at some point along your journey to the TRUE YOU.

As you say good-bye to your "friendship" with food, a natural step in the grieving process is ANGER. This emotion has been discussed previously, but it is important to look at it again because it plays a part in the way many "rehabilitated overeaters" deal with society. Those around you see only the symptom, fat. Your understanding and awareness of the serious and complex problems connected with overeating leaves you frustrated with their lack of empathy and compassion. You get angry because they don't understand. More than that, often they don't even attempt to understand. They lack respect for you as a person, choosing to treat you as an oddity. You get more and more angry until you actually become a resentful, emotional time bomb. So, how do you make this intense emotion work for you in a positive way?

UNDERSTANDING!

First, it is not fair for you to blame society for your past eating behavior and weight problems. Others may have had a role in them, but YOU made the choice to misuse food. You were the one who became emotionally or chemically dependent on certain foods. Others can try to keep you in that dependent state by enabling you with food, but you are the only person with the power of CHOICE to break free! The truth is, almost everyone really does want you to succeed. They simply lack understanding of the problem and are therefore motivated by fear rather than love. Your awareness of this fact and your decision to respond in love (love for yourself and others) will help others to put their fears aside. When you take ownership of your problem and openly express your decision to change, you free those around you to develop greater understanding.

Go ahead, be angry. Be angry at all of those wasted years that you gave in to your unhealthy eating behaviors and justified it. Be angry at the way food has dominated your thinking and still tries to get a hold on you. BE ANGRY, BUT RE-DIRECT THAT ANGER IN A POSITIVE WAY - LET IT FUEL YOUR COMMITMENT TODAY TO ACCEPT NOTHING LESS THAN THE PERSON YOU WERE CREATED TO BE, THE TRUE YOU!

ANGER + FEAR = BITTERNESS
ANGER + UNDERSTANDING = MOTIVATED SUCCESS!!

OPTIONAL SCRIPTURE READING:

EPHESIANS 4:25-27

“Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves. If you are angry, don’t sin by nursing your grudge. Don’t let the sun go down with you still angry – get over it quickly; for when you are angry you give a mighty foothold to the devil.” (The Living Bible)

PSALM 30:1-2

“I will praise you, Lord, for you have saved me from my enemies. You refuse to let them triumph over me. O Lord my God, I pleaded with you, and you gave me my health again.” (The Living Bible)

THIS CONCLUDES WEEK TEN – LESSON SEVEN