



Healthy Living

based on
THE PRISM
WEIGHT LOSS PROGRAM

Curriculum Two (2)
Week 12

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Healthy Living



WEEK TWELVE:

Transformation: It's a Family Affair

THE CRITICAL CHOICE

“I choose today to continue the life of discipline I have begun... the life of the TRUE ME!”

Do you remember the first class you attended as you began this program? You probably remember your leader and others in your class say “Six weeks will fly by!” You knew they were right, but somehow the six weeks ahead of you looked long and uncertain. Any time you commit yourself to change, the road before you appears long and dangerous. When you began this program, looking forward to TODAY would have seemed more like three years than three months! But here you are! To your credit (and maybe surprise!) you are beginning Week Twelve! You look and feel wonderful. The future looks bright and full of promise. The time and effort you have expended to this point is paying off! You look different on the outside, but it is on the inside where the real transformation is taking place. Your attitudes are changing; YOU ARE BECOMING THE PERSON YOU WERE CREATED TO BE!

Each day, as you begin the “rest of your life,” there are many things which you cannot control. The sun will rise and set and the seasons will change despite any attempt by man to change them. There is one thing; however, over which you have complete control – YOUR POWER OF CHOICE. You can choose today and every day how you will live the life you have been given. You alone are responsible for your own choices. You are even more aware now of your power of choice, especially as it concerns your eating behaviors.

**YOU HAVE CHOSEN TO BE IN CONTROL!
THIS CHOICE FREES YOU TO BECOME THE “TRUE YOU!”**

No one can take from you the knowledge or success you have gained over the past three months. Likewise, it is you who must decide to use this knowledge to effect lifelong change! If YOU decide to continue on your journey, if YOU decide to further increase your understanding, if YOU decide to continue to nurture and develop the TRUE YOU:

THE BEST IS YET TO COME!!!

Choose today to continue your journey on the road to lasting transformation. Apply the principles you have learned to your daily life. Day by day you are gaining strength and confidence in the lifestyle of the TRUE YOU.

There is no doubt that people close to you are aware of your commitment to lasting change. The feelings and reactions of those around you have an important impact on you as you travel forward. This week’s lessons will address some of the effects family and friends may have, particularly how they help or hinder your progress. Look for strength and understanding in ALL of your important relationships. They can be a great source of encouragement to you.

**THE POWER OF CHOICE IS YOURS ALONE!
CHOOSE TODAY TO ACCEPT NOTHING
LESS THAN THE PERSON YOU WERE CREATED TO BE!**

WEEK TWELVE - Lesson 1

OPTIONAL SCRIPTURE READING:

II CORINTHIANS 12:9

“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.” (New International Bible)

PROVERBS 2:1-6

“Every young man who listens to me and obeys my instructions will be given wisdom and good sense. Yes, if you want better insight and discernment, and are searching for them as you would for lost money or hidden treasure, then wisdom will be given you, and knowledge of God himself; you will soon learn the importance of reverence for the Lord and of trusting Him. For the Lord grants wisdom! His every word is a treasure of knowledge and understanding.” (The Living Bible)

PERSONAL EVALUATION

1. Compare your feelings about yourself today with those you had twelve weeks ago.

2. How do you feel knowing that you alone have the power to **CHOOSE** lasting **TRANSFORMATION**?

3. How have your changes in eating behavior and weight loss affected your family and close friends?

4. Which has affected them more, the changes in your eating behaviors or the weight loss? In what ways?

THIS CONCLUDES WEEK TWELVE – LESSON ONE

TEAMWORK... SUPPORT FOR SUCCESS

When you were first married, were your eating behaviors different from those of your spouse? Have you found over the years that your spouse's eating behaviors have become similar to yours? Perhaps it is your eating behaviors that changed and became more like your spouse's. Regardless of who's eating behaviors have changed, chances are it has not been for the better and one or both of you has gained weight since you were married.

It could be that your spouse is one who eats healthy foods and has never had a problem with weight gain. This situation can be even more difficult for you since it may seem your spouse can eat "anything and everything" and not gain weight. If your spouse falls into this category, he or she may have difficulty understanding the struggles you have endured.

If you and your spouse have together experienced poor eating behaviors and weight gain it is important to think about some of the factors which may have contributed to your "slide."

Here are four of the more common ones:

1. Prior to marriage one or both of you may have had poor eating behaviors' but your active lifestyle kept you slender. After the wedding, a decrease in the level of physical activity and the stress of marriage and profession have caused your continued poor eating behaviors to result in weight gain.
2. When a marriage begins, the wife usually feels the need to please or impress her husband by preparing delicious, hearty meals. The husband, not wanting to hurt his wife's feelings, may overeat. The result is that both husband and wife sit down to heavy, fattening meals that neither need, and eventually gain weight.
3. Food can become a manner in which to express love; Valentine chocolates, a specially prepared candlelight dinner, etc. These expressions of love, although very appropriate in normal circumstances, can create an atmosphere for mutual misuse of food by spouses who share poor eating behaviors. These close, intimate times can be used as excuses to justify overeating.
4. Overeating may be used as a means for expressing anger toward your spouse. If your spouse has developed a habit or actions which you find unacceptable, you may have used overeating and weight gain as a method of retaliation. In this battle, no one wins until there is a surrender to change.

Have any of the above factors been evident in your life? Even if you are unmarried, divorced or widowed, you may be involved in these behaviors with a close family member, ex-spouse or friend. **YOU ARE ON THE ROAD TO CHANGE AND LASTING TRANSFORMATION, BUT IS YOUR PARTNER OR FRIEND TRAVELING WITH YOU?** You must deal directly with this question as you move closer to becoming the **TRUE YOU**. Do not get frustrated or bitter with the behavior of others, risking the loss of an important relationship. You can take the initiative by beginning to make subtle

changes. Impress your spouse with a beautiful, light, healthy meal. Better yet, enjoy a light meal together and then GO OUT FOR AN EVENING OF FUN. Break with tradition by finding exciting alternatives to “food gifts.”

If misuse of food has been a tactic of punishment or retaliation against a loved one, you must confront this behavior immediately! This is an indication of much deeper problems and you may want to seek the advice of a professional counselor. Even if you have been successful to this point in your weight loss journey, this behavioral problem can resurface if you do not deal with it and release it from your life.

Your journey can be made easier with the help of friends and loved ones. Their encouragement and support can be a key factor to your success. It is possible to bring those you love along with you on the road to the TRUE YOU. Perhaps all they need is for you to share the map with them and invite them along for the ride!

OPTIONAL SCRIPTURE READING:

HEBREWS 6:9-12

“Even though we speak like this, dear friends, we are confident of better things in your case – things that accompany salvation. God is not unjust; He will not forget your work and the love you have shown Him as you have helped His people and continue to help them.”
(New International Bible)

PSALM 96:1-3

“Sing to the Lord a new song; sing to the Lord, all the earth. Sing to the Lord, praise His name; proclaim His salvation day after day. Declare His glory among the nations, His marvelous deeds among all peoples.” (New International Bible)

PERSONAL EVALUATION

1. Have your eating behaviors ever been influenced by your spouse, a loved one or a close friend? In what ways?

2. How have you dealt with these influences during the past twelve weeks?

3. What aspects of your relationships with others need to change as you think about continuing the lifestyle of the TRUE YOU?

THIS CONCLUDES WEEK TWELVE – LESSON TWO

SHARE THE OPPORTUNITY FOR LASTING SUCCESS

You have been doing many very positive things for yourself over the past three months. You are forming positive attitudes which lead to right actions including healthy eating behaviors. You are aware of and understand many past “sources of defeat.” It is likely your positive attitudes are beginning to influence those close to you. Your spouse may be losing weight with you, simply by “tagging along” on your food program. Your entire family will benefit by supporting your efforts, choosing to make healthier food choices.

You realize that your loved ones who are reaping some of the benefits of YOUR JOURNEY are not experiencing the same transformation that you are. Wouldn't it be wonderful if they were walking beside you each step of the way, sitting next to you in class each week and reading the daily lessons with you? Their participation in the program is the ONLY way they can truly experience transformation.

Because your loved ones are really not on the road with you, you must be prepared for what will happen after you reach your “right weight” and begin the “Continuance” leg of your journey. Others around you will return to their “old eating behaviors” because they did not share or understand your commitment to lifetime change. When that happens they may begin to gain weight again, leaving you feeling alienated – or worse – tempted to overeat with them!

You are being given the keys to a lifetime of freedom, and in part, you have shared those with your loved ones. You understand that ALL of the keys are necessary to achieve lasting transformation on your journey to the TRUE YOU. The greater understanding your family has, the more likely they will be to continue to support you. Talk to them and help them understand the commitments you have made and how important they are to you. Explain why you have chosen to avoid certain foods. Communicate the KEY PRINCIPLES of the program and why they are necessary for lasting transformation. SHARE WITH THOSE YOU LOVE THE REASONS WHY YOU WILL ACCEPT NOTHING LESS FOR YOURSELF THAN THE PERSON YOU WERE CREATED TO BE!

**GIVE YOUR LOVED ONES THE WHOLE SET OF KEYS,
NOT JUST THE KEY TO THE FRONT DOOR!
GIVE THEM THE OPPORTUNITY TO SHARE WITH YOU
A LIFE OF LASTING SUCCESS,
THE LIFE OF THE TRUE YOU!**

OPTIONAL SCRIPTURE READING:

GALATIANS 6:2-6

“Bear one another’s burdens, and thus fulfill the law of Christ. For if anyone thinks he is something when he is nothing, he deceives himself. But let each one examine his own work, and then he will have reason for boasting in regard to himself alone, and not in regard to another. For each one shall bear his own load. And let the one who is taught the word share all good things with him who teaches.” (New American Standard Bible)

PSALM 106:1-3

“Praise the Lord. Give thanks to the Lord, for He is good; His love endures forever. Who can proclaim the mighty acts of the Lord or fully declare His praise? Blessed are they who maintain justice, who constantly do what is right.” (New International Bible)

PERSONAL EVALUATION

1. In what ways has your spouse, another close family member or friend adopted your food program?

2. How has it helped them?

3. What difference do you see between the changes they are making and the changes you have made and are making?

THIS CONCLUDES WEEK TWELVE – LESSON THREE

TURNING SABOTAGE INTO STRENGTH

Today's lesson addresses what can be referred to as "the sabotaging loved one." As you read through this, you will note it frequently refers to your spouse. Spouses often are the "saboteur"; however, this role can be assumed by parents, children, siblings or even close friends. It can be confusing as well as heartbreaking when the people you truly love and want to please seem to "fight" your efforts to lose weight. As your loved one assumes this role of "adversary," it can manifest itself through words, reactions or deeds. Regardless of its form, the motives are essentially the same. Your key in being able to RESPOND in love and compassion is to understand the underlying motivation and reasons which can lead to the act of sabotage. As you develop this understanding you will find that these "tests" can serve as bridges rather than roadblocks on the journey to the TRUE YOU!

Here are some examples of sabotage you may experience:

1. Your spouse knows that you are choosing not to eat pasta, but constantly reminds you that it is not bad for you, and it is ridiculous to completely ignore this food while you are on program.
2. The cake is passed around at a birthday party and you decline to accept a piece. Your spouse whispers, "It is rude not to take a piece. What will one little piece of cake matter? You are embarrassing me!"

Stories have even been shared of spouses telling their partner who is still forty pounds overweight that they are "getting too skinny."

Before you began your journey just twelve weeks ago, it is possible you were a person who looked to people close to you for strength and security. These others in turn, received a great deal of their self-worth from being "needed" by you. If this loved one is also an overeater or suffers from another type of addiction, their feelings of self-worth are derived to an even greater extent through your dependence on them. Perhaps the two of you even "shared" unhealthy eating behaviors together in the past.

As you progress on your journey to lifetime freedom and self-control, you are becoming a much less emotionally dependent or "needy" person. Your love for others has grown rather than diminished, because **AS YOU GAIN SELF-WORTH YOUR CAPACITY TO SHOW LOVE INCREASES**. This is a change that has taken place within you and may not be readily seen by those very close to you. All that your loved one may be able to see is that you do not "need" him or her as much as you used to. This causes your loved one to feel threatened and afraid of the changes taking place in your life. He or she REACTS by "sabotaging" you in an effort to stop the process that is "taking you away."

You must communicate your needs and love for this person more often and in new, creative ways. Tell this person the special qualities you love about him or her. Demonstrate your love through meaningful, thoughtful words and deeds. Communicate your desire to strengthen and deepen your relationship. Through your consistency and support, your loved one will be encouraged and you will gain strength for the remainder of the journey before you.

**THE LIFESTYLE OF THE TRUE YOU
IS ONE OF STRENGTH AND CONSISTENCY.
BY RESPONDING TO OTHERS IN LOVE AND COMPASSION
YOU WILL GAIN THE SUPPORT OF THOSE WHO LOVE YOU!**

OPTIONAL SCRIPTURE READING:

HEBREWS 6:12

“We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.” (New International Bible)

PSALM 145:14-19

“The Lord lifts the fallen and those bent beneath their loads. The eyes of all mankind look up to you for help; you give them their food as they need it. You constantly satisfy the hunger and thirst of every living thing. The Lord is fair in everything He does, and full of kindness. He is close to all who call on Him sincerely. He fulfills the desires of those who reverence and trust Him; He hears their cries for help and rescues them.” (The Living Bible)

YOUR PERSONAL “CHEERING SECTION”

When was the last time you attended a sporting event? Even if you HATE sports, there is something about the excitement of the “big game” that quickly draws you in. You may not even know what the terms “touchdown” and “goal” mean, but as you watch your team move down the field you find yourself yelling “Go – Go – Go!” You want them to WIN. You and everyone else believe your cheering will somehow give your team the boost it needs, the encouragement to “make that goal!” It feels good to be involved, doesn’t it? You celebrate in victory and sorrow in defeat, even though you never stepped onto the field.

Have you thought about your personal cheering section? Think of all the people who have been supporting you during the past three months. It may be friends, family, your classmates or your leader/accountability partner; all have been watching you get closer and closer to your destination – the TRUE YOU! As they see you marching toward lasting transformation, their excitement and faith in you grows. Today you will look at some of the ways your “cheering section” can participate in and assist you on your journey.

Your family can help you “stay on the road” in many ways. Verbal encouragement (cheering) is great. Those little “pats on the back” are very important. In addition, your support team can be of great benefit to you in other ways. The following suggestions may be used by you to develop with your family and friends a personalized plan for your “cheering section:”

1. Your supporters can provide you with great assistance by simply “being there.” It is extremely important to have a friend or loved one at your side, particularly during tough or stressful times.
2. Your supporters can validate your commitment by allowing you the freedom to prepare or ask for healthy, light foods to be served at the table. In this way they not only show their support for you, but also are participating with you in your journey.
3. At family or social gatherings where traditional foods consist of those you have chosen not to eat, your cheering section, if in charge of the menu, can show great support for you by providing at least one or two healthy alternative food choices.

These are just a few of the ways your “cheering section” can support the TRUE YOU. Do not be afraid to let your needs be known to those you love. If you use your imagination, you can think of many positive ways that your support team can help you reach your destination. Just as they will share in the process, they will share in your victory!

WEEK TWELVE – Lesson 5

OPTIONAL SCRIPTURE READING

ROMANS 15:5-6

“May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus, so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ.” (New International Bible)

NUMBERS 6:24-26

“The Lord bless you, and keep you; the Lord make His face shine on you, and be gracious to you; the Lord lift up His countenance on you, and give you peace.” (New American Standard Bible)

PERSONAL EVALUATION

1. How has your family or a close friend communicated support to you in the last week?

2. On a scale of 1 to 10 (1 being low – 10 being high), how do you rate your family’s understanding of the seriousness of your commitment to your journey? How does your answer make you feel?

3. How can you better communicate your commitment, needs and desires to them? Have you been reluctant to share your needs with them? Why?

THIS CONCLUDES WEEK TWELVE – LESSON FIVE

SHARING IN THE VICTORY

“I was so proud of my mom. Looking at her made me feel I could do anything.”

“I know my husband had a problem with food, but I never viewed it as serious until he went on the program.”

“My sister has lost weight before, and we always get closer when she does. When she is fat, it is hard for me to relate to her. I hope she learned something this time. I hate the thought of her going back.”

The above statements were made by family members of others who have been through their own weight loss journeys. In them you read joy, understanding, and concern as well as other feelings. The main thread which runs through each of the above comments is that these family members care about their loved one. Your journey has made a deep impression on those around you.

Many people who demonstrate addictive or compulsive behaviors have a deep underlying need for acceptance – a need to be “valued.” They are often disappointed as they search for the approval of others. They see this absence of approval as evidence of their lack of worth. The truth is, many times the people who are close to them are looking for the same approval, or are completely unaware of this person’s “needs.”

Today, you may be receiving acclaim from others who love and care about you. They are happy and proud of you and your success and realize how hard you have worked for it. But something may be different this time... perhaps for the first time in your life you are actually accepting and absorbing these affirmations from others! **WHY? YOU HAVE A NEW SENSE OF SELF-WORTH, A POSITIVE ATTITUDE AND A FREEDOM LIKE NO OTHER THAT YOU HAVE EXPERIENCED!**

In the last three months you have learned that your old eating behaviors were a result of food addiction and/or poor choices. These are what contributed to your lack of self-worth. You have learned through the **KEY PRINCIPLES** and your personal affirmations that you are a worthwhile person. You know now you have the ability to make good choices! You are worthy to receive love and acceptance from others and are now willing to give that same love and acceptance in a more honest and open way. Your family and friends are very aware of your transformation. The change which is occurring within you has possibly had more impact on them than your outward changes. **THAT** is exciting! Take hold of this new freedom, resolve to never let go. This too is a freedom worth fighting for... **A LIFE FREE FROM THE CHAINS OF GUILT, REMORSE AND LOW SELF-WORTH! THE LIFE OF THE TRUE YOU – THE PERSON YOU WERE CREATED TO BE!!**

**YOUR TRANSFORMATION IS AT HAND
THE VICTORY IS WITHIN YOUR REACH
YOUR LOVED ONES SHARE YOUR EXCITEMENT
CLAIM YOUR VICTORY AND ALLOW YOURSELF
THE JOY OF SHARING IT WITH THOSE YOU LOVE!**

OPTIONAL SCRIPTURE READING:

I JOHN 5:3-4

“For this is the love of God, that we keep His commandments; and His commandments are not burdensome. For whatever is born of God overcomes the world; and this is the victory that has overcome the world – our faith.” (New American Standard Bible)

PSALM 16:7-11

“I will bless the Lord who has counseled me; indeed, my mind instructs me in the night. I have set the Lord continually before me; because He is at my right hand, I will not be shaken. Therefore my heart is glad, and my glory rejoices; my flesh also will dwell securely. For Thou wilt not abandon my soul to Sheol; neither wilt Thou allow Thy Holy One to undergo decay. Thou wilt make known to me the path of life; in Thy presence is fullness of joy; in Thy right hand there are pleasures forever.” (New American Standard Bible)

PERSONAL EVALUATION

1. Name three people who have been the most supportive during your weight loss journey. How has each one touched your life?

2. “You are worthy to receive love and acceptance from others.” How does this statement make you feel? Do you believe it with all your heart? Why or why not?

3. List some of the ways in which you can “share your victory” with those you love.

THIS CONCLUDES WEEK TWELVE – LESSON SIX

HOPE FULFILLED... THE ABUNDANT LIFE OF THE TRUE YOU!

“I have proven to myself that I can be disciplined. I can achieve lifetime success.”

Whether or not you have reached your “right weight,” you are to be congratulated for completing twelve successful weeks on your journey to the TRUE YOU! The awareness and understanding you have gained is giving you something you may have never had before – HOPE!! You now believe the transformation taking place within you is REAL. The result of your transformation will be an abundant life, one of freedom and choice.

The creators of this program believe that God cares about you and wants the very best for you. Along with this desire, He can give you the strength to achieve the best for your life. You can achieve your dreams and nothing is impossible if you are willing to seek the best.

You may have many miles ahead of you on your journey to your “right weight” and the TRUE YOU. On the other hand, you may be at your “right weight” and are now ready to begin the process of adjustment and acceptance of your new lifestyle. In either case, you have a completely different outlook on the rest of your life as a result of your journey to this point. Your outlook is positive, filled with confidence and hope.

YOU ARE DETERMINED TO ACCEPT NOTHING LESS FOR YOURSELF THAN THE PERSON YOU WERE CREATED TO BE!

Hold tight to your commitment and to your hope. It is the key to lifetime freedom.

**HOLD ON TO YOUR HOPE!
YOU MAY NOT BE ABLE TO CHOOSE YOUR CIRCUMSTANCES,
BUT YOU CAN CHOOSE THE ATTITUDE WITH WHICH
YOU RESPOND TO THEM!!**

YOU HAVE COME SO FAR! YOU KNOW YOU MUST SEE THE PROCESS COMPLETED IN YOU! YOU HAVE TRAVELED THE ROUGHEST PART OF THE ROAD. THE GOAL BEFORE YOU GETS CLEARER AND CLOSER EACH DAY! STAY ON THE ROAD! REACH YOUR DESTINATION – THE TRUE YOU!!

If you are at your “right weight,” your leader is waiting to explain the program’s “Continuance” phase to you. He or she will provide you with a pamphlet which explains the “Continuance” guidelines in detail. You are welcome and encouraged to stay in class for the next phase. You realize and appreciate the benefits of this weekly time of sharing and learning. Your continued attendance will also be a great encouragement to those who will just be setting out on their journey. In sharing some of your experiences or just a word of support and affirmation, you will assist new class members in starting their journey off “on the right foot.”

If you are not yet at your “right weight,” Phase Three will help you stay on the road to your destination. You know the transformation process is taking place. You feel it inside of you! The exciting,

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new material in Curriculum Three will challenge and encourage you as you proceed on your journey.

**YOUR TRANSFORMATION IS TAKING PLACE WITHIN!
YOU ARE BECOMING THE PERSON YOU WERE CREATED TO BE!!
STAY ON THE ROAD...
YOUR DESTINATION IS LASTING TRANSFORMATION,
A LIFE OF FREEDOM AND CHOICE - THE TRUE YOU!!!**

OPTIONAL SCRIPTURE READING:

I PETER 1:3-5

“Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you, who are protected by the power of God through faith for a salvation ready to be revealed in the last time.” (New American Standard Bible)

PSALM 27:11, 14

“Teach me Your way, O Lord, and lead me in a plain and even path because of my enemies who lie in wait for me... Wait, and hope for and expect the Lord; be brave and of good courage and let your heart be stout and enduring. Yes, wait for, and hope for, and expect the Lord.” (Amplified Bible)

PERSONAL EVALUATION

1. How do you feel about your current body size?

2. In what ways would you like to improve on it? What goals will you set for yourself to ensure you achieve these improvements?

3. You have gained much knowledge and understanding of the reasons why you have overeaten in the past. Does that knowledge and understanding give you hope for the future? Why or why not?

4. Are there areas in your eating behaviors that have not been transformed? In what ways will you work on those areas during the next six weeks?

5. Do you still find yourself overeating, even “good foods?” When that happens, how does it make you feel and what can you learn from it?

WEEK TWELVE - Lesson 7

6. Do you eat sensibly or sparingly in front of others and “make up for it” when alone? How do you feel about that?

7. Do you see the need to continue your journey for another six weeks? How will the next six weeks help solidify your commitment to LASTING CHANGE?

8. In what ways have your weekly class meetings and the support you have received there been important to your journey?

TO WEIGH, OR NOT TO WEIGH... AGAIN!

How anxious are you to get back on the scale? How close do you believe you are to your “right weight?” If you are more than twenty pounds from your “right weight,” it is **STRONGLY RECOMMENDED** you resist the urge to take THAT step! **WAIT!!** Do not allow the scale to interfere with the **GREAT PROGRESS YOU ARE MAKING!!**

If you are within twenty pounds of your “right weight,” you may choose to weigh **ONCE** to see just how close you are. Then, get off and stay off the scale until you are allowed or instructed to weigh again! See your leader if you have any questions.

THIS CONCLUDES WEEK TWELVE – LESSON SEVEN