



# *Healthy Living*



Curriculum Three (3)  
Week 15

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*Healthy Living*

based on  
**THE PRISM**  
WEIGHT LOSS PROGRAM

**WEEK FIFTEEN:**

Isolating  
the Problem –  
Expanding  
the Possibilities!

## THE CAUTION LIGHT OF “SKEPTICISM”

This week you will examine some of the bad habits and negative attitudes that cause you to hesitate or stop abruptly when you encounter “yellow caution lights” in your weight loss journey.

How do you respond to a new idea or suggestion? Do you normally begin with an attitude of skepticism and entangle yourself in a web of questions? You may spend so much time asking questions that you never reach an answer. This can become a justification for failing to make a decision. You may become confused and stymied, unable to move forward. An attitude of skepticism may cause you to ask the question, “What if this new idea turns out to be more trouble than it is worth?” It is a sort of “Murphy’s Law” mentality; “If something can go wrong, it will go wrong.” In order to replace the negative attitude of skepticism and its resulting indecisiveness, you must focus on the possibilities of the idea, not the problems.

Your new attitude concerning ideas and suggestions must be that there are problems with every good idea. The key is to isolate the problems and explore the possibilities. For example, you have been given a suggestion to increase the level of physical activity in your life. The possible problem you may face is finding the time. Instead of spinning your wheels and wasting time by arguing your point, why not focus on the POSSIBILITIES and benefits of physical activity! Not only will you find you have increased your ability to achieve success in your journey, your improved physical and emotional health could yield better time management and increased productivity. You may have to make some initial adjustments in your schedule, but you will soon adapt and become more efficient with your use of time! You have isolated the problem and explored the possibilities. This new attitude will motivate you to be willing to consider any new idea. You will be more adventurous, confident and free to choose healthy alternatives for your life.

**DO NOT GET “CAUGHT UP” IN QUESTIONS.  
BECOME “FREED UP” IN THE POSSIBILITIES  
OF THE LIFESTYLE OF THE TRUE YOU!**

### OPTIONAL SCRIPTURE READING:

#### JAMES 1:5-6

*“If any of you lacks wisdom, he should ask God, Who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind.” (New International Bible)*

#### PROVERBS 2:6-8

*“For the Lord gives wisdom, and from His mouth come knowledge and understanding. He holds victory in store for the upright, He is a shield to those whose walk is blameless, for He guards the course of the just and protects the way of His faithful ones.” (New International Bible)*

**PERSONAL EVALUATION**

1. “What are some new ideas or suggestions of which you have been “skeptical?”

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2. How can focusing on the possibilities and isolating the problems help you to accept these new ideas?

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3. Select one idea from your answer to question number one. Isolate the problem with implementing this idea. Now, explore the possibilities! Decide how and when you will give this idea an opportunity to work in your life!

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***THIS CONCLUDES WEEK FIFTEEN – LESSON ONE***

## ACCEPTING THE SENSATIONAL

“It’s just not possible!” “It’s unattainable!” “I am not willing to do what it takes to achieve that!” Think for a moment. What are you really deciding to forego when you make these kinds of statements? You are denying yourself the sensational possibilities of the ideas you are refusing to accept!

By focusing on the overwhelming details, you diminish the joys of achievement. The “yellow light” appears and your heart sinks. You take your eyes off your destination and focus instead on the impending “red light.” Is that really what you want to do today? In the past, you may have made a habit of stopping at these yellow lights. This habit was based on a negative attitude of avoiding possible pain at all costs. You may feel you cannot afford to add even one more challenge to your life. This attitude creates self-sabotaging actions which reaffirm your feelings of shame and disappointment in yourself.

You must acknowledge your responsibility and your “one day at a time” power of choice! The sensational possibilities for growth in choosing to accelerate through the yellow light far outweigh the risks! You have the ability to choose, regardless of how impossible the situation may seem. TAKE THE TIME TO EXERCISE! MAKE THE CHOICE TO AVOID THAT FOOD YOU USED IN THE PAST TO HELP YOU COPE! READ THAT NEW BOOK! JOIN THAT NEW ORGANIZATION! Get involved and contribute positively to life! These small actions will add up to sensational possibilities and significant growth in your life.

**RISK THE OPPORTUNITY FOR SENSATIONAL SUCCESS!  
ACCEPT THE POSSIBILITIES.  
EXERCISE YOUR POWER OF CHOICE.  
IT WILL LEAD TO POSITIVE ACTIONS  
SUPPORTING THE LIFESTYLE OF THE “TRUE YOU!”**

### OPTIONAL SCRIPTURE READING:

#### MARK 9:23

*“And Jesus said, [You say to Me], If You can do anything? [Why,] all things can be (are possible) to him who believes!” (The Amplified Bible)*

#### PSALM 43:3-4

*“Send forth Your light and Your truth, let them guide me; let them bring me to Your holy mountain, to the place where You dwell. Then will I go to the altar of God, to God, my joy and my delight. I will praise You with the harp, O God, my God.” (New International Bible)*

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**WEEK FIFTEEN - Lesson 2**

**PERSONAL EVALUATION**

1. What are the “sensational possibilities” you can focus on today to motivate you to continue your journey?

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2. What evidence of these “sensational possibilities” do you see in your life today?

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3. What will you choose to do today to further your growth as these possibilities become REALITY?

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***THIS CONCLUDES WEEK FIFTEEN – LESSON TWO***

## ACTING ON NEW IDEAS

You have learned through your examination of “comfort zones” that you must often accept new ideas which help you “break through” the zone and move ahead. These ideas which cause you “discomfort” require your willingness to take the risks of new actions. Today you will examine two thoughts which can result in the action of “stopping at the yellow light” through the rejection of new ideas. This attitude of rejection must be exchanged for attitudes of courage and daring, which result in actions that support the TRUE YOU!

First, examine the following statement: “Do not confuse me with the facts, my mind is made up!” Are you convinced of the uselessness of an idea before you have even tried it? Pride or stubbornness may prevent you from considering change. This “habit” of refusal to change your mind not only results in a lack of growth, but is evidence of a lack of confidence in your ability to change. You justify your unwillingness to consider change by saying it is not worth the “hassle.” In reality, you may be avoiding the risk of facing your weaknesses and possible inability to succeed. **YOU HAVE ALREADY ACKNOWLEDGED YOUR WEAKNESSES! YOU NEED NOT “PROTECT” YOURSELF FROM THEM ANY LONGER!!**

Respect the challenge. Take it one day at a time. No one expects you to breeze through! **DO NOT EXPECT THIS OF YOURSELF!** Remember, it is “courage that counts!” The facts do not confuse you. **THE TRUTH WILL SET YOU FREE!**

Have you ever said to yourself: “I’ve never done it like this before!?” Do you believe all ideas must be tested by “others” before you can trust them? Think for a moment. What evidence did the “others” have to base their trust upon? What guarantee did they have for success? There is **NO** guarantee that any new idea will work; however, **A WILLINGNESS TO ACCOMMODATE NEW IDEAS AND CHANGE ENSURES THE POSSIBILITY OF SUCCESS!**

Remember, the purpose of your journey is **NOT** to become “conformed” to the standards and ideas of tradition. Your purpose is to be **TRANSFORMED!** Accommodate change through attitudes of courage and daring. **DARE TO BE DIFFERENT. DARE TO BE AN INDIVIDUAL.**

**IDEAS BECOME POWERFUL  
WHEN FUELED WITH ACTION.  
EMPOWER YOUR IDEAS TODAY!!**

### OPTIONAL SCRIPTURE READING:

#### JAMES 1:25

*“But one who looks intently at the perfect law, the law of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man shall be blessed in what he does.”*  
(The New American Standard Bible)

#### EZRA 10:4

*“Rise up; this matter is in your hands. We will support you, so take courage and do it.”*  
(New International Bible)

**PERSONAL EVALUATION**

1. List at least three new ideas you have encountered on your journey.

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2. How did you first respond to these new ideas? Did either of the two thoughts covered in today's lesson enter your mind? If so, how did they affect your willingness to accommodate these changes?

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How will your new attitude of courage and daring enable you to try the new ideas in your answer to question one? If you have already implemented these ideas, what positive results have they produced?

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***THIS CONCLUDES WEEK FIFTEEN - LESSON THREE***

## **CHANGE AND CONFLICT. . . GO HAND IN HAND**

You are now at a place in your journey where you are willing to accept new ideas and accommodate change! You now see the value of taking risks in order to achieve success. You understand that your attitude of courage is strengthened through making the choice to carefully “run the yellows” rather than “stop at the first sign of caution.” You can replace the “habit” of questioning change with positive attitudes and right actions which focus on the possibilities of new ideas. Today, you will explore how your decisions for change may be challenged by others. This conflict can cause you to doubt the validity of your decisions.

Many people avoid new ideas because of their fear of the conflicts created by change. If the idea may “upset the apple cart,” it may be viewed as unacceptable or impossible. YOU may reject ideas regardless of their benefit to you personally – for fear it will “upset” those close to you. If you fall into this category, you may even have struggled each time you committed to another phase in this program! Your new attitude of commitment and the resulting actions has required an “adjustment” by others around you. You learned early in this program that you must care for yourself before you can effectively care for others! If you have been reluctant to release your fear of conflict, your progress has likely been slowed.

Ask yourself what positive change DOES NOT create tension or conflict, initially? Just as you had become “adjusted to” unhealthy behaviors and attitudes, so had those around you grown accustomed to these behaviors and attitudes. For their own emotional survival, they “accommodated” your unhealthy course even though they may have totally disapproved of it. You have changed the course with your decision to be the TRUE YOU! Though your decision may be applauded by your loved ones, they may experience confusion and discomfort. These feelings may be based on the “adjustments” they, too, have had to make. This intense level of adjustment can create a situation charged with emotion and result in conflict.

The fact that your decision for change may involve a “course of conflict” does not make your decision any less valuable! Any worthwhile change is bound to have someone exclaiming “But, it’s never been done that way before!”

Remember, your old course did not only affect your life in a negative way, it had a negative affect on those you love as well! YOUR CONSISTENT ACTIONS OF CHANGE WILL REINFORCE THE SERIOUSNESS OF YOUR COMMITMENT TO COMPLETE YOUR JOURNEY! THOSE AROUND YOU WILL ADAPT TO AND ACCEPT YOUR NEW, TRUE YOU LIFESTYLE!! YOU WILL BE ABLE TO LOVINGLY RESOLVE ANY TEMPORARY CONFLICT.

**GO AHEAD!  
UPSET THE APPLE CART OF OLD, NEGATIVE HABITS!  
IT IS NOT A CART WORTH PUSHING TO THE  
TRUE YOU DESTINATION!!**

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**WEEK FIFTEEN** - Lesson 4

**OPTIONAL SCRIPTURE READING:**

**II CORINTHIANS 4:6-10**

*“For God, who said, ‘Light shall shine out of darkness,’ is the One who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in earthen vessels, that the surpassing greatness of the power may be of God and not from ourselves; we are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed; always carrying about in the body the dying of Jesus, that the life of Jesus also may be manifested in our body.”*  
(The New American Standard Bible)

**PSALM 46:1-3**

*“God is our refuge and strength, an ever present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.”* (New International Bible)

**PERSONAL EVALUATION**

1. What do you fear most when making changes in your life?

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2. What specific reactions do you have when you face the above fears?

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3. In what ways have those close to you adjusted in the past to your poor eating behaviors? How will the changes you are making affect them in a positive way?

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4. Considering your answer above, how do you feel the importance of these changes compares to the possible conflict that may result from them?

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5. In the past, how have you used “avoiding conflict” as a justification for avoiding change in your life? How does this make you feel?

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***THIS CONCLUDES WEEK FIFTEEN – LESSON FOUR***

## **ISOLATING FAILURE... DEVELOPING SUCCESS!**

Do you still battle the lingering thought from the past – “But, what if it doesn’t work? What if I FAIL?” This stinging “reality of life,” the possibility of failure, can cause even the most determined traveler to hesitate at the “yellow lights.” All of the positive thoughts in the world cannot completely remove this nagging question from your mind. However, you do not have to allow the possibility of failure to run you off the road. The key is to “de-fuse” the failure bomb. Methodically and carefully remove its power and terror. Then, although it may be present, it will not be a ticking time bomb, but merely an archaic token on the shelf of your life.

By isolating the possible reasons for failure, you can de-fuse the fear it creates in your life and prevent a “blow-up.” Thoughts of possible failure normally occur in conjunction with other thoughts about your journey. For instance, when you consider the terrific progress you have made, a nagging thought of failure may surface. Examine the source of fear in this statement. You may think that you will become overconfident and cease to take your journey seriously. Prevent attitudes of overconfidence by continuing to take the program guidelines or your Continuance Agreement SERIOUSLY!! Your success to this point does not diminish the importance of your commitment – it supports it! Continue your journey with a determined, diligent attitude. YOU HAVE NOW ISOLATED THE POSSIBILITY OF FAILURE AND DEVELOPED YOUR POTENTIAL FOR SUCCESS!!

**FAILURE IS NOT A “TIME BOMB”  
WAITING TO EXPLODE!  
IT IS MERELY A “FIRECRACKER”  
LAYING IN THE ROAD.  
STOMP IT OUT AND DE-FUSE IT’S POWER  
WITH YOUR FAITHFUL ACTIONS OF DISCIPLINE!  
YOU ARE DEVELOPING YOUR POTENTIAL  
FOR SUCCESS EACH DAY!!**

### **OPTIONAL SCRIPTURE READING:**

#### **REVELATION 3:21**

*“To him who overcomes, I will give the right to sit with Me on My throne, just as I overcame and sat down with My Father on His throne.” (New International Bible)*

#### **JEREMIAH 10:23-24**

*“I know it is not within the power of men to map his life and plan his course – so you correct me, Lord; but please be gentle.” (New International Bible)*



## **SPREADING THE JOYS OF SUCCESS**

The last few months have brought some dramatic changes to your life. You look different on the outside and you feel differently on the inside. What you once thought impossible is becoming a reality! This just may be the closest thing to real success you have ever experienced. If this idea of being a success is new to you, it can be a “yellow light.” Perhaps you believe that success sets you apart from others. You may fear being isolated by success. You may imagine that TRANSFORMATION is so incredible that others may not be able to relate to you. This “yellow light” attitude must be acknowledged and corrected through examination of what your success means to others.

Your success can serve as a tool of encouragement to others rather than being a threat to them. Only through your own success will you be able to help others. Your success is a product of what you have learned and done in order to achieve it. Isolation in success can only occur if you are unwilling to share it with others. Your reluctance to share your methods of success with others may be a result of your belief that it might be viewed as “boasting.” The key once again is in your attitude. If you allow an attitude of gratefulness to result in actions of encouragement, others will be naturally drawn to you. They will not run from you, but TO YOU!

Success will truly set you apart. The fear of it will set you up to stop at the “yellow light.” You have the opportunity to give tremendous hope to many. However, you could also hinder the hope of others through your fear of success. Success is a risk worth taking!

**THE BENEFITS OF SUCCESS  
WHEN SEASONED WITH A GRATEFUL HEART,  
CAN BE THE CATALYST OF TRANSFORMATION  
FOR THE WORLD AROUND YOU!!**

### **OPTIONAL SCRIPTURE READING:**

#### **COLOSSIANS 3:16-17**

*“Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus giving thanks to God the Father through Him.” (New International Bible)*

#### **PROVERBS 11:2**

*“When pride comes, then comes disgrace, but with humility comes wisdom.” (New International Bible)*

**PERSONAL EVALUATION**

1. Have you ever been accused of boasting when you have shared a successful experience? How did that make you feel?

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2. Describe a time you heard another person sharing their “success” and you felt they were boasting.

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3. How do your answers above affect your attitude about sharing your current success?

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4. Describe a time when someone shared their success and it really encouraged you. How can this example help you to share your current success?

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

## **CROSSING THE INTERSECTIONS WITH CONFIDENCE**

Today you will complete your examination of “yellow light” attitudes that contribute to actions which hinder your progress. The attitude you will look at today concerns how you may connect your smaller size to your childhood experiences. Although most people have happy childhood memories which have resulted in “healthy” adulthood, others were not as fortunate. As a result of these unfortunate circumstances, concerns may surface as they become “smaller” physically through weight loss. Feelings of vulnerability can cause them to hesitate when they approach these “intersections of size reduction.”

As your clothing size has decreased, you may be approaching a size smaller than you have been throughout your adult life. These intersections on your journey may even “connect you” physically to earlier stages of development. Have you ever joked, “I was a size eight when I was three years old?” If you have, you may actually be reinforcing this idea.

If your childhood was not a happy one, returning to a smaller, “more vulnerable” size can cause you to be reluctant to continue your journey. You may even feel your small size as a child contributed to your painful experiences. As your pain increased during that time, you may have turned to food for comfort and a feeling of control over something. This abuse of food may have contributed to weight gain, which you may have equated with increased “strength.” In reality, age and the passage of time strengthened you and provided the relief from these negative circumstances.

Not only did your abuse of food and poor eating behaviors NOT strengthen you; as you grew older, these behaviors actually may have kept bringing back all those painful memories. AS YOU RELEASE THESE REMINDERS OF THE PAST, THE STRENGTH AND MATURITY OF YOUR ADULTHOOD WILL BE AFFIRMED! YES, YOU WILL BE PHYSICALLY SMALLER – BUT, WITH THE STRENGTH OF A RENEWED MIND! YOU ARE BECOMING THE PERSON YOU WERE CREATED TO BE, RESTORED AND ON TRACK TO YOUR DESTINATION – THE TRUE YOU!!

**CHOOSE TODAY TO PUT AWAY CHILDISH THINGS!  
ACKNOWLEDGE YOUR ADULTHOOD THROUGH  
YOUR POWER OF CHOICE!  
YOUR TRUE YOU ATTITUDES PRODUCE ACTIONS  
WHICH LOVINGLY NURTURE YOU!!**

**OPTIONAL SCRIPTURE READING:**

**I CORINTHIANS 13:11-12**

*“When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me.” (New International Bible)*

**LAMENTATIONS 3:23-24**

*“Great is His faithfulness; His loving kindness begins afresh each day. My soul claims the Lord as my inheritance.” (The Living Bible)*

**PERSONAL EVALUATION**

1. What feelings do YOU have as you approach the size you were when you were younger?

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2. How do these feelings encourage or discourage you to continue your journey?

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3. Have you used the activity of eating to “soothe the pain” of childhood memories? If so, how?

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4. How has gaining control over the activity of eating and your weight loss helped you “let the past pass away?”

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***THIS CONCLUDES WEEK FIFTEEN – LESSON SEVEN***