

Karen's Immunity Map for Weight Loss

1. My Improvement Goal	2. What I Am Doing/Not Doing to Prevent Achievement	3. My Hidden Competing Commitments	4. My Big Assumptions
<p>I am committed to getting better at making mindful choices and decisions in the moment.</p>	<p>When people compliment me on losing weight or looking rested or being strong, I immediately eat lots of sugar with mindless intensity.</p> <p>I choose dates in the future when I plan to be perfect and I eat like a starving woman until that moment. Then I eat imperfectly on my chosen day and I set a new date in the future.</p> <p>I choose work (even unpaid work like this website) over sleep, exercise, healthy eating, and self-care.</p> <p>I criticize myself harshly when I eat compulsively. Then I eat more.</p> <p>I binge on large quantities of candy, chips and chocolates and try to sicken myself with them before the day when I will be perfect.</p> <p>When I feel an intense emotion, especially anger, I eat.</p>	<p>I am afraid that if I am satisfied with myself and don't have a major transformation to anticipate, my life has no purpose. <u>I am committed to not losing the promise of transformation.</u></p> <p>I am afraid that if I don't try to be perfect I will lose control and end up the size of a city block. <u>I am committed to not losing control.</u></p> <p>I am afraid of turning into a selfish, self-absorbed woman. <u>I am committed to not seeing myself, or being seen, as selfish and self-absorbed.</u></p> <p>I am afraid of seeing myself, and being seen, as lazy, greedy and slovenly. <u>I am committed to not seeing myself as lazy and greedy.</u></p> <p>I am afraid of losing a spontaneous pleasure in my life. <u>I am committed to not losing the pleasure of my favourite junk food.</u></p> <p>I am afraid to show my feelings. <u>I am committed to not expressing my feelings.</u></p>	<p>I assume that transformation is the only meaningful purpose of my life.</p> <p>I assume that losing weight requires death-grip control.</p> <p>I assume that it is my fate to live my life in extremes, that there is nothing I can do about it.</p> <p>I assume that self-care is practiced only by the selfish and self-absorbed.</p> <p>I assume that being overweight means I am lazy and greedy.</p> <p>I assume that criticism is an effective form of self-control.</p> <p>I assume that eating junk food truly qualifies as pleasurable.</p> <p>I assume that I will be unacceptable to others if I express my feelings.</p>