

Reasons for mental weight blocks

1. Sexual

Sexual problems are very common and come in many different forms. Problems of a sexual nature can be at the root of a lot of weight problems. Obesity deforms the body, and the body plays a vital role in sexual expression. Some people will go to great lengths to avoid sexual relations: they have a headache, or say they're too tired – any excuse to avoid discovering the reality of their bodies. Whether they represent a sexual or are the result of one, sexual problems are at the heart of most obesity problems. If you are overweight, it is important to ask yourself, “Am I fat because I have a sex problem, or do I have a sex problem because I'm fat?”

2. Out of touch with your body

Overweight people who have never been thin and who often weigh more than twice their ideal weight must be careful not to lose touch with their bodies. It is important to be honest with yourself. People like this often spend most their life laughing and been cheerful when they really feel like crying.

3. Conditioning

The conditioning of our thoughts, emotions, and behaviour often prevents us from losing. The first thing we must do, therefore is recognise how conditioning is affecting our lives. This can be quite difficult and may require the help of another person who can view our habits more objectively. No two people are conditioned in the same manner: We all think differently and have different habits and tastes.

4. Happiness

The happiness food mental block is easy to identify but difficult to overcome. Many people succumb to the influence of society and try to buy happiness rather than work for it. You can't be happy if you don't love yourself. Happiness can come only from within, from a sense of pride and accomplishment in having attained your goals through hard work. You might say it's not a “marketable commodity”. It's a personal choice that cannot be exchanged from one person to the next like a bag of sweets, but can only be suggested or “inspired” through proper techniques. The rest is up to you.

5. Secondary gains

People with psychological problems often try to cover up their hurt with obesity, instead of allowing it to heal naturally. When the bandage on a wound causes it to fester, it's best to remove the bandage and let the wound heal naturally.

6. Imitation

People who have a tendency to identify with or imitate others may have a poor self-image. They can lack confidence and self-esteem and try to compensate for these deficiencies by modelling themselves after someone they admire. Imitation-type mental blocks, although not very frequent, can still cause problems if not correctly diagnosed.

7. Self-punishment

Self punishment is a serious block, not only can it result in obesity, but it can poison an entire life. Often persisting for many years, it is an irrational self-defeating kind of behaviour. We can be responsible for our actions and bear the consequences without burdening ourselves by learning to accept our mistakes and benefiting from them. It's also important that we do not feel guilty for other people's errors. Guilt is a negative, destructive emotion. To eliminate feelings of guilt it is important to identify the reasons behind them. No mistake is worth destroying an entire life.

8. Emotional shock

Whenever we suffer an emotional shock, we end up reacting the same way to any similar situation. Even when the original incident is long forgotten, we continue to overreact whenever another such incident occurs. Our reaction becomes automatic. We may even recreate a similar situation with the hope of changing its outcome, but if we fail again, we only feel worse. The reason we may suffer from emotional shocks is not only because of the shocks themselves but we may perhaps have dramatized them. The solution, is we must use our dramatic talents, but only for the positive aspects of our lives.

9. Reaction

Reaction is a mental block that consists of rejecting what we feel forced to do and then doing the exact opposite to prove to ourselves that we are fully independent and able to take care of ourselves. If you have a reaction block, the way to eliminate it is to improve your self-image and build up your self-confidence. You'll no longer need to prove how strong you are in order to feel important. You are the most important person in our life and you don't need to prove it - to yourself or anyone else.

10. Fear of failure

The fear of failure block is more common than one might think. It's common knowledge, for example that before major sports competitions some athletes injure themselves, either on purpose or unconsciously, in order to avoid having to compete. So traumatised are they by the fear of failure that they'd rather find excuses to withdraw from their event rather than risk losing. They're afraid of experiencing a failure which would weaken their already poor self-image. They're like the ostrich that hides its head in the sand to avoid seeing anything. But trying to escape from reality is never the answer.

11. Fear of success

When we ask someone "Are you afraid of success?" The answer we usually get is: "Are you kidding? Of course not!" When you ask yourself this question, wait a minute before answering and take a good look at your behaviour. All of us carry around an image of ourselves which is shaped by our education, our past experiences, and the society in which we live. If our self-image is that of a loser, we're doomed to failure: we consider ourselves incapable of succeeding and of handling the responsibilities that come with success.