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DR.CALLY SEYMOUR

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# WARRIOR'S WEIGHT LOSS

**Video Sessions Outline,  
Listening Guides, and  
Discussion Questions**

## SESSION #5 | LISTENING GUIDE

# THE MINDSET FOR PERMANENT WEIGHT LOSS

## OVERCOMING FEAR, SHAME, AND LIMITING BELIEFS

### **THE TRANSFORMATION HAPPENS WHEN YOU SEE YOURSELF DIFFERENTLY.**

The Bible tells us 365 times, “**fear not**”. Fear seems to be something God takes very seriously, and something He knew we would struggle with greatly.

When it comes to weight loss, these are some common fears that arise in the research: fear of social situations, fear of eating in public, fear of being judged, fear of failure, fear of rejection, fear of lack, fear of abandonment, fear of commitment, fear of connection, fear of emotions, fear of change, fear of feeling ashamed, etc.

Kristy L. Dalrymple, Janine Gallone Joshua Hrabosky, Iwona Chelminski, Diane Young, Erin O'Brien, Mark Zimmerman. Diagnosing social anxiety disorder in the presence of obesity: implications for a proposed change in DSM-5. Depression and Anxiety, 2011; DOI: 10.1002/da.20794

## **TRANSFORMATION STRATEGIES**

**Personalization-**

**Repetition -**

**Visualization -**

**Reframing -**

*(Proverbs 3:5-6....."Trust in and rely confidently on the Lord with all your heart and do not rely on your own insight or understanding. In all your ways know and acknowledge Him, and He will make your paths straight and smooth.)*

*"Man's inner strength may raise him above his outward fate." - Victor Frankl*

## **FEAR**

**Does fear motivate us?**

**Love is a more powerful motivator than fear.**

(Neuroscientist, Dr. Caroline Leaf, explained that we are wired for love not fear. Thoughts have emotions attached to them and all emotions are derived from either love or fear.)

**What drives your weight loss goals? (are they more love or fear based?)**

## **REFRAMING FEAR**

**Rules-**

**Reinforcement-**

## **SHAME**

**Why is shame so damaging?**

How do empathy, vulnerability, and compassion dismantle shame?

**“If you put shame in a Petri dish, it needs three things to grow exponentially: secrecy, silence, and judgement. If you put the same amount of shame in a Petri dish and douse it with empathy, it can’t survive.”**

-Dr. Brene’ Brown

Courageously confronting shame-

## **LIMITING BELIEFS**

Beliefs -

Limiting beliefs -

**A HEALTHY BODY NATURALLY REACHES  
A HEALTHY WEIGHT!**

SESSION #5 | REFLECTION AND DISCUSSION

# THE MINDSET FOR PERMANENT WEIGHT LOSS

## OVERCOMING FEAR, SHAME, AND LIMITING BELIEFS

Your healing is His priority- Embrace and personalize the truth of these scriptures...choose 2-3 to study, meditate on, and discuss..

Hebrews 12:2, Philippians 3:19, Romans 1:16, Romans 10:11, Psalm 23:4, Psalm 27:1, Psalm 51, Psalm 63, Psalm 91:4-5, Psalm 112:7-8, Isaiah 41:10, 1 John 4:8, Habakkuk 2:2-3, Colossians 3:2, Isaiah 54:4 Philippians 1:20, 2 Corinthians 4:2

**What fears am I currently experiencing in the context of my weight loss journey? What “rules” am I operating from that might be impacting these fears?**

**What new rules can I replace these old rules with, that will empower me instead of hold me back? (Reframing)**

**Do I experience any shame about my body image or my weight loss process? When does this shame most frequently surface? What strategies can I begin to approach these situations with, now that I am developing new mindsets? (what is the story I tell myself, and what will my new story be?)**

**How can I douse areas of shame with empathy? What words can I begin to say to myself that will help me reinforce compassion and empathy? How can I exercise empathy and compassion with others?**

**What limiting beliefs do I currently hold?**

**What is the danger, cost, or consequence of believing this?**

**What would I like to believe instead? What do I have to believe to be able to reach my weight loss goals, and reach my highest health potential?**



**What will happen in the next few years as I integrate these new beliefs into my life?**

