



# Module 6: Self Sabotage

## PART 1: Dealing with your self sabotage

Your brain is never trying to hurt you. In fact, it tries to find ways to help you. It will sabotage your attempts to lose weight. It is not your fault! It is the way you are programmed; you have learned these behaviours.

## PART 2: Top 3 tips on dealing with self sabotage

**Tip No 1: What could the benefit be of you being overweight?**

**Question:** What are the reasons you have to justify for being overweight?

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**Tip No 2: What could some of the benefits be of keeping things the way they are?**

**Question:** Make a list of all the benefits of keeping things they way they are so that you remain overweight.

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Now, make a list of all the benefits of losing weight:

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Tip No 3: Really, really ask yourself... are you ready for this change?

### PART 3: Mindset technique

Close your eyes and listen to Ali's invaluable technique on dealing with self sabotage once and for all.

Next up, Module 7: Unconscious Eating

