

HYPNOSIS FOR LIFE
WEIGHT LOSS HYPNOSIS-HEALTHY MINDSET & HABIT CREATION PROGRAM™
BUILDING SELF-COMPASSION FOR YOUR JOURNEY

Level 10-Session 2

Releasing my shame

Session philosophy

This mp3 explores shame. Shaming is often used to keep people in line and to shape behavior. We see this in homes, on the playground, in school settings and in the work environment. We also see it in the personal internal environment.

The use of shaming begins at an early age, usually with well-intended but stressed amateur parents. Most parents do their best to use positive reinforcement, redirection and distraction. Unfortunately, what is often remembered by little subconscious minds are the comments that fed the “less than” identity.

Shame is often still used in adulthood as a means to “motivate” people to shape up. A little pat on someone’s bulging tummy, a little snide remark at a second helping, a raised eyebrow during “weigh-ins” are all examples of subtle shaming.

In fact, some shaming is so subtle that the conscious mind does not compute it, but the subconscious mind certainly does. When we experience shaming the subconscious mind files it away for easy reference.

Shame is likely one of the most damaging emotions that we can experience. However, it is often a daily reality for people who are over weight. We can begin to create new meanings and new associations around how we pick up external messages, how we filter them and the meaning that we give them.

We were not born with feelings of shame, and in that sense, it is not a “genuine” emotion. It is a borrowed experience that does not need to be accepted into today’s reality. Subconsciously managing shame, putting it in its place is a free-ing experience.

Journal assignment

1. What role do you think shame has played in your weight gain and your challenges in creating a healthier body?

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2. What impact would letting shame go have on your goals?

3. Do you know that you were not born with shame but instead came into this world as a perfect unique being filled with original potential?

4. Do you realize that shamers have their own challenges and must engage in their own healing journey?

5. Which people, activities and circumstances will support your continued movement forward?

6. When you released the experience of shame into the bucket were you able to experience a feeling of relief? Might you need to revisit this exercise?

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7. What will be different for you in the week ahead?
