HOW TO OVERCOME HUNGER AND FOOD CRAVINGS THROUGH DISASSOCIATION

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Health, Life, Freedom
Hello and welcome! In this report we are going to continue our series on overcoming cravings by modifying our mental outlook. I love to read the emails I receive from people who visit our Fitness Through Fasting website. It gives me great satisfaction to help them reach their weight loss and health goals.

One of the questions I receive frequently is:

“Why do I always want to eat the bad foods? I do want to get better; I do want to change, but I always seem to end up back with the junk. Why? Is something wrong with me?”

Maybe you can relate. I was stuck in this scenario for years and asked myself the same questions.

How did I do it? That is what this course is all about. However, there was one specific practice that broke it wide open:

I HAD TO LEARN TO DISASSOCIATE MYSELF FROM THE CRAVINGS. I had to realize and accept the fact that: THE OBSESSION FOR THE WRONG FOODS DID NOT COME FROM ME, BUT RATHER FROM A “FOOD MONSTER” INSIDE OF ME.

Huh? Come on … what do you mean by food monster? 😊

What I mean is: One side is YOU. You want the best for yourself, right? You are taking this course for exactly that reason … to improve your health and quality of life.

The other side is the food monster, which is not to be underestimated. It is a derelict entity that deceives you into thinking that YOU are the one who wants the junk food. IT speaks to you. It is such a subtle foe that you actually think the resulting thoughts are your own.

“I am weak. I cannot resist pizza, donuts, and cheeseburgers. I am a failure. I cannot do this. I just can’t help myself so what’s the use?” Or any other thought that leads you to give in and eat inappropriately.

As long as I had the viewpoint that it was ME who was weak and lacking, then – inevitably - I kept feeling failure and disappointment. Guilt and shame tend to produce more guilt and shame. The result is more overeating … and so the cycle goes on and on – sometimes for life.

So I began to disassociate myself from the thoughts and emotions that led me to eat poorly. I started looking at them not as my own, but as traps being set for me by the “food monster”.

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This change of perception empowered me. It allowed me to cleanse my mind of the negative. In short, when the thoughts, feelings and urges to overeat came, I stood my ground and told the food monster to get lost.

I no longer felt like a helpless victim of impulses that I couldn’t control. In fact, I became angry at the food monster and was determined to regain control of my life. Once the “enemy” was exposed and I realized that I was being deceived, my fighting spirit returned, stronger than ever.

How would you feel if you had fallen prey to a negative circumstance you thought was your fault, only to learn later that an enemy hiding in the shadows was the one that had started it all?

GET ANGRY! Use that emotion to get tough and tell the monster to get out of your life. You can laugh at it because you no longer have to react and succumb to unhealthy eating. Tell that monster: “Hit the road Jack!” 🙅

Learn to reinforce the REAL YOU – the person who wants health, happiness, freedom and a long life. Put that monster in a cardboard box and send it back to hell where it belongs.

Seize your key and unlock the door. 😊

Now… that is not to say that ALL are miraculously and instantaneously liberated of poor eating habits. Many of us have been using food to shield ourselves from negative thoughts and emotions our whole lives. Overnight freedom from these patterns is not the norm. It does happen, however.

Some have had types of spiritual awakenings and psychic changes. They have written me to say that their food obsession has vanished. I rejoice and am happy for them. There is great hope that you, too, will come to find a new way of life and freedom unlike anything you ever imagined.

But, for most of us, the process of stabilizing our eating habits requires continued focus and determination. It takes time. At first the cravings will continue. You may feel trapped and the monster will tell you that you are hopeless and should just give it up.

The more you resist and tell IT to get lost, the less time the hunger and cravings will last. Eventually, they will become but a minor irritation and negative thoughts and emotions will diminish. You will come to realize that weeks and months are passing without you experiencing any significant cravings to eat inappropriately.
Such is the miracle that has happened in the lives of many… and the one that I wish for you! Disassociation is a powerful weapon in this journey. I encourage you to practice and use it EVERYDAY. It helped me to overcome nearly 20 years of binge eating and obesity.

**Remember This:** “Failure to understand the direct connection between the inner world of thought and emotion with the external realm of behavior (eating) is the MAIN reason why people lose weight but cannot keep it off.”

**KEEPING** the weight off ALSO requires the practice of “mental techniques” so that you can learn to defend yourself against the constant onslaught of food, hunger and cravings.

That is what disassociation is all about. It may take some time to get used to it, but for me it has become second nature. I just disconnect myself from the thoughts and feelings that want me to eat the wrong food. Take the next month and work on this principle on an ongoing basis. If you do it persistently and with a true desire to change, you will be amazed at the results. Trust me; it will work wonders!

**Assignments 😊**

1) **Print This Lesson and Read it Several Times Until You Fully Internalize the Material.**
   At first glance the mind may tell you that what we are discussing here is petty and silly - and that it will not work.

   If you "react" to this, then you will have closed the mental door and the principle will not work. So be persistent. Be open minded. Read this report with a highlighter and give your mind and heart time to absorb and internalize what is being said.

2) **Start A "Life Journal" and Write About Your Goals Related to Fasting, Weight Loss, Health, Food and Eating.** Make it a point to write on your new journal DAILY. Whenever the urge to eat the wrong foods or break your fast comes, immediately practice disassociating yourself from the what you are thinking and feeling. Furthermore, take out the journal and write about what is going on in your mind and body.
Pay special attention to your thoughts and emotions. Log any mood swings and write the reasons why you want to lose weight and get healthy. The whole point is for you to constantly “remind” yourself just how important it is for you to see this process all the way through.

3) **Stay Close to AND Communicate with A Person or Persons Close To You Who Know That You Want To Lose Weight and Improve Your Diet and Health.** If there was ever a time when you needed this person beside you, it is now. It is imperative that you develop a strong support group of people to share with and gain strength when you are tired. Please do not isolate or try to do this alone.

Go to Fitness Through Fasting's Fasting Forum #1 or Forum #2, and post messages. Ask for a buddy! Read other people’s posts and reach out! You will find many others on the same path. You may even make life-long friends!

Until Next Time!

Warm Regards,

Robert Dave Johnston

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