

## Five Signs That Your Husband is at High Risk for Health Disease

Are any of the following statements true about your husband? The more "true" responses, the higher his risk of developing serious health issues.

- He refuses to go to the doctor.
- Heavy smoking and/or alcohol use.
- Lack of exercise.
- Waistline is more than 40 inches.
- Family history of health disease. Ask his parents if he doesn't know.

## Stop Choosing to Be Overweight

If you are obese, you're putting your health at risk. You need to take control of your weight to reduce the possibility of suffering serious complications. Having tried and failed in the past is no excuse to give up on yourself now. Dr. Phil spells out the most common weight loss pitfalls so that you can avoid them.

### Making Excuses

What is your excuse? You don't have time to work out? Well, do you have time to die from complications related to obesity? You're too busy working? Why? So you can pay for the funeral? Get real! Life Law #1 is "You either get it or you don't." What is making you fat? It isn't your schedule or your metabolism or your willpower. Stop making excuses.

### Letting Weight Work

Life Law #3 is, "People Do What Works." How is your weight working for you? What is your payoff for being overweight? Does the weight protect you by providing a barrier? Is the weight a form of rebellion? Do you get attention from it by playing the victim? Is your overeating a way of getting pleasure? Accept that you have chosen to be overweight because of the payoff, and have stayed overweight by having a lifestyle that contributes to it.

### Dieting

Diets don't work because dieting is not a long-term solution. If you diet to lose weight, you'll gain the weight back once you get off the diet. Remember, you behave your way to success. There are no quick fixes. Even gastric bypass surgeries can only provide short-term results if your behavior and thinking don't change.

### Triggers

What triggers you to overeat? Is it a certain time of the day? Do you turn to food when you get upset? Life Law #4 is, "You can't change what you don't acknowledge." So you need to be honest about how you are using food, and change the way you respond to your triggers.

### Labeling

What is your internal dialogue saying? That you're a failure? A quitter? That you'll never lose weight? If so, you need to change these labels and limiting beliefs because they are sabotaging your efforts. How will you change if you don't believe you can change? How can you lose the weight this time if deep down you believe that the outcome is predestined and that you are destined to fail?

## When Losing Weight Causes Anxiety

If you thought that losing weight would solve all your problems and eliminate your insecurities and anxieties, you probably found out the hard way that fixing external issues *doesn't* fix internal issues. In fact, losing a lot of weight quickly can intensify anxiety. Dr. Phil explains:

- If you're experiencing disappointment about your weight loss, you may have had unrealistic expectancies. For example, what you could have expected was: to feel healthier, more energetic, to lower your risk of diabetes or other diseases that are related to obesity. Unrealistic expectancies would include: eliminating your insecurities, changing the way you feel about yourself and the world, etc.
- If the anxieties you felt while you were overweight have been amplified by weight loss, ask yourself if you gained weight for a reason. Was the weight just a symptom of something going on inside you?
- Ask yourself if you were medicating yourself with food. Overeating can provide comfort by pushing down anxieties and insecurities. It can be a coping mechanism.
- When you eat in a healthy manner and don't allow yourself to overeat, you take that unhealthy coping mechanism away from yourself. All of the anxiety you've felt is still there, but you don't have this tool (overeating) to cope with it anymore. It's no wonder that the anxieties start bubbling back up again.

- Realize that although you've got the same problems you had before, you're just in a smaller body and you don't have a tool to fend it off and "self medicate" with.
- Understand that while it's important to manage your external environment (your weight), it's just as crucial that you manage your internal environment (your fears and anxieties).

Source: Dr.Phil.com