

NAVIGATING THE "I DESERVE THIS" DILEMMA: STRIKING A BALANCE FOR SUCCESSFUL WEIGHT LOSS



Embarking on a weight loss journey often involves making changes to our eating habits and relationship with food. However, the thought of "I deserve this" can present a challenge when trying to achieve weight loss goals. It's essential to find a balance between enjoying the foods we love and making healthy choices.

- **Mindful Indulgence:**

The thought "I deserve this" can be an opportunity to practice mindful indulgence. Instead of completely denying yourself your favourite treats, allow yourself to enjoy them occasionally and in moderation. Mindful indulgence means savouring each bite, being fully present, and truly enjoying the experience. By approaching your favourite foods with mindfulness, you can satisfy your cravings without derailing your weight loss progress.

- **Portion Control:**

One key aspect of incorporating favourite foods while maintaining weight loss is practicing portion control. Instead of indulging in a large serving, be mindful of the portion size. Consider serving your favourite food on a smaller plate or splitting it with a friend. This way, you can still enjoy the flavours you love without consuming excess calories that could hinder your progress.

- **Occasional Treats:**

The thought "I deserve this" can be embraced by designating certain occasions for indulgence. Rather than allowing these foods to be a part of your daily routine, reserve them for special occasions or planned treats. This approach allows you to anticipate and savour these foods while maintaining a consistent and healthy eating pattern for the majority of the time.

- **Emotional Awareness:**

It's important to be mindful of the emotions that may trigger the thought "I deserve this". Emotional

eating can often lead to overconsumption or using food as a coping mechanism. Instead, try to identify the underlying emotions and find alternative ways to address them, such as engaging in self-care activities, talking to a supportive friend, or practicing relaxation techniques. By addressing emotional needs directly, you can reduce the reliance on food as a reward or comfort.

The thought "I deserve this" doesn't have to be an obstacle to your weight loss journey. By embracing a balanced approach, practicing mindful indulgence, portion control, and incorporating favourite foods within a well-rounded meal plan, you can enjoy the flavours you love while still making progress towards your goals. Remember, weight loss is about finding a sustainable lifestyle that supports your overall well-being. By striking a balance between healthy choices and occasional treats, you can create a positive and enjoyable relationship with food while achieving your weight loss objectives.

[Listen to podcast episode 16 – The thought that will sabotage your weight loss journey](#)