

Who's Who In Your Head

Adapted from

Shapeshifting Inside & Out:

Release Your Unwanted Weight and Reclaim Your Life

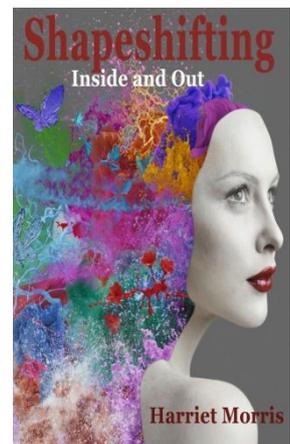
Harriet Morris

The self-loathing that accompanies excess weight and compulsive eating often carries a hidden (or not-so-hidden) assumption:

I am a terrible person, lacking self-discipline and willpower. I just can't want it enough.

How about this concept instead:

You are a collection of different energies. I find it helps to think of these energies as people. You already know on an intuitive level that sometimes you can be a really good person (the one who gives up your seat to an old lady even when your feet are killing you). And sometimes you can be a bit sneaky (queue-jumping at the supermarket for example).



The concept of these energies is helpful because we can start to consciously choose which person we want to be at any given moment.

This idea that you are some one-dimensional personality out to ruin your own life is the first thing that must change if *you* want to change (It also makes no sense. If you are out to ruin your own life, then surely that's two opposing energies in your mind?).

Let's dive in and see who's who in the mind of someone who is expressing their unprocessed life experience through excess weight and/or compulsive eating.

Primitive You – a force to be reckoned with. You may know her as the fight or flight response. The truth is that you are in fight or flight far more than you realise. She took over as a way to deal with life experiences that you haven't yet processed. You may assume that those experiences are over and done with, but she does not understand this. Her role is to ensure your survival: she does not understand the danger has passed. Primitive You creates the need for safety.

Sabotage You - she is the CEO of your excess weight and compulsive behaviour around food programme. She is responding to the daily SOS put out by Primitive You. She also hides Primitive You from your awareness.

The Too-Good Girl - employed by Sabotage You, her job is to do all the Sabotage PR within your mind. She justifies misery and living a diminished life to you. She's the one who came up with the ad campaigns currently running on a loop in the back of your mind. You know the ones: *Keep the peace. Don't upset the applecart. Keep your head down and do as the boss says.* Because she is an excellent PR woman, she also makes you think you are the one-dimensional bad person described earlier.

Rebel You – don't confuse her with Sabotage You. She has huge potential energy to allow you to stand up to Sabotage You. An underrated force for change.

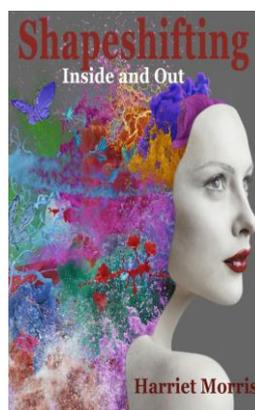
Curious You - the person analysing and pulling together all the thoughts and actions of the others. The one who bought this book. The superheroine of your weight release and recovery from your past.

The Lost Child - this is the girl or boy within you, still stuck in stage two and freeze response (a concept you will encounter in the next chapter). Sabotage You has placed a gagging order on The Lost Child, so she buys into The Too-Good Girl's ad campaigns as if they were the gospel truth. By moving to stage three, you honour her needs and dismantle the root cause of your unwanted weight. The challenge is to ignore her desperate attempts to stop you standing up for her.

We will meet all of these characters in this book. Let's start with Primitive You.

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