

Overcoming Resistance When We Don't WANT to Feel Better



By Eve Menezes Cunningham

By reframing the focus to a far better formed outcome of balancing the blood sugars to help balance the hormones and minimise the symptoms, I have become the kind of person who no longer eats compulsively.



NLP offers so many wonderful tools to help us support ourselves and our clients, yet sometimes we don't *want* to feel better. We might know that something in our life (be it to do with work, relationships, health, fitness, money, the home or something else entirely) is far from ideal and yet dig in, refusing to even look at, let alone change it.

I quit smoking and drinking in 2001 and by the time I started my training in NLP in 2005, I was still feeling so deprived on account of the not drinking and smoking that I actively resisted letting go of my remaining vices when we had the chance to SWISH them away.

Years later, doing some Behavioural Patterning work, crisps came up as an area I might work with. And I resisted. I knew that I'd gained weight after quitting smoking and drinking but, having veered towards anorexic behaviour when I was 12, I'd vowed never to diet again. After all, diets were all about telling women and girls that they were too much and should be less.

It's taken until now to recognise that:

- A** yes, it's enraging that women and girls are still subjected to endless messaging that taking up less space on the planet means they look more appealing, AND
- B** my eating more crisps than was healthy wasn't good for me.

My being unhealthy wouldn't bring the patriarchal systems that oppress women and girls (and men and boys!) to an end.

Bringing things into balance

I'm a bit embarrassed (on account of all of my work – the writing and my practice being about self-care) to acknowledge that it took me so long. I was undermining all my daily self-care practices by eating 'badly'. I would never have said I was eating 'junk food' because who wants to give that kind of negative message to their body and mind? In my imagination, sugar and crisps were *good* for me.

But something shifted as I recognised the link between crisps and sugar and my symptoms. I went cold turkey and quit crisps a few weeks ago. I used Logical Levels to support me and donated around 150 packets of crisps. I also massively reduced the sugar and processed foods (vegan meat replacements 'should' be a treat rather than daily dinners. I get it now).

By reframing the focus from cutting out crisps and reducing chocolate to a far better formed outcome (balancing the blood sugars to help balance the hormones and minimise the symptoms), I have become the kind of person who no longer eats compulsively.

And I wouldn't have said I *had* been eating compulsively, but the withdrawal headaches and clarity I'm beginning to feel tell a different story. Because I was so keen to keep the blood sugars as balanced as possible, instead of the old two biscuits a day (plus extra in the night) and a chocolate bar / small dessert / pan of vegan brownies a day, one Bourbon biscuit or Oreo is often the only sugar I have all day.

The old individual-sized portions, which would have been a small part of my dessert, are now far too big. Recognising the part having more would play by raising the blood sugar and enhancing ongoing cravings, I divided these small portions into four tiny portions and they truly feel more decadent. I can't imagine no longer eating sugar at *all* but it's nice to be reducing it in the service of keeping blood sugars and hormones more balanced.

When you think about whatever you might be thinking of in your own life, habit wise, what do you *know* isn't right for you?

How might you reframe things in a way that helps you? ■



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