

Week 7 Video 2 Going Down The Line

A number of years ago, I found myself at home, I think one of my kids wasn't feeling well and I was watching Oprah. And she said, in a few minutes, we're going to have five beautiful women coming up on stage to talk with us. And each of these women has had gastric bypass surgery.

Well, gastric bypass surgery was fairly new at that time and gastric bypass surgery is when the stomach where there's something put around the stomach so the stomach instead of being this big is about the size of a walnut. And for weight loss, what that means is the person who has had the surgery can only eat a small amount of food and they feel full very quickly and it's impossible for them to overeat.

Well, of course, the reality is they can overeat that stomach and continue to stretch but each of these woman had gastric bypass surgery. And she was interviewing them because it was something very fascinating and interesting about each of these women because each these women – remember that list of eating, drinking, smoking, drugs, gambling – so each of these women had a habit of overeating. Most likely it was because of some of the negative stuff over here but after gastric bypass surgery, it was virtually impossible for them to eat. And as she was interviewing them, it became apparent very quickly that each of these women had become alcoholics. Eating wasn't a possibility for them. they had no other tools to ignore all the negative feelings that were over here and so they were just basically going down the line and the next thing for them to do is to drink. And of course, when you're drinking when you have a tiny little stomach like that changes how chemically reacts in your body and they each became alcoholics.

I believe it was after that Oprah episode that people who gastric bypass surgery had to get some sort of psychological counseling. I don't know what that counseling is but I hope it has to do with the negative thoughts and feelings here because just using willpower isn't going to do any of these.

And so, when we stop the habit whether it's nail biting, whether it's eating, whether it's hair pulling, we want to make sure that we are in control and intentionally create a new habit that is healthy and good for the client because if there's nothing there and we don't give our client the ability to use their resources to fill up that emptiness, that empty habit, they're going to go down the line.

So helping clients come up with new healthy habits is a huge part of what you can do to make a difference in their lives.

I'm going to be talking about the emotional eating and what to do instead of eating and the different kinds of habits and Michael will be talking about that and smoking too. But the same thing comes true for hair pulling. When, if a client is no longer pulling their hair, they have to find some way to help them deal with these daily stressors of their life as well as all those things, that baggage that they're carrying, those old emotions that they're carrying that are causing them to feel bad. See you in another video.

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