

You Can't  
Change  
Your Weight

Until You  
Change  
Your Mind!



Profile Results For:

Sally Slender

**slender** for life™

 **The  
Inner  
Diet**  
By Dr. John H. Sklare

# The Inner Diet™

## Personal Assessment System

This is your Inner Diet Personal Profile. The information contained in this profile is a direct result of how you answered the questionnaire. In other words, no two profiles contain the same information. You now have another important piece of the weight control puzzle in your hands. I am confident that, after reading this profile, you will know more about why you overeat than you have ever known before. The Inner Diet is designed to help you learn how to create "real change" in your eating. The truth is that controlling your weight calls for more than just knowing "what" to eat, it also demands an understanding of "why" you eat! The information contained in this profile will provide you with some of that critical insight.

If you're like most people, this is not your first attempt at weight control. Most people have spent more time and money than they care to remember trying to solve this problem. Well, unless your past attempts addressed the underlying causes of why you overeat, it's no wonder that you failed. This program will supply you with that missing piece of the puzzle.

Successful weight control must involve more than just your body. It must also involve your mind. You know, your thoughts and beliefs. After all, the physical act of eating always follows the mental decision to eat. There is no great mystery about which comes first, the thought or the action. The decision to eat always comes first. The tricky part about this "decision to eat" is that it is not always a conscious decision. This is where The Inner Diet helps. The purpose of this program is to increase your awareness and understanding of what motivates you to make poor eating choices. The Inner Diet Activity Book will then provide you with the guidance and direction you need to address and better control these emotionally motivated eating decisions.

Let me assure you that it is absolutely normal to score high on these issues. So don't be disappointed if you have. Emotional eating is very typical in overweight individuals. As a matter of fact, 95% score high on at least one, 80% score high on at least two and 60% score high on at least three of these six issues. So, as you can see, these are very common issues for those who struggle with weight control. I recommend that you complete all of the activities in the Activity Book regardless of your scores. All six issues share a common thread. Take your time and give this your full attention. You're worth the effort!

Wishing You Great Health,



Dr. John H. Sklare

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## INNER DIET PERSONAL PROFILE FOR SALLY SLENDER

All studies clearly show that most people are unsuccessful at permanent weight control. These studies also suggest that those who do succeed have a greater awareness of "why" they eat! Most people rely solely on dieting and exercise to manage their weight. A few of these people may succeed but most, unfortunately, eventually regain those lost pounds. They regain their weight because the reasons or "Emotional Triggers" causing them to overeat are still present! The Inner Diet was designed to provide the awareness, the understanding and the direction you need to address those underlying causes. For example, let's compare weight control to weeding a garden. If you attempt to eliminate a weed from a garden simply by cutting it off at the surface, you will not be successful. Since the roots are still present, this will only provide a temporary solution. That weed will, slowly but surely, eventually return to that garden. You can cut that weed 100 times and it will continue to return every time. Why? Because its "roots" are still present. The exact same principle can be applied to weight control. In other words, addressing the "cause" 'why you overeat' (the roots of the weed in the example) is just as important as addressing the "symptom" 'the excess weight' (the part of the weed above the surface in the example)!

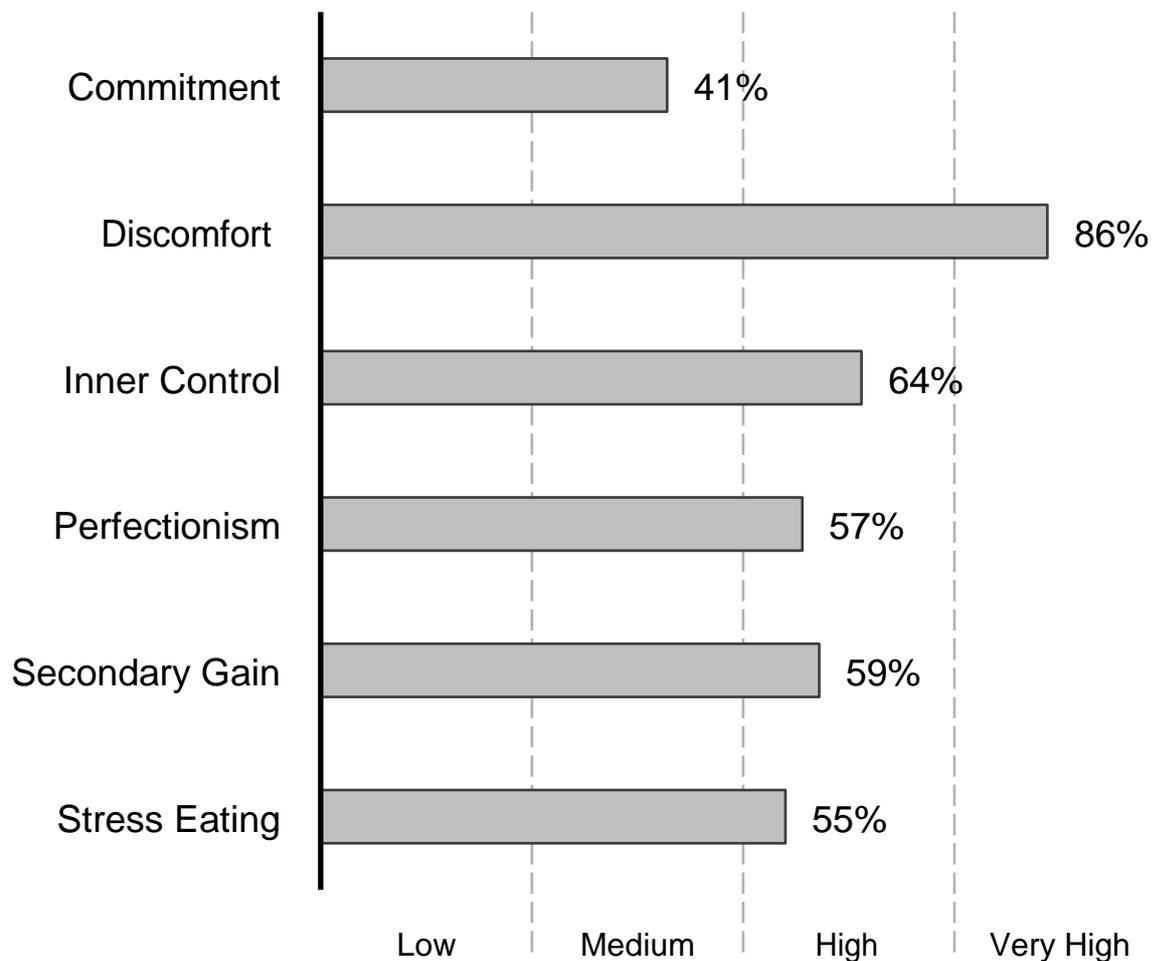
To succeed at weight management, you must address all three of its major components. They are: nutrition and exercise as well as those underlying issues or "Emotional Triggers" that motivate you to overeat! These issues are at the very heart of most overeating behavior.

The primary purpose of The Inner Diet is to identify which of the six "Emotional Triggers" are motivating you to overeat and then provide you with solutions. The Inner Diet, along with a sound nutrition and exercise program, will provide you with the focus and the direction that you need to address those long ignored, repetitive, underlying issues that trigger and motivate you to overeat!

Your profile is organized as follows:

- A. **THE GRAPH.** This part of your profile, located on page 2, identifies how you scored on each of the six Inner Diet scales.
- B. **THE PERSONALIZED PROFILE.** This part of your profile, which begins on page 3, provides you with a personalized explanation of your scores.
- C. **THE INNER DIET PLAN.** This part of your profile provides you with specific instruction (The Inner Diet Activity Book) on how to better understand and address each of your "Emotional Triggers".

The Inner Diet is a statistically valid and reliable instrument. If your responses to the questionnaire honestly represent how you feel, your profile will be extremely accurate.

**Graph of Scale Scores for: SALLY SLENDER****Your Inner Diet Results**

The graph above shows you how you scored on the six Inner Diet scales. Scores in the "High" or "Very High" ranges are indicators of your most significant barriers (Mental Roadblocks) to successful weight management. "Middle" range scores indicate areas of occasional difficulty, while "Low" range scores signify no problems at this time.

The following section, The Personalized Profile, will provide you with a brief description of each scale and a better understanding of your scores. This next section is truly personalized for you. The text that appears in this section varies from person to person and is a direct result of how you answered the questionnaire. The Inner Diet Activity Book, The Inner Diet Plan, was specifically designed to help you understand and address these issues.

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## **COMMITMENT LEVEL - Personalized Results**

This scale measures the amount of motivation and commitment you have towards losing weight. Your score falls in the "Middle" range on this scale. You are on the border between understanding that successful weight control requires a permanent change in your lifestyle and eating habits and hoping that periodic dieting and exercise will be sufficient to control your weight. Dieting periodically may have worked for you in the past, however, constant weight gain and weight loss can slow your metabolism and increase the size of the fat cells within your body. This can make it even more difficult to lose those extra pounds over time. Managing your weight demands a commitment to a life long, healthier change in your eating and exercising habits.

## **DISCOMFORT LEVEL - Personalized Results**

This scale identifies just how psychologically uncomfortable weight loss is for you. Your score falls in the "Very High" range on this scale. A very high score strongly indicates that you have a very high discomfort level with dieting and weight loss. Weight loss, by nature, is a very uncomfortable experience for most people. Some people are able to manage this discomfort and work through it. However, when the degree of discomfort is as great as yours, a significant barrier to weight control is present. One of your major obstacles to successful weight control is your difficulty in handling the discomfort that inevitably accompanies any weight loss program. An example of this may better help you to understand how this problem gets in your way. Flying is an experience that causes various degrees of discomfort in people. Some people find flying easy, others enter the plane with sweaty palms and some apprehension, and still others become so anxious that getting on a plane is almost impossible. Physically, flying is the same for everyone. The difference, however, lies in one's perception of flying. Physically, dieting and weight loss are the same for everyone. Your body reacts the same as everyone else's to eating less and exercising more. The difference is in your "perception" of the difficulty of dieting and weight control. This kind of Discomfort is predominately psychological (the way you think about it). Just as people can overcome their discomfort with flying, you can overcome your extreme discomfort with weight control. The Discomfort Tutorial, inside The Inner Diet Activity Book, will increase your understanding of this issue and provide you with the assistance and direction you need to address your discomfort with weight control.

Your very high discomfort, with dieting and weight control, is, in part, related to using food as a reward. Eating is often used as way of patting oneself on the back, for a job well done for example. Your score strongly indicates that you are one of those people who use food for this purpose. Dieting, therefore, will threaten your reward system and leave you feeling empty and without motivation. Replacing food with some other more appropriate reward would greatly increase your potential for success.

There is an old saying that suggests that you can sometimes be your own worst enemy. Psychologically, this is often the case in weight control. You have indicated that there is a part of you that really doesn't want to lose weight. This is the part of you that is at the very

heart of your past weight control failures. The good news, however, is there is also a part of you that wants very much to control your weight. Some even jokingly say, that it seems as if they have two totally different personalities living inside them. Well, rest assured that you are not going crazy. This "internal struggle" is a very common obstacle present within everyone. The solution to this struggle, is to strengthen that part of you that shares your goals.

You should also be aware that you use food to pick you up when you feel down. You must realize that, in the long run, this does not make you feel better. It only provides a temporary escape while creating long term weight problems. Dieting is, in part, uncomfortable for you because it separates you from that which makes you feel good. This, in turn, makes dieting seem like punishment to you.

## **INNER CONTROL - Personalized Results**

This scale measures how much control you feel you have over your weight and your eating. You scored in the "High" range on this scale. A score in one of the high ranges indicates that you just don't think that you can control your weight. Deep down, you simply don't believe that you will ever be successful with weight control. This "belief" alone can prevent you from ever reaching your goal. The following example may help you better understand the power that this belief carries. Imagine yourself in a room with one door and that you are standing, with your back to the wall, directly opposite of that door. If I then asked you to leave that room by the shortest route, what would you do? You would take a direct path to the doorway opposite you because that appears to be the shortest pathway out. Right? Wrong! The truth is that turning around and walking through the wall behind you is actually the shortest pathway out of that room. The reason that you would not attempt or even consider this option, however, is because you "believe" that you can't do it. The lesson here is very powerful. People tend to not try those things they "know" they can't do! Even though this example sounds a bit ridiculous, it demonstrates a key principle related to the psychology of weight control: If you don't "believe" that you can do something, you most likely won't. Successful weight control begins in the mind. The first step toward reaching and maintaining your weight goal begins with the "belief" that you "can" do it. The Inner Control Tutorial, inside The Inner Diet Activity Book, will increase your understanding of this issue and provide you with the assistance and the direction that you need to address this self-defeating belief system.

Food, for you, has become what is referred to in psychology as a "self-defeating reinforcer". This happens when eating is used as a reward. The end result, of this behavior, is that you become overly focused on food. If you are like most people who score as you have, you probably think about eating constantly. Many people, in this situation, will even unconsciously 'chew' in their sleep. Eating is one of life's major pleasures. Like any pleasure, the more you indulge yourself, the more hooked you become on it. This, ultimately, makes it more difficult to stop. Please be aware that this behavior is not unusual. This is very common for people who are overweight. The good news is that you can change this behavior and eliminate this kind of eating.

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Individuals who have Inner Control Scores like yours, feel that their weight is out of their control. You are probably one of those people who often eats when nobody is around, even when you are not particularly hungry. This is not only nutritionally unhealthy, it is emotionally unhealthy as well. You are caught up in a negative eating cycle that leaves you feeling frustrated and hopeless. And the sad truth is, that each time you engage in this type of eating, it strengthens your conviction that you can't stop. The end result, of this vicious cycle, is that the more convinced that you are that you can't stop, the weaker your resistance becomes. It is important to note that this is not a "life sentence", even if you have always been this way. If you are to be successful with weight control, however, you must take charge and eliminate this self-defeating eating pattern. You must learn to accept that effective weight control requires personal responsibility. In order for you to be successful, it is essential that you develop the insight and strength necessary to control your eating. Even though this is difficult, it is absolutely within your ability and you are worth the effort.

Your lack of feeling in control of your weight is directly related to your desire to overeat. At this point, your desire to overeat is greater than your desire to eat more responsibly. This makes losing weight extremely difficult and frustrating. Unfortunately, continuing to overeat while wanting to manage your weight is a little like wanting to take a shower and not get wet. It just can't happen! Until you learn to accept a healthier lifestyle, weight control will continue to elude you.

In a perfect world, no one would ever deviate from their weight management program. However as you well know, in the real world, slipping and cheating on these programs is very common. People can learn to be successful on a diet, even if they do slip or cheat on occasion. You have indicated that once you slip or cheat, the diet is over for you. This approach is unrealistic and unattainable. Since no one is perfect, you are demanding the impossible from yourself. Focusing on overall healthier living, as opposed to performing perfectly, would benefit you greatly.

## **PERFECTIONISM - Personalized Results**

This scale identifies just how realistic your approach to weight control actually is. You scored in the "High" range on this scale. A score like yours strongly indicates that you are approaching weight control with unrealistic expectations. Perfectionism, in dieting, is a built-in guarantee of failure. You see, those who feel as you do allow absolutely no room for error. That is, once you vary from your diet, even slightly, you feel like a total failure and, as a result, consider the diet over. The problem with this "perfectionistic" approach, is that no one is perfect. Let me give you an example that may help you to better understand how this issue gets in your way. Consider the professional baseball player. The best major league hitters get on base about three out of every ten times at bat. In other words, the top baseball players in the world are unsuccessful about seven out of every ten times. Even though they expect to get a hit every time at bat (an unrealistic expectation) they don't give up when they fail. They return to the plate their next at bat and try just as hard to succeed the next time. Just as getting a hit every time at bat is unrealistic for the ball player, never slipping or varying from a diet is unrealistic for you as well. Should you give into some temptation or make a poor eating decision and go off your program, you, like the ball player,

must also return to your 'plate' with the understanding that the game is not over. The Perfectionism Tutorial, inside The Inner Diet Activity Book, will increase your understanding of this issue and provide you with the assistance and the direction that you need to address this issue.

You have indicated that there always comes a point, when you are dieting, where you become so uncomfortable that you return to your old eating habits. This, as you already know, can become very frustrating and disappointing. The reason that this occurs is that one of the consequences of perfectionism, in dieting, is that you become overly focused on food and eating. For example, if you have trouble falling asleep two nights in a row and then go to bed on the third night worrying about falling asleep, it is then the worry itself that begins to keep you awake. The point is that, in some cases, the more you focus on a problem the more difficult it is to control. Just as worrying about falling asleep will keep the insomniac awake, trying to perfectly control your eating will constantly focus your attention on food. The thought that you can "never" have something, makes that something increasingly more desirable. The result is that the temptation continues to increase until you finally give in.

Another issue that interferes with your ability to stick with a weight loss program, is your unwillingness to accept any minor slips along the way. Perfectionists, like yourself, believe that there is absolutely no difference between a "minor slip" and total failure. What this means is that, once you vary from your program, even slightly, you abandon the entire program. In other words, you equate eating one potato chip with total failure. So, having failed, you finish the entire bag! I can't emphasize enough how unfair and difficult a demand this is to put on yourself. Give yourself some room, be more realistic and less demanding on yourself and, above all, learn how to "bounce back" immediately after you have slipped. Not only is this possible, it will significantly improve your potential for successful weight management as well.

## **SECONDARY GAIN - Personalized Results**

This scale identifies whether or not you see some benefit or advantage to remaining overweight. You have a "High" score on this scale. A high score indicates that there are reasons that you may not really want to lose weight. In psychology, the term secondary gain means that you have a reason for not solving a problem or reaching a goal. This suggests that you may find certain advantages or benefits in remaining overweight. People, who feel as you do, may consciously or unconsciously sabotage any attempt at dieting. An example is someone who intentionally remains overweight in order to avoid close, intimate relationships. Some people actually use their weight in an attempt to avoid any intimacy and to keep others away. Being overweight, for these people, is a benefit. It provides them with a measure of safety and security. There are a variety of other reasons that people give for remaining overweight as well. The first step however, in overcoming secondary gain, is to become aware that there is a part of you that is resisting losing weight. The second step is to specifically identify what is causing this resistance and the final step is to make a deliberate choice as to what is truly more important to you: to change your weight, or to remain overweight. Individuals, who score as you have, often find discussing this issue with a professional counselor to be very helpful. Understanding the causes of your overeating is

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critical to your success. The Secondary Gain Tutorial, inside The Inner Diet Activity Book, will increase your understanding of this issue and provide you with the assistance and the direction that you need to better understand this issue.

You have indicated that there is one part of you that wants to lose weight and another part of you that keeps getting in the way. As confusing as this may sound, this is very typical for many people like you. It probably feels as if there are two totally different people struggling for control inside of you. Well, in a sense, there are. The part of you that wants to do the "right" thing nutritionally, is constantly fighting with the part of you that doesn't. The key to resolving this battle, for you, is to better understand and investigate this "internal struggle".

Your response to the questionnaire demonstrates very clearly that you see some advantages to being overweight. As long as you hold on to this belief, weight control will be very frustrating for you. Until you gain a better understanding of why you feel this way, your struggle is likely to continue.

## **STRESS EATING** - Personalized Results

This scale measures how stress affects your eating. You have a "High" Stress Eating score. A high score indicates that overeating when stressed is commonplace for you. People with Stress scores like yours typically use food to help them feel better when things go wrong or when they are feeling down. Since you scored high on this scale, it is clear that you overeat when feeling stressed. One of the problems with stress eating, is that going on a diet produces tension itself. If, in addition to the tension produced by the diet, some other source of stress is added (a bad day at work or a fight with a spouse for example) weight control becomes extremely difficult if not impossible. This is because that which you use to reduce tension and make you feel better (food) is the very thing that you must now deny yourself. Another problem with stress eating, is that you develop a never ending vicious cycle of weight gain. This begins when you give in to stress and eat foods that are not on your diet. Eating these foods may make you feel better for the moment, however, in the long run, the end result is feeling worse and under even more stress. This is the way that stress eating becomes cyclical. That is, you eat to feel better, then you feel worse because of eating, and therefore, eat some more to feel better again. The more stress that you are under, the more you need some way to alleviate the pressure. The best way to overcome stress eating and to successfully lose weight is to learn how to control life stress in general. You must learn how to replace food with other more appropriate methods of reducing tension. The Stress Tutorial, inside The Inner Diet Activity Book, will increase your understanding of this issue and provide you with the assistance and the direction that you need to address this issue.

The fact that you have indicated that you have made at least 11 prior attempts to manage your weight, emphasizes the power that stress eating has over you. As long as you use food as a method of reducing tension and handling stress, you will continue to struggle with weight control. This behavior is one of the primary reasons that you have dieted unsuccessfully so many times in the past. Learning healthier responses to stress will greatly

improve your potential for success.

You have expressed serious doubts about your ability to lose weight. The problem with this "negative thought", is that believing that you can't do something makes that something all the more difficult to do. The truth is that you do have the willpower to manage your weight, even though you don't presently believe it. Negative thoughts lead directly to negative results. Your negative thought, about your ability to lose weight, greatly contributes to your struggle.

You have indicated that you use food as a reward. This is very common for people who struggle with weight control. Unfortunately, as long as you continue using food for this purpose, effective weight management will elude you. Finding a healthier reward system is essential to your success.

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## INNER DIET PLAN

As you may recall from the bottom of page one of this profile, the complete Inner Diet Personal Assessment System contains three distinct sections. The first section (Part A), The Graph, is found on page two. The purpose of The Graph is to show you how you scored on each of the six Inner Diet scales. You are now aware of what the underlying issues are that have been interfering with your ability to control both your eating and your weight. The power that this knowledge brings is critical to your success and should not be underestimated. Awareness is the key to change! You now possess that key!

The second section (Part B), The Personalized Profile, was designed to increase your understanding of how these issues affect your ability to manage your eating and your weight. This section, which begins on page three and ends with the previous page, is truly personalized for you. The text that appears on these pages is a unique expression of your personality. It is generated from your individual responses to each item on the questionnaire.

The last section (Part C) involves The Inner Diet Activity Book. This Book is designed to provide you with specific instruction for addressing and eliminating the six "Emotional Triggers". The Inner Diet Activity Book consists of six Cognitive\Behavioral self-help tutorials. Completing the activity book and reading your Inner Diet profile, in conjunction with a sound nutrition and exercise program, provides you with your best opportunity ever for successful weight management. These "self-help, home-study tutorials" are based on the exact same methods used by professionals. They were specifically designed to help you address your specific barriers to successful weight control.

Over 95% of all people score high on at least one scale and over 80% score high on at least two. Your highest score indicates your greatest area of concern while your lowest score identifies your least. Work on your highest score first and then, in priority order, the other five. The Inner Diet Activity Book was developed to help you to address these issues. The list below represents your scores from the highest to the lowest:

	Your Score	Average Score
1. Discomfort Level	86	58
2. Inner Control	64	49
3. Secondary Gain	59	26
4. Perfectionism	57	50
5. Stress Eating	55	62
6. Commitment Level	41	42

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## SUMMARY

The Inner Diet Personal Assessment System was developed in response to current research findings. These findings clearly demonstrate that, in order to succeed at weight management, you must identify and address those repetitive, underlying causes of overeating. After all, the physical act of eating always follows the mental decision to eat! In other words, successful weight management must involve your MIND as well as your BODY.

The primary purpose of The Inner Diet was to increase your awareness of those "Emotional Triggers" that cause you to overeat! The graph, on page 2 of your profile, will have accomplished that goal. There, clearly visible for you to see, are the areas that have been identified as your "Emotional Triggers". If you have struggled with weight control in the past, it is likely that these areas represent the underlying causes. This knowledge alone should increase your potential for success this time.

You now have the awareness and the understanding that provide the fundamental building blocks of change. The next step involves "action". We highly recommend that you complete the activities in The Inner Diet Activity Book. They will deliver the focus and the direction you need to address and solve these repetitive issues. Your active involvement is the most important contribution you can make towards your success. Healthy eating, exercise and The Inner Diet. This creates your best opportunity ever for success.

Remember:

**YOU CAN'T CHANGE YOUR WEIGHT, UNTIL YOU CHANGE YOUR MIND!!**

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