Consider What Happens When You Diet

When you diet, specific things happen. Do not blame these things on "lack of willpower" or "not being able to diet well enough." They are the natural response to dieting. Most people can resist them the first few times they diet. However, the more often and/or the longer you diet, the more intense and harder to ignore they become. In fact, anytime you ignore a basic need (for water, air, food, sleep, and/or warmth), you can expect these results:

1. You will always be thinking about what is needed.
2. It is hard to concentrate or think about anything else.
3. There is a powerful craving to satisfy the need (tiredness, thirst, hunger, etc).
4. Until satisfied, the craving is very uncomfortable. You may become irritable or self-centered. It will be hard to think about anyone else's feelings.
5. When the need is finally met, more than a normal amount will be needed.

So, when you are thirsty, cold, or sleep or food deprived, you will have predictable results. What does this look like if you are food deprived? Ignoring hunger looks like this:

- You will think almost constantly about **FOOD**.
- After dieting a while, you will find it hard to **CONCENTRATE** or think about anything else.
- You will have a **POWERFUL** craving for **FOOD**, especially fast energy foods like sweets and high fat foods.
- You will probably feel **UNCOMFORTABLE**, have **LITTLE** patience, feel **CRABBY**, and think mostly about yourself and your **UNMET** needs.
- Expect a **HUGE** hunger when you stop dieting, like you **JUST** cannot get enough food. (It is **NORMAL** to rapidly eat **LARGE** amounts of food when going off a diet.) You will not be able to quit eating until you are "**STUFFED**." This too is normal!
- The longer and more you diet, the **MORE** you will overeat after the diet. (The most common cause of overeating is **DIETING**.)
- After losing weight on a diet, you will most likely **REGAIN** the weight, plus **ADDITIONAL** pounds. (The faster you lose it, the more likely you will be to gain it back.)
- The more you diet, the **HARDER IT IS TO TELL** when you are full or if you are still **HUNGRY**. And for a while, you **MAY ALWAYS** feel hungry, even if you are not.
- If you stop dieting long enough, you will get back this normal hunger sensor. AND you will get back the marker that tells you are full. You will not need your mind to force you to quit eating. Your body will say, "Enough, don't want anymore." And your mind will say, "Oh, okay, done." Like when you were a small child, before all these outside influences and dieting interfered with the normal processes.
