

WEIGHT LOSS GOD'S WAY REAL CLIENT LETTERS



by Dr. Frank Smoot

Dr. Frank B. Smoot, MA, DD Presents:

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"REAL CLIENT EMAIL DIALOGUES"

- 91 Of Them...Live & Uncensored! -

Real "Insider" Email Correspondence With My Actual Weight Loss Coaching Clients

PLEASE NOTE: This ebook has been created for instructional purposes only. 100% of the content is taken from real email correspondence with my actual weight loss coaching clients.

My goal in creating this ebook is to help increase your own insight and understanding into any challenges, questions, issues, or barriers you may have encountered in your own efforts to achieve safe, lasting, and struggle-free weight loss.

Some of the correspondence in this ebook is light-hearted and upbeat, and some is quite heavy and serious. But all of it has been included because it may serve to enhance your own success.

The topics / subjects of these messages cover a wide range, and are not organized in any way. They are simply arranged in the order they occurred.

Needless to say, all names have been kept confidential, as many sensitive subjects are discussed in these various emails.

In the interest of authenticity, spelling errors and other typos have not been corrected. If you like "reality TV," you'll feel right at home with "reality email correspondence."

So put on the coffee, kick back and relax, and see how the rest of the world is dealing with many of the same questions and challenges you are probably having.

Yours in total health! -- **"Dr. Frank"** (email Dr. Frank [here](#))

Real Client Dialogue #1

Subject - Doing the inner exploration and encountering "numbness."

I have to say I feel a bit numb after our session. I fear I'll not find out the core of my self sabotage and the core as to why I have such external focus, and put so much of my power in others hands. I've blamed my family for so long that I'm unsure as to how I'm going to excavate my own true nature.

But I will forge forward and write it out...until something appears...I've always looked outside of myself for the answers and we know where that's led me. So in I go...throw me a line if I get lost, will ya?

Dr. Frank - And I have to say, my dear lady, that you are finally in a place where you have your own attention. This is a day you will remember, and one day celebrate. All of your good work up to now has been necessary to give you the combination of ability and willingness to get to this very important place.

The numbness has always been there. This is what all the "busy-ness" has been so carefully --desperately -- crafted to keep you from experiencing. For some people, numbness would be a welcome escape. But not for people like you -- or me. We have a fire in the belly, and we know we're here to do more than take up space. But to do that, we have to be willing to confront our "inner demons."

What does numbness really mean to you? What did it mean "way back when" you first created this space? What does it mean now? I think now it is what you feel when the noise stops. It feels like lack of stimulus--a terrible thing for a stimulus junkie, wouldn't you say? It feels like loss of control--yet that control was just an illusion.

It even feels like death--but in truth, it is only the death of a false construct...of the "synthetic Deb." The synthetic "PR" Deb. was flash without substance. She didn't take herself seriously, and never allowed or required others to do so. But now you have seen "the (wo)man behind the curtain."

And now, in the "void," you have opportunity most will never get--to discover the true you. I did this exact same thing in 1993. I remember it so well. It was the beginning of the end of who I was so desperately pretending to be, and the genesis of discovering who I really was. I had the good fortune to be working with a potent counselor. She helped me see and understand what was really happening--as

opposed to what I thought was happening. I thank God that others have gone before. How else would any of us ever get beyond the "Grand Illusion" as I now call it.

You are far from lost, dear lady. In fact, you are about to be "discovered" in the most profound sense of the word. You may have looked "inside" yourself for the answers, but you never went as deep as you needed to. I think nobody ever does, by themselves. But you are not alone. You have a seasoned "tourguide" who is on familiar turf. And my suggestion to you is to go deeper, don't be afraid, don't distract yourself, and don't be in a hurry to fill the void.

You are EXACTLY where you need to be--feeling totally lost and out of control--and on the verge of finding your true self, and with it a kind of control you never knew existed.

Go forth in peace and courage. Your life is waiting!

Real Client Dialogue #2

Subject - Some "barriers" encountered during the process of inner exploration.

Client - Well, today is a new day. My level of high intensity is lowered and I'm actually feeling ok...I'm still a little sick with ear clogging and sore throat. I know that's also what brought me to a halt. I've been sick with this flu and its remnants for 3 weeks.

When I'm feeling sick or pain I tend to go into the slumps because I feel so yucky. I have cried a ton today...I actually wrote a piece for my class that was a session with you. I don't have it on this computer so I'll send it to you tomorrow if you'd like. I realized I'm such a literal gal that I'm always looking for the tidy tangible answer, and this kind of work is so elusive that I'm finding I need to let it be and me as well.

Thank you for sharing your story...we do have much in common in our journey's and I was able to glimpse a part of myself where it's all about me and me. A totally new concept. It's so true that giving away my power is a great way for me not to be

responsible for my actions.

I have to say I do feel like I've not "got" the Plan A that's going to work for me. It's too late now to revise the original, but will be able to spend time tomorrow in rethinking what just I can commit to. I had a therapist once tell me that my "big plans" are never doable so I end up with a guaranteed failure. Hence the realization about revising.

I hope you can hang in there with me regarding the weight loss. I know you're a weight loss coach, and I feel I've not yet found the "hook" that's going to commit me to a weight loss program. I do feel I'm just finding out who I truly am...and I know in my heart of hearts when I really see the vision I will be able to attain whatever goal I choose. I also know it has to come at a deep level...I'm getting there...I really am. I do feel I'm worthy and deserve my dreams...but I think I've been working off of old dreams, and now I wanna see what my now dreams are.

What I've come to is that I must make my plan doable and not make it so convoluted that I fail at trying to keep up with all that goes into it. So I'm revising as we speak.

Thank you again...for your insight, your sharing your authentic self and being so incredibly supportive. I know it's your job, but I think you go beyond what is expected.

Dr. Frank: Good morning!

You know, I hope this comes out right, but I'm absolutely delighted to see you where you are--defenseless. Somehow, something we've done has broken through whatever defenses you've used these many decades to keep yourself insulated from the truth that so desperately wants to be set free and will, in turn, set you free.

You have always used your lovely brain to protect you, and rightfully so. But the protector has become the jailer, having forgotten what its original job really was. Now it's time to understand that all the external threats that originally prompted those defenses are gone, and the only remaining threat is...the illusion that there is anything to fear.

The answer you seek is not tangible, but surprisingly "tidy." It only appears not to be. All those things that look like tentacles radiate from one common point of origin--a generalized fear of powerlessness born of the illusion that there is

anything to be afraid of. The ego is incredibly adept at sabotaging progress if that progress threatens (or even appeals to threaten) lifelong notions of "what's so."

What you need most to do is to realize that there is NO THREAT to you now from anything outside you. It's all just "old wiring" creating crud-colored glasses through which to view the world.

So, however deep the fear and trauma may be, it's time to put that brain to a new and higher use. It's time for your "big self" to explain to your fearful "little self" that the fears that seem so real and so potent are only the shadows of the past and indeed would die a natural death every night if they weren't resurrected every morning.

FDR said it best: We have nothing to fear but fear itself. No therapist, including me, could ever have put it so succinctly. So just focus on helping little (yourself) see that there really is nothing to fear NOW, and now is all there is. Practice BEING instead of DOING. Revise Plan A later. Nurture (yourself) now!

Peace be with you, Dr. Frank

Real Client Dialogue #3

Subject - Interactive back-and-forth message covering topics including new realizations about self-esteem and self-care.

Client - And a good morning to you dear sir!

Dr. Frank - And the same to you, dear lady!

Client - Well, what a difference a day makes. Yesterday was so wonderful because I had two experiences that made me realize how cool I am!

Dr. Frank - I've been trying to tell you...

I know I can praise myself with you freely...so I'm gonna. I actually read my coaching assignment "The Me I am Becoming" in my class. And boy was it

freeing, because Beverly (my teacher) said it was all about behavior and self love and living with dignity and had no "I want to weigh 130 pounds... wear a size 6...etc." And what I realized was how clear my dream is with regards to how I want to be, act, and feel. (THANKS TO YOU!!!!!!)

Dr. Frank - Aw, shucks...

Client - It made me feel better, that I'm not a lost puppy...I'm a strong, vibrant, smart and sexy broad!

Dr. Frank - I've been trying to tell you...

Client - And if I chose I could actually do all and be all those things, and still carry this weight! So then it becomes a question of "Do I want to carry this weight?" Also, because my weight does not represent how wonderful or not wonderful I am! It's just a symptom of old stinking thinking.

And what I woke up with today was I WANT TO LOSE THIS WEIGHT!!! Just because I'm uncomfortable...not because I'm bad, lazy, undisciplined...I'm just uncomfortable and I have all these cute clothes I can't wear...and I wanna wear them!

Now that feels like a "tidy" realization.

So the only thing I want to commit to is this as far as food is concerned. I'm going to take a 30 day break from all grains and sugar. And I'm going to move my body at the minimum 3 times a week for the next 30 days.

I feel lighter already...I also have a certain level of joy I've not felt for awhile.

Dr. Frank - Housecleaning has MANY benefits...

Client - Frank, how can I ever thank you for being so brilliant and cutting to the core of matters. The way you excavated the deep issues that have held me back for most of my life has been an amazing experience. You're sneaky in some ways by not just giving me advice, but giving me the space to arrive at the place I need to be. Thanks for being so candid, it has allowed me to trust you and know that you only want the best for me. You are a blessing.

Dr. Frank - How could I ever give up on such a charming and talented (and

perceptive) lady?

Client - Smiling from L.A. at ya... [client name]

Dr. Frank - Smiling right back :o)

Real Client Dialogue #4

Subject - Relatives said client "looked different."

Client - I knew you'd pick up on my feelings about God not being judgemental! Kinda odd to know God doesn't judge us, yet I am incredibly judgemental about myself!

I had the funniest thing happen this morning. I went to see my GP and he didn't recognise me! He looked all around the waiting room, went to turn around before he finally worked it out! (I only saw him about a month ago). He said I looked different with my hair up! Then he said I'd obviously lost some weight (I think the conversation about weight loss last visit might have helped this!).

I've had a few comments like this over the past couple of months. I've even had the "You look so different because you're not wearing your glasses". I'm assuming it's not just the weight loss they are seeing?

Dr. Frank - Hi _____ -

You must have enjoyed people noticing that you looked different, especially relatives. Yes, your "suspicions" are correct. A change anywhere in us is a change everywhere in us. We are not the "compartmentalized" beings that Western medicine has always told us. Instead we are complex creatures made up of body, mind, and spirit--all three of which are highly interconnected, interactive, and interdependent. As one aspect gets healthier (our thinking/mental aspect, for example) the improvements can't help but show up in our "energy."

Conversely, if, for example, our spirit is distressed, we become "dispirited"-- [literally, disconnected from our Creator] with consequences that are quite obvious

to everyone around us, and certainly to ourselves. Why allopathic "healthcare" continues to be so oblivious to the workings of this dynamic system amazes me. But I think it stems from our 400-year-old "mechanistic" --and simplistic--model of the human being. In any case, it's proven very inadequate. (...another of those "don't get me started" topics :-)

Bottom line: Others will be sure to notice our changes, and often before we do. But having said that, I want to emphasize in the strongest possible terms, this is NOT about what other people say, think, see, or do. This is "all about you!"

So go get 'em! - Dr. Frank

Real Client Dialogue #5

Subject - Compensatory Eating

Client - Two days no grains, no sugar doing great. Feeling like that choice is a good one for me, as it has me eating more fruit and vegetables and not looking for the carb catatonia. I'm feeling very blessed with the realization that I'm ok, and the not ok feeling is away I self medicate and shirk ownership of my life and my choices. Very cool. Next step adding that exercise.

You know I think we need to talk about my schedule and how it feels chaotic. I think that plays into the no time for exercise, and my other things like daily writing and chilling. Maybe we could look at how to carve the Deb time into my day.

It's hotter than hell here so my energy is dragging..but my spirits are good. Feel even and not roller coasting with emotions. Very nice.

Was able to go to Venice Beach today and walked in the sand and got my feet wet, felt incredible.

Hope you're having a great Friday and going to have a wonderful weekend.

Dr. Frank - Yes, dear lady, perfect indeed! Carb catatonia. Hmmm... Never heard that one, but it makes sense. Here's the whole bottom line, mi amiga.

(1) The lack of a complete and healthy sense of "beingness" creates an attempt to fill the perceived void with "doingness." Excessive doingness creates high stress levels, which lead to compensatory eating.

(2) As well, the perception of the "void" (which is, of course, a total illusion) also creates a sense (perception) of emptiness, which leads to--you guessed it--compensatory eating.

(3) Thirdly, excessive "doingness" in an attempt to fill the "void" is an inherently futile act, since there is no void to start with and doingness would never fill it even if it existed. This endless exercise in futility leads to tremendous frustration, which in turn leads to--yep, more compensatory eating.

(4) The (absurd) perception that we are somehow incomplete / inadequate / insufficient / not measuring up / slams us up against all 4 success factors. (Check it out and see if you can see how.) So now we don't really believe we deserve success, we can't see ourselves there, and we don't see where we have the power to fix the problem--all of which leads up to believe it's hopeless and we'll never succeed.

In the end, we eat too much because we either think something is missing that should be there, or because we think something is in our life that we'd rather was missing. As long as this perception exists, compensatory eating will continue to exist. All eating above what would produce optimal health results from this perception--which of course, has nothing to do with reality. See the problem? The reasons for compensatory eating are entirely imaginary, yet the consequences are very real.

As I hope you noticed, this all speaks directly to your point below. Just to be safe, I want to caution you against trying to turn wonderful insights into results. Just notice your past cycle: unhappiness deep self-exploration powerful insight elation high confidence but no meaningful behavior change lack of visible results unhappiness.

Does that about sum it up? Ready to get off that train?

Subject - [A back-and-forth email sequence covering a number of topics]

Client - It's not that I don't like your questions! They just make me think and

define things for myself that I haven't ever really defined in the first place - the answers don't come automatically and I'm used to being able to do things automatically. There's very few things I've had trouble learning (except things about myself). I'm not used to resistance in learning - it's so frustrating!!

Dr. Frank - You have hit upon the core of the problem--"automaticity." It is precisely because you HAVE been "running on automatic" that you haven't been able to reach your goals! All this "automatic" stuff comes from your unconscious, which is where the root cause of your problem actually lives.

Our goal is to make this unconscious stuff conscious, and thereby make the automatic stuff un-automatic, i.e., requiring conscious thought and conscious intervention.

That's how you get to REAL choice, rather than the ILLUSION of a choice. See how it works?

Client - I also worked out that being fat isn't me/who I am. It doesn't affect how I behave or think, or my ability to do my job, enjoy life, have friends etc. So if it doesn't affect all these things why should I think of myself in this way?

Dr. Frank - But then, why bother to change it?

Client - I'm confused again - why bother to change what? Why bother to have these beliefs in the first place? Is that what you're asking?

Dr. Frank - Nope, we're back to motivations again. (By the way, you definitely want to WELCOME confusion. It is very much your friend. Ask me why later.) The question is, "Why bother to change if (being fat) 'doesn't affect how I behave or think, or my ability to do my job, enjoy life, have friends etc.' " So if none of those things matter, what IS your motivation? This is a question of crucial importance, so feel free to be confused :-)

Client - Gosh I love your sense of humour!! I haven't done cube roots in years!!!! I used to love math - it's so easy and logical. Everything is pretty well black and white :)

Dr. Frank - Believe it or not, so are your unconscious beliefs black and white. Not necessarily logical, mind you. But very black and white--which is a big part of the problem! Cheers!

Client - How can they be black and white when I feel as though some of them I haven't even clearly defined for myself?

Dr. Frank - Not consciously defined, that's for sure. In fact, that's why we're here!

Client - If they are so black and white why is it so hard to be able to come up with reasons for why I have them. Surely if they are black and white I'd be able to justify them to myself fairly easily, even if the justification is completely illogical?

Dr. Frank - Again, you hit the nail on the head! The "reasons" are powerful but UNconscious. In fact, that's what makes them so powerful. To the unconscious, logic is irrelevant. And "justification" is merely based on the fact that you ONCE believed it, and that's all it took to "get in there."

Be patient, dear lady. You want all the answers at once :-)

Client - It really will be fine if we take it slow...

Real Client Dialogue #6

Subject - Client Confusion

Client - Hi, I thought I'd write down my homework while it is fresh in my mind. I must admit I'm feeling a bit dazed and confused as I usually avoid thinking about this stuff as there are no solutions and no correct answers. I think I always wanted to do what was "right", read the right books, go to the right places, say the right things etc.

I never wanted to be different just "normal", just like everyone else, but somehow I never made it and I always feel different as if I don't quite fit in. As if everyone read some kind book with all the answers on life but never told me which book it was! I keep looking and searching but just end up more confused.

Dr. Frank - Believe it or not, the confusion is a GOOD thing. I know it feels a bit alien just now, but try to see it as a friend. Also give yourself permission to ease into this stuff. And if it's any consolation, there really are "correct answers."

As for doing all those "right" things, it only counts if they're the right things for YOU. And right now, you have no idea what that might be. That's the unfortunate consequence of living for "them."

One more point of consolation. Virtually EVERYONE feels for some major chunk of their life the way you described in your last two sentences. One of my favorite quotes sums it all up so nicely: "Most people spend money they don't have, to buy things they don't need, to impress people they don't know."

Please let that sink in :-)

As for the "journey without a map," hey, maybe it's time for that! Don't you think? Besides, life isn't nearly so scary as you fear it to be. (Anyway, I do have a map. And I know where we're going. So relaaaaaaxxxxxx..... :o)

BTW, nice job on the homework summary...

Real Client Dialogue #7

Subject - Make sure doing the **right** [healthy] thing is what gets rewarded

Client - I'm struggling with this because I'm not sure how to reward myself. I'm actually at a loss about this. I just had an aha! The reward is the weight loss and feeling like I'm a disciplined woman who really takes great care of herself.

I've always looked at rewards as something bought or given, not the result of discipline or a commitment to great health. And since I've been an immediate gratification gal, I've never hung in there for the rewards, or I've had a skewed view of what true rewards are.

I want to experience the rewards...I just hope I have the discipline to do it. (I'm not trying to get an "A" in the answers I'm just being truthful...it feels like I'm such a slow learner)

Dr. Frank - Actually, I think I covered with you what my own reward structure is.

And yes, my major reward items include the feeling of being self-disciplined, the weight loss itself (or maintenance), the satisfaction of reaching the goals I set, a nice reinforcement of self-responsibility (Factor 4) and the great self-esteem boost that comes from giving myself what makes me healthiest (Factor 3).

Immediate gratification has its place, but getting healthy (in body, mind, or spirit) sure ain't it!

Real Client Dialogue #8

Subject - Why is client not communicating?

Client - Yes, I have been quiet. I have been frustrated and out of sorts for several days. I've tackled my homework a couple of times but haven't been able to be positive. I am in a funk. It's been like this for days and I'm not sure what it's about. I've rambled on a bit in my homework. Maybe there are clues. It's a start.

Dr. Frank - I totally understand where you are. It happens all the time. The insights and peaks are great, but the plateaus feel like valleys and even backsliding.

The danger is when you "do what you've always done"-- beating yourself up for your "lack of progress" or whatever imagined sin you have committed. This is one of the most destructive automatic behaviors, and one you will practice not getting sucked into

But for now, just know it's part of the process and that "this, too, will pass." In time, and with a bit of practice, you'll actually be able to MAKE it pass -- a skill well worth developing, I assure you!

Yours in total health, Dr. Frank

Real Client Dialogue #9

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Subject - [In response to a client who shared some painful early life experience with me.]

Hi _____, and thank you for sharing those details with me. I understand how painful some of those times and events must have been for you, and they could not have helped but be distressing to you.

If it's any consolation, there are a LOT of people who have survived similarly difficult childhoods (myself included), and I believe that you could put those influences behind you and move forward to a much more enjoyable experience of life.

Obviously, it would take some time and commitment. But the alternative is a future full of more of the same. I have worked with many people in circumstances similar to yours, and I think it would be worth at least taking some phone time to learn a bit more about each other.

The cost of coaching (with your discount) is \$[old price], which gets you 3 phone sessions of about 45 minutes each, numerous homework assignments that are totally customized for your you and your particular situation, as well as unlimited e mail support.

My phone number is [different now]. Let me know when might be some good potential times for us to schedule your free 30-minute free consultation, and we'll take it from there. I think you are 5-6 hours ahead of us, so 10pm your time might be 5pm my time.

Whatever you do, please don't let yourself be "sentenced" to a life you don't love by people who never gave you what you truly deserve.

Yours in total health, Dr. Frank

Real Client Dialogue #10

Subject - "One Daily Decision That Can Change Your Life" and "On creating PLAN B"

Client - Dr. Frank, although I wrote this down, I am a bit confused with this assignment. Am I writing the 3 self-defeating thoughts or am I writing about the decision that I must make to be successful in my life/weight loss? The question in the homework is...

1. What is the decision that I must make to be successful in life and weight loss. The decision is not a commitment but a weakness or self-defeating thought that will hinder my progress. Write three things that I say to myself everyday that are self-defeating.

Dr. Frank - Yes, I see you're a bit confused. No problem! This daily decision is actually the internal "success tape" you will play in your mind whenever you are tempted to fall off the wagon. This is a short new "program" you create that will immediately be substituted for any and all self-defeating thinking or "excusitis."

You need to create the thoughts, words, and actions that are part of that new program, as well as citing typical examples of the kind of self-sabotaging "inner dialogue" the new program will be used to combat. Is that clearer?

Client - 2. Complete an accurate caloric calculation of the meals I consume for a week and send to you.

Dr. Frank - Yep, that's right.

Client - 3. Document what is working, what is not working, where I was three months ago, where I am now and where I will be internally on August 31st.

Dr. Frank, clarification needed here. When is the start date to document? If I am documenting starting tomorrow, I might be waiting a few days to see what is working or not working. But, I can do the "where I am, where I will be"

Dr. Frank - Just look at the past week to determine what has and has not been working :-)

Client - 4. Complete affirmations that are passionate (*sent and awaiting your response*)

5. Write a passionate essay about the cost of failure in every phase of my life.
6. What is my plan B. My plan B is what I think, say and do when I divert from Plan A. What will I tolerate and what will I think, say and do when I fall off plan A.

Dr. Frank - The first assignment above (daily decision) is what you say to yourself to prevent needing Plan B. But if you still fall off the wagon, Plan B is what you think, say, and do (and tolerate) AFTERWARD to help you get back in the saddle. Make sense?

Real Client Dialogue #11

Subject - Dr. Frank's response to client question on the topic of "Healing Crisis"

Dr. Frank - You know, I probably should talk to you some about the "healing crisis" that's such a predictable aspect of the kind of healing you're doing. Any time you start to make significant changes in your body/mind/spirit, there is a "backlash" that takes place.

You could see it as the ego's last and best defense against change, or as the discharge of pent-up cellular memory, or the simple consequence of resetting your equilibrium--even if it's to a healthier place.

Nice insight about the "last minute" part. Bit you know, it's really not so much your lack of discipline in self-care, but your lack of focus on the benefits of success and the cost of failure. Self-discipline is really very easy when you have solidly self-supportive beliefs re all 4 Success Factors.

I suggest you "revisit the basics" and see what you discover re the 4 Success Factor. I promise you'll see them now a lot differently from how you saw them the first time around.

Yours in total health,

Dr. Frank

Real Client Dialogue #12

Subject - Client is sharing some very personal information and exploring the link between childhood sexual abuse and being overweight.

Client - Hi again!

I am more than happy to change the appointment to 9.30 my time on Tuesday. Earlier works well for me. :)

By the way I got the house cleaning done (most of it anyway) and feel a lot better for it. I've also been meaning to tell you - that shake for the colon cleanse doesn't taste anywhere near as bad as I thought it would (based on what you wrote about it). I had the expectation it was going to be terrible! I didn't mind the taste at all, just the texture of the psyllium hulls going down isn't too good.

I love the way you like to warn me about things I might come across in the future (like the self sabotaging beliefs :) I'm amazed at all the things I've discovered already. I'm pretty sure none of the uncovered ones can be worse than what I've already thought.

I wanted to share some more things with you.

I had another of those intimate chats with my mom and step dad today. I showed them the letter that I wrote to the person who abused me (I want to show this to you too if that's okay, but I hand wrote it, so I'll send it once I've typed it).

Apart from the fact that I really enjoyed the conversation (starting off the conversation is still pretty hard). We touched briefly on some things (mostly bad times) that I had either not remembered for a long time, or simply don't remember. Even some events about 10 years ago. Had some interesting thoughts too.

It's amazing how different two peoples perceptions of the same event is!

Also things that I've assumed as a child that my mom knew and yet she doesn't. I can remember events that my mum has no recollection of (and of course vice versa). Some of my memories are more like colours or other senses (eg I can remember eating at a dinner table that was brown. Apart from this I have no idea what it looked like)

We also chatted briefly about the abuse. There are lots of different bits of conflicting info coming out! For example: My dad says he knew nothing of the abuse or what Mr R (the person who abused me) was like. Info that my brother gave my mum (Chinese Whispers going on here!) says my dad knew that Mr R, had abused other children before I was born.

My dad has also told me that Mr R had shown a letter to my brother from someone else with details of the abuse he inflicted on them. My brother denied this to my mum. With all this going on, how on earth do you know what's really true/what to believe and what isn't true??

The other thing I ended up doing today (as per -----'s 's suggestion) was to write a letter to myself as a child (getting intimate with myself?). I'd like to share it with you (it's in the attachment). It ended up in parts being a letter to me now as well. I was in tears as I was writing parts of it, but felt very soothed afterwards (I think I knew I would end up in tears and hence have avoided writing it for a while.

I'm pretty good at avoiding things when I want to!) When I started it I really had no firm ideas about what to write, but once started it felt like the world stopped for me to finish writing it! Now if I can just believe everything I've written.....!

Dr. Frank - I thank you for sharing this letter with me and I will read it with my fullest attention.

I'm glad the shake is tolerable because it does some wonderful things on the inside.

I think your most important question below is, "With all this going on, how on earth do you know what's really true/what to believe and what isn't true??" Believe it or not, it doesn't really matter. The truth (and therefore the power) of any idea or memory is determined by your own impression of it. Ie, it is true and powerful to the degree it seems so to you.

So your job is to make peace with it **WITHIN YOURSELF**. Whether it happened, maybe happened, or never happened, it can only be a problem for you to the degree

you assign significance --"trueness"--to it. By the same token, it can only cease to be a problem for you when you "defuse" it by making peace with it. As such, it makes no difference whether two people have the same perception of an event, because they must each make a separate peace with it.

I hope you shed many tears along the way, my dear lady, as this is an important part of the path to healing. The secret is to shed your tears deeply, powerfully, and fully over each event, as doing less just means there is incomplete cleansing. (Please remind me to talk with you about "cellular memory.")

Writing in general, and especially to yourself, is a very powerful thing, and dramatically increases the speed of both self-discovery and forward movement. That's why I give lots of homework and invite frequent e mails!

I am delighted with where you are and where I see you going. Have a great week!

- Dr. Frank

Real Client Dialogue #13

Subject - "Feelings"

Client - Hi Dr Frank

Here is my homework :)

I am a lot happier with the goals this week.

For the question: What's wrong with me? I still can't quite believe I've admitted some of deepest hidden thoughts to myself! I've found this bit really hard to read over and write. Having just read it, I have butterflies in my stomach.

Dr. Frank - Hi _____ -

I am delighted that this work got you into your feelings, especially some uncomfortable ones. As hard as it may be for people to understand, it is our own

repressed/supressed feelings that are our single greatest source of dis-ease in body, mind, and spirit.

Although I certainly understand your discomfort, be assured that I have been there myself--lots! And I can promise you that only wonderful things can come of it IF you do it right. (one more thing to add to the list of things for us to talk about :-)

Excellent work, dear lady!

Talk to you Tuesday, Dr. Frank

Client Dialogue #14

Subject - Client feeling "stuck and frustrated"

Client - Per your email, Dr. Frank, where you said:

"The (absurd) perception that we are somehow incomplete / inadequate / insufficient / not measuring up / slams us up against all 4 success factors. (Check it out and see if you can see how.) So now we don't really believe we deserve success, we can't see ourselves there, and we don't see where we have the power to fix the problem--all of which leads up to believe it's hopeless and we'll never succeed."

This is where I am right now. Having all those less than feelings totally undermines my ability to believe I can ever succeed at weightloss, and that the only way is to go back to the 12 step program, because I cannot be trusted to fix the problem. And in this place I don't keep my word to myself or you. It's like I'm looking for that external authority to tell me what to do. But then I know I'd rebel. Which of course puts me in a catch-22 situation.

I feel overwhelmed (not a new theme as you are aware of) and then all the self work feels like homework and not me-work...so I then do the minimum to get by. Goes back to deservability and discipline...and I also wonder if lack of true commitment comes into play here. I just feel so tired all the time...and I'm scraping

whatever energy I have from the bottom of the barrel.

I'm not sure where I'm going with this, but I'm wondering if my goals are actually possible for me...I know you believe in me, but I'm not sure I really believe in myself when it comes to weight loss..and I think that's what's stopping any progress from happening.

I hate to think that I'm just a loser, but after all this time we've been working I feel it's 2 steps forward and 4 steps back. What's wrong with me???? Why can't I get this? Why can't I commit to myself?

Dr. Frank - Believe me, I understand how you feel. But despite the complexity of how it all appears, it's really not such a complex problem. But if you allow yourself to believe that you need an external authority in order to succeed, you are taking the easy way out and denying yourself the opportunity to develop the PERSONAL ACCOUNTABILITY that is so crucial for success in

ANY area of life. Remember, this is NOT about weight loss. Losing the weight will be a by-product of solving the problem just as having the weight is a by-product of having the problem.

QUESTION: Who constantly bailed you out when you were young / little and thereby robbed you of the (innate and rightful) power of self-determination? I would ponder this deeply if I were you. I think your principal problem is with Factor 4. You have a well-developed inner "justification" program that constantly lets you off the hook and then explains why you didn't succeed. Do yourself a huge favor and get that out on the table, OK?

BTW, what was it about the 12-step program you worked for you, and why did you decide not to go that route again if it had already worked for you once?

PS - You are WAY out of denial about some very important stuff--stuff I dare say you've never looked at this closely before. Let that be progress enough for this moment, and STOP beating yourself up. For once in your life, simply give yourself permission to make self-discoveries in one moment without condemning that same self in the next. And please remember--it's always darkest just before the dawn...

Real Client Dialogue #15

Subject - Several subjects are covered in a back-and-forth dialogue.

[BTW, if you think **you** are negative, you'll want to read this one.]

Client - You might want to skim the first part, which is my self-pitying bs... Now I'm going to try to do what I've thought of doing...

#1 Observing a Funk Examine what triggers the negative episodes and envision a positive outlook I'd rather have.

- When I'm in a funk, these negative thoughts occur:
- I have no good friends; no one calls me if I don't call them.
- Women ask me for favors but don't call just to do something.
- We haven't had a social invitation in months that we didn't initiate.
- I can't get a job. I just spend money. Our credit card debt is out of control.
- My memory is failing; I'm probably shooting for early Alzheimer's.
- My house is filthy; I don't work hard enough at keeping my house up. L. doesn't care much about keeping the house up either.
- I can't keep up with my garden. I just pour \$ into it buying plants, but the flowers just don't look as good as those I see elsewhere. Why are my philodendrons so spindly? I haven't even deadheaded the peonies.
- I have no things to worry about. My sister lost her 27-year-old son in a car accident.
- My other sister had stage-2-b breast cancer last year.
- My sister-in-law has MS and her sister was just diagnosed with a 6 cm (not mm) tumor in her breast.
- My brother suffered a heart attack at age 51 and his heart is working at 25% capacity.
- My other brother has never held a job above minimum wage.
- My other sister needs 2 beers before she goes to work and who knows how many afterwards.
- My twin brother is remarkable -- studying to be a Carmelite and lay minister. He tells me that I always need a target for my anger. I guess that target is myself when I'm in these funks.
- Why can't I grow up. I'm almost 50 years old!
- Did I marry the wrong man? I live without experiencing much affection.

I awake in the morning and after my first negative thoughts I observe that the fog

hasn't yet lifted. My dreams aren't helping me return to a status quo. Dreaming of friends long out of touch, local friends who have no interest in including us.

My kids will be out of the house soon and I feel so foreign in this community. Detached. My volunteer efforts have been at _____'s school 20 minutes away, _____'s school 40 miles away. Church has been contaminated by the harsh division caused by an openly gay bishop.

I have made choices that have brought me into this. I chose to give up tennis, probably a bad decision, because I was tired of losing. No matter how much I improved, I couldn't be a winner. I was a joke. It was also too expensive with two kids in private school and recession blowing away yearly bonuses. But that brought me away from the social circle I have developed ever since I moved to this town 10 years ago.

I seem to have one friend a year and it changes almost yearly. Is that natural? I feel as if I have to choose between my husband and friends because they are so diametrically opposed.

Yes. These are very old tapes running through my mind. Different people same story. I'm not a good enough friend. Not a good enough wife. Certainly not a good enough mother or housekeeper.

I am better when I exercise regularly. And when I avoid desserts (sugary items). I spiral downward when I "fall off the wagon." When I disappoint myself, I further and further disappoint myself.

So, as Dr. Frank says, if I can recognize when this negativity begins, I can catch it before it falls into this iterative, infinite loop. I need a Ctrl-Alt-Delete, my own interrupt code. If I start to poor guilt myself because of a lapse in judgment,

Then ...

If I say something stupid, words falling out of my mouth most clumsily,
...I will recognize it immediately because my mind will chastise me,
How could you say such a thing? Are you a moron? What a stupid thing to say."
If I wake in the morning, farked out by bad dreams,

Then I can do the above and/or Go downstairs to the computer, do NOT open email, open the folder DrFrank, Homework, open this week's homework file and

start typing away my frustration.

Dr. Frank - You know, at least part of what's going on is some long-repressed anger that's finally getting the "air time" it deserves -- and needs. My guess is that there's quite a bit of pent-up frustration and hostility, all of which is quite justifiable.

While you don't want to stay there forever, I think it might be very helpful to just "stew" in it for a while. Just really "be with" all that stuff that was so unfair and created so much needless suffering in your life. Really acknowledging it now will make it a lot easier to move on from it cleanly as we go.

Client - Hmm. I didn't expect that response, though I can see that it might make sense. Maybe I haven't allowed myself to grieve my losses -- I've spent too much time beating myself up for being moody. I must admit that I really don't know how to mourn. It's really hard for me to cry. I didn't when either of my parents died.

I do feel better this evening though. Perhaps you giving me permission to stew got me out of it?

Dr. Frank: I think you (like so many of us) have a tendency to be relentlessly hard on yourself. Although easy to justify (at least, by our own inner "logic"), such behavior is very counterproductive.

It certainly serves no positive function, and in reality, only keeps us stuck where we don't want to be while sapping the very resources we need to move forward. It's a classic lose-lose situation, and both of the losers are you--by your own hand. Make sense?

I'm sure you have a ton of unexpressed (and probably even unacknowledged) frustration and anger. So just give yourself full permission to feel it, and perhaps even express it. But know that you will learn to move beyond it--not by denying or repressing, but by transcending. Spend some close time with God.

Get real chummy and personal, as you would like to have done with the perfect human father (which none of us had). And just see if you can be a "human being" for a while, and not a "human doing."

Where you are feels to me like right where you should be at this stage. So just relax. It's gonna be OK!

Client - Yes, I probably do have a ton of unexpressed anger and frustration. I've been fighting it for years. But what do I do about it?

Dr. Frank - What you can do about it all is this:

1. Be clearly aware of how you feel in each and every moment. Express it, but do so responsibly (i.e, without blame.)
2. Know that the source of your feelings in each moment is your thoughts from the previous moment.
3. Know that you have the option to turn feelings in to emotions--and know the difference. An emotion (energy-in-motion) is a feeling that is being "expressed."
4. Know that feeling a certain way in no way has to dictate what you do in that moment. (Get a good book on cognitive psychology.)
5. Know that you always have all the power you need to run your own show and determine YOUR experience, and the only power you don't have is that which you deny or disown. (Factor 4)
6. Consciously decide and choose what your optimal (i.e, most loving) behavior or response will be in each moment, then DO it. And sometimes it will be TOUGH love.
7. Prioritize (for now, at least) YOU and YOUR experience and YOUR growth and YOUR progress and YOUR well being. Put YOU on the front burner NOW. Others may have come first in the past, and may again be a focus in the future. But for now, it's all about YOU.
8. Be real with yourself. Validate your thoughts, feelings, perceptions, dreams, desires....
9. Spend lots of time asking God for clear direction, then affirming that He has given it, then expecting at and being thankful for it.
10. Then just relax, chill out, stop being in a hurry, take off the pressure, give yourself a break, give everybody around you a break, and let God do what He does so well: guide you to your optimal solutions.

Find and read about "The Children Of Fear." Fear and doubt is your way of telling God you don't trust Him and you don't think He has things handled. You can't be in fear and faith at the same time. Pick one.

I spent years angry with my parents. But I'm not angry any more. I see that they were caught in the same viciousness that I am caught in. I wasn't their fault. So, who can I be angry with now? And how do I get it out? I think you are correct in that I have all these feelings inside me; I've learned only to suppress them. I don't know how to deal with them. I don't know how to come to a resolution.

You don't need to "deal with them" to come to a resolution. Decide how you want to feel about them and then practice that--as opposed to whatever you have been practicing up to now. Practice makes perfect, so stop practicing what you DON'T want.

One idea came to me this morning. Maybe turn it into a story? Write about it to warn other pre-teen and teen girls of sexual predators? Or is that doing instead of being again?

Better still, write about it to warn young (herself). Make it VERY personal and VERY emotional. I'm not saying you should run amok creating NEW emotions for yourself to express. But you have plenty of "old" ones still hanging around that were created long ago. And once created, emotions need to be acknowledged and--ideally--expressed. Even if it means finding a quiet place to scream or beat on a pillow. Unexpressed emotions are deadly.

Does any of this make sense to you? - Dr. Frank

Client Dialogue #16

Subject - "Busyness"

Client - I've managed to challenge my own organisational skills today and have a feeling it's going to make the day a whole lot busier than it should be.

For some reason my brain thinks it can do everything and doesn't always think

things through before going "yes I can do that". Today is going to be one of those days I should've said "no, I can't do all that".

Dr. Frank - Don't worry--I'm quite far from perfect myself, and I've made peace with that reality. :-)

One thing I've always had great skill at is not putting too many things on my plate-activity-wise, that is. I never, ever create stress about not getting enough things done in any given day. I get done what I can, assume I prioritized it as best I could, and don't give it another thought. I'm quite realistic about two things in life: what I can actually do, and what actually needs to get done. As a great business "guru" told me so eloquently many years ago, "90% of the stuff most people do in a typical day don't mean spit." I see those as words to live by.

It's not about how much you can do in a day, but how little really needs to get done. Files in the face of "the American way" (oops--sorry), but it's true nonetheless. I'm willing to bet that you could eliminate 25% of your activities and not only be happier and healthier, but also get done more things that really matter. In fact, that will eventually be a homework assignment, so now you have a head start!

Peace be with you - Frank

Real Client Dialogue #17

Subject - Feeling "Embarrassed" About Succeeding

Client - Thanks for your message, I am glad you know where we are going. I am struggling with the whole self-esteem thing. I am doing my homework but still don't really get self-esteem. I have used the phrase loads of times but when I actually think about it and apply it to myself I find it hard to answer the question.

Yesterday at work someone complimented me about my weight loss, and I didn't know what to say I just felt embarased. I nearly said to him "oh don't worry I'll regain it soon". I stopped myself as I realised that was crazy negative self talk. I am trying to think of a good thing to say in that situation.

Take care

Dr. Frank - This will be an absolutely excellent topic for our conversation. A client who is about to graduate into "success story" status began her coaching in exactly the same situation. I promise you, this is a very "fixable" problem :-)

Don't worry about definitions right now. Focus on getting a clear picture of how you see yourself, why, and how that self-view might be affecting your experience of life. Lots to talk about here. Just get me more in writing as soon as you can.

And don't worry about the feelings of struggling. If you weren't, I'd be concerned.

Cheers! - Dr. Frank

Real Client Dialogue #18

Subject - Childhood Abuse Experiences

Client - Before I forget I thought of something else to add to my list in the homework about how I know I have "hidden" feelings. I've only recently admitted it to myself. I know that there is still pain inside me. There are times that I kinda want to feel physical pain (which I'm now realising is my way of wanting to get the pain out), eg I'll hope I'll injure myself somehow.

I don't ever actually want to deliberately injure myself though, just hope that somehow it'll happen to me, eg spraining an ankle playing sport. Hmmm a memory is coming here ... I do vaguely remember somehow making a sprained ankle worse as a child, I think by hitting it, can't quite remember. Wow - scary stuff really!

Now, I'd better send this to you before I change my mind.

Dr. Frank - This would definitely be a good discussion topic. But don't be fearful. Things only get better from here :-)

Client - Not be fearful? How? Almost every bone in my body wants to avoid that

discussion!

Dr. Frank - Precisely the problem, my dear. The fear is an entirely *internal* phenomenon, with no grounds at all "out there" in the world. This is such an important thing to grasp. The problem can only exist as long as the fear exists, but the fear is entirely internal--within you--and has no basis whatsoever in the "world."

So the only solution is to see the fear for the falsehood it truly is. And the only way to do that is to talk to it and about it, and to bring it in to the light and expose it for the life-robbing lie it really is.

In the moment you are willing to confront a fear, it is exposed for the illusion that it is, and its power is gone. Is it getting a bit clearer now?

Client - I can see. I think my exercise is a bit of both. I do really love it and how I feel and really miss it if for some reason I can't do it, but there are times I'd like to do less.

Real Client Dialogue #19

Subject - Setting boundaries in life, and not being over-influenced by "OPO" -- other people's opinions.

Client - Dr. Frank,

Maybe you can help me with something. The personal dynamics at horse shows, especially the big ones like _____, can get a bit yukky. I've been able to ignore that since I arrived in _____ Saturday, but it started to get to me a little bit the night before last and even more last night. I show tonite and want to keep my focus on having a great ride, so I'd like your help on keeping that focus.

What's bugging me is that my trainer is snapping at me when I ask him questions. For example, last night I asked if he wanted _____ to see the show ring. (Often we either hand walk the horses in the show ring or take a short ride around the ring. [my boyfriend] had just returned from hand walking his top open horse in the

ring.) He said emphatically "we never walk _____ in the show ring." I said, "okay, it's totally up to you." He waited a minute and then spewed out "go ahead take her in. She shows tomorrow. You take her in. Fine!". I was taken aback but made a joke out of it.

What the heck was that about? So far we've had two amateurs ride and both have got the gate (no prize). Perhaps [my boyfriend] is stressed about that? It's his first Nationals on his own. He was in business for 15 years with another trainer. He had reacted similarly the previous day when I asked a question about _____'s head set. How do you deal with stuff like this? I consider Mike a good friend. I believe it's mutual. He's very different at horse shows. What can I do to help him feel better? Or at least honor myself even when he's being a bit of a jerk.

The other thing that's bugging me is _____. We used to be good friends, but I found she got too negative, talked a lot about people and complained about problems but never did anything to fix them. So I distanced myself a bit. She arrived at the show yesterday and it seems that some of the comraderie in the barn is slipping, though I'm sure it's just my perception.

I glance over and see her whispering to [my boyfriend] about who knows what and I get all insecure. Or she talks to me for just a minute and goes off to talk to someone else or take a phone call. It makes me feel less of a person. Like she must find them more interesting, wealthier, nicer, whatever.

Why do I dishonor myself when someone else is dishonoring me? I should honor myself more, right?

I'm sure there's a great lesson here for me. I'd like to get it. Please help me to figure this out and change my pattern. Thank you.

Dr. Frank - Hi _____. You describe a very common situation. The reality is that some people are jerks sometimes, and some are jerks all of the time. (I'm labeling for the sake of simplicity.)

The ultimate goals here are:

1. To make other people's behaviors as low-impact as possible.
2. To realize that their behavior toward you is seldom the result of you, but of whatever is going on with them.

3. And even if it something you did, people still have to CHOOSE to be jerks about it.

4. So as long as only one of you is being a jerk (them), you can be in whatever space you chose. (With a bit of practice.)

5. As you learn and grow, you will have progressively less interest in negative people, and your circle of friends will likely grow smaller.

The key, of course, is to get a firm grasp on the fact that your space can only be influenced by others with your permission. Trying to please others is a losing game. You are much better off being who you are (the most positive aspect of yourself, that is), and let others do whatever it is they feel they need to do. Just set your boundaries, be responsible for your space, and go on about your life.

Does that help at all? - Dr. Frank

Real Client Dialogue #20

Subject - Dr. Frank responds to a question about his colon cleansing guidelines.

Client - Hi Dr. Frank. Thanks for your article about colon cleansing. I have been reading alot of that these past few days. It all makes alot of sense actually. I have to ask you....we don't have much for health food stores here as it's a small community and out of the way of alot of major cities.

We do have a GNC but that's all I know about. Can you give me some info on how to get the products you suggested and are they very expensive? Also can you give me an example of a diet to follow? This may sound weird but will doing this cleanse interfere with my work? And if I can't get the products suggested is their something else I can use instead? It's odd that I have been hearing about a colon cleanse in the past couple of days and here in your article you talk about it.

Also, do you know anything about having your body PH in balance? And how you can get it from acidic to alkaline? I know I am acidic, I can tell by when I sweat. Well it's time to go.

Thanks for the information, it's just enough tidbits I need at a time without being too overwhelmed :-)

Sincerely, _____

Dr. Frank - Hi _____, let me do my best to answer your questions:

The most important ingredients in the cleanse are the powdered psyllium hulls and the LBS II, available only from www.NaturesSunshine.com You could do an "adequate" cleanse with those. They are not expensive at all. But if I were you, I'd get on a cleanse regimen no matter what it cost. No other single thing you can do will make such a difference to your health.

As for diet, as always, stick with whole foods -- "1 ingredient" foods, as I call them. If it wasn't available 5000 years ago, don't eat it. If man made it, don't eat it.

To alkalize your body, again, follow the above guidelines, avoid sugar, alcohol, processed foods, and drink the juice of highly acid fruits like lemon and grapefruit. They have a potent alkalizing effect on the body. I'll be creating some web pages with dietary guidelines soon.

Thanks for your questions, and don't hesitate to contact me with any others.

Yours in total health - Dr. Frank

Real Client Dialogue #21

Subject - Food Choices And The Success Of A Friend

Client - Hope you had a great night's sleep!

I think I've had a taste of eating in the "real" world over the past few days.

I had dinner with a friend at a restaurant on Wednesday pm. I chose one of the healthiest options on the menu (there wasn't a huge choice after ignoring

everything with shell fish (which I hate) and everything either fried or with a cream sauce). Mind you [friend] and I were so busy talking that I probably ate more than I otherwise would (but at least the serving size in this restaurant is no where near as big as some and I did leave a little bit behind).

Thursday I was at the training all day and it was catered. I took a couple pieces of fruit with me in case there were loads of cake for morning and afternoon tea (really had no idea what food they'd have, so thought I'd be prepared). I succumbed to half a scone for morning tea, but removed 80% of the cream.

Lunch and afternoon tea I chose healthily, but possibly ate more for lunch than I should have (but still a long way better than what I would have done in the past! Buffet style with all that food in front of me). Then [friend] cooked me dinner - pasta with a tomato based sauce. Not quite on the meal plan but not unhealthy either. The serving size was about right.

Today has been easier and I have stuck almost completely to the meal plan (just ate a little more chicken tonight than I was planning). Hey I even took two squares of chocolate to eat and I didn't completely enjoy the first square, so I didn't eat the second! (Another first for me!)

Hmmm I feel like I'm justifying everything I've eaten. Gosh I hope that soon I'm not going to be thinking about food almost all day!

I'm really not all that sure how picky or flexible I should be about the eating. I want to find a happy medium between sticking to the plan and allowing some changes or the odd treat.

I want to be ok with letting myself have the odd change to the plan, without myself justifying every single thing that I eat (eg I am doing better than I was, so it's ok I ate too much) and then worrying that over time if I allow/justify the odd treat that I might gradually let myself keep on eating too much or eating the wrong thing.

Then at the other end, if I feel like I have to stick 100% to the plan and if I don't then it's like me failing and then wanting to give in anyway. Does this make sense? I know what I'm trying to say, but I'm not entirely sure that this says it.

I also spoke with [friend] about how she has lost her weight so far (you said you wanted me to let you know how she did it - it is somewhere in one of these many

emails) I told you about how she has lost 15kgs and you asked me how. She told me that what she does when considering eating the wrong thing is to stop and ask herself if she really wants it and what she's trying to achieve.

She then waits 10 minutes to see if the craving is still there and if it is she has the same conversation and waits another 10 minutes and often after this it is too close to bed time so she doesn't eat it. Sounded like way too much of a struggle for me and she's partly fallen off the wagon this week and put back on 1kg, although I know she's not giving in.

It all means too much to her to know to do that. (yes I did tell her about the difference coaching is making me, and explain as I did I don't think she's really separated in her head my need for coaching with you is separate to and not because of being abused.

I don't think she's ready to admit to herself the possibility that she needs this sort of help. In fact she's told me quite a few times she had a pretty easy childhood and didn't have any real sort of trauma etc) Anywho, I'm still supporting her and encouraging her to keep on going.

Dr. Frank - I did sleep well, thank you :-)) I'm happy to see that your food consciousness is becoming so good. About food and eating, here are my best tips:

- Remember the "3 combinations" of food and exercise we talked about - you're only on #3 until you can be on #2.
- What may now feel like sacrifice or self-denial is actually extremely self-loving, and will one day soon be seen and felt as such
- Stay focused on your goal, and especially on your motivations
- Be very clear about what your reward structure is
- Ask yourself simple questions like "how will I feel in 10 minutes if I eat this now?"
- And back to the basics - Is this something a person who loves herself would think, say, do, or tolerate.

- Let the rest of the world be slaves to their petty and shallow appetites, live for momentary indulgences, be devoid of the self-discipline that is born of self-reverence, and suffer the consequences

OK, well, there's LOTS more to say there, but that's a start!

Your friend is actually doing a powerful thing with the wait-10-minutes approach. Unfortunately, she's still operation 100% on trying to overpower her desires rather than do the inner work that would be so helpful for long-term success. But we can support her anyway! And as I often say, sometimes the toughest childhood makes the toughest adults.

Rule #1 - Love that girl in the mirror! Help her reach her REAL goals, not the ones with 5-minute life spans.

Cheers!

Real Client Dialogue #22

Subject - Client Is Confused About Some Things

Client - Dr. Frank, there are things about losing weight that really confuse me. For instance, it is mentioned in your email for a quick weight loss is to have a calorie intake of 1000-1200 daily. Weight Watchers will have a person eat a total amount of "points", which for a larger person is beyond 1200 calories. And as with Weight Watchers teaching, I know, that if I don't eat enough I won't and can't lose weight, as you know this is the starvation mode.

Anyways, I don't know why I'm writing this other than I suppose all this information confuses me and I'm in a state that I'm tired of struggling, and feel so discouraged that I don't do much about it.

Thanks for listening

Dr. Frank - Hi _____

Yep, it sure is confusing. No doubt about it. But in the end, it boils down to what works for you--which you can only discover through some trial and error.

But what doesn't work for anybody is to try and achieve real and lasting weight loss success without first taking care of the underlying, root cause of their overweight condition. And that ALWAYS involves self-sabotaging beliefs and attitudes we probably don't even know we have. But until those are identified and corrected, no amount of struggling with diet and exercise is going to create lasting success.

It's simply not true that 1000-1200 calories a day will put you in "starvation mode," and it's not true that you can't lose weight that way. Lots of studies prove it, and my clients do it all the time -- as did I. In fact, I don't know of any other way.

The cold, hard, bottom line is this: If you're not losing weight, you're eating too much. Once you accept that, you're halfway there. What's the other half? It would take a lot more room than I have her!. But anyway, what I have told you is true. Almost all my coaching clients are Weight Watchers "refugees." I show them how to do what actually works. If they do it, they succeed. See how simple it really is? :-)

Peace be with you - Dr. Frank

Real Client Dialogue #23

Subject - "No Stopping Me"

Client - I have to remind myself I am a different person to what I was when I previously ate 3 meals a day. I used to find that if I got too hungry that I'd eat anything in sight and always eat too much and often it'd include chocolate. In the past I'd have ended up eating more than when I changed to 5 meals. Of course I'm not that person anymore, so there's no reason for me to have the same problem. Being hungry isn't something to be scared of.

Apart from an apple during my 12k walk today I have only eaten 3 meals AND I did it fairly easy. The fact that I was up way earlier than normal (5.15am) meant

that I had about 6 hours between meals too AND I STILL DID IT and didn't have much of an urge to eat between the meals (until the last 20 mins before dinner). (Mind you we did go out for lunch and I succumbed to the garlic bread, which I didn't realise came with the meal.

At least I only ate half of it. I have no idea how much of the actual meal I really ate. It came on a huge triangular plate (??) and it was a big serve, but I only ate about half of it. I have no idea how the serving size compares to what I normally eat).

I'm a bit worried about my weight this week. It's been fluctuating big time this week - up to 1kg difference from one day to the next, with some readings being less than last Tuesday, other days being more. Whilst I know it's normal for weight to fluctuate daily, I have no idea if I am actually losing weight this week.

Hmmm if success was as simple as that decision of whether to eat a bit more or have some choc, then there will be NO stopping me! (It doesn't yet feel like a simple decision, but it is getting a little easier).

Dr. Frank - You said...

I'm more than open to try 3 meals :)

And open to try more than 3 meals, I'll wager :-)

You know, I was reading some of my notes to myself, and I realized that it really all boils down to an integrity issue. The whole issue is this: "Do I have the integrity to actually do what I said I was going to do?"

The answer is going to either be "yes" or some excuse for no. Pretty brutal, isn't it? I don't think anybody likes their info quite that straight. (Including me.) So I don't usually say it quite so bluntly.

Is that a little too straightforward?

And if I may correct you, you are NOT "a different person to what I was when I previously ate 3 meals a day." You are the same wonderful, beautiful child of God you always were. Now you have LOVE and RESPECT for that lovely child, so you are committed to treating her accordingly. But you are certainly on the button when you say, "Being hungry isn't something to be scared of." A brilliant

observation!

As for the fluctuations, don't take them too seriously. The closer you get to your IW (ideal weight), the more you'll have.

Congratulations on your excellent behavior and self-awareness! And in response to:

Hmmm if success was as simple as that decision of whether to eat a bit more or have some choc, then there will be NO stopping me! (It doesn't yet feel like a simple decision, but it is getting a little easier).

...let me just say that SUCCESS IS EXACTLY THAT SIMPLE. And no, there's no stopping you. After all, who else is making your decisions but you?

Have a fabulous evening!

- Dr. Frank

Real Client Dialogue #24

Subject - [Client covers several topics. Dr. Frank's responses are interspersed.]

Client - Hmm I'll warn you, this turned into a much longer email than I was expecting it too! There's a mini novel here.

I tend to hide my bad moods - and go quiet (surprise), but every now and again when I reach my limit, I'll let it all out (usually for family members, but occasionally for others). I'm sure I could put one on for you! I don't think I've ever been in a bad mood during one of our phone calls. You often have this knack of brightening up my day.

Dr. Frank - How nice to hear :-)

Client - Actually when I play badminton and mess up some shots I'll often groan, swear ... or something else. This seems to be one situation when I easily let my

frustrations out.

Dr. Frank - The other keys, of course, are to believe 100% that you can and will succeed, to be 100% able to see yourself at your goal, and to be 100% self-reverent. How we doin' on those?

Client - Some days yes I believe it. Other days there are still doubts. Especially when I am tired (like now) or when I slip up. There are days when I try to tell myself that if I don't lose any more weight then that is ok, since I now look nothing like what I did. Of course other days I say this is crap and that there is no alternative other than reaching my goal.

I just wish I was there and on auto pilot (can ya tell I've no patience at the moment, I just want my normal energy back since I am then so much more positive about things.) Hmm better change my thinking or I will get in one of those bad moods! Don't like them! Just let me have a whinge first to get it all off my chest.

So how can you tell the difference between tiredness because of stress/negative thinking vs tiredness for some other reason?

Dr. Frank - I don't think you can, but I do think you can get very good at identifying the source of your stress, which is an essential step toward reducing or eliminating it. This is a skill I think you should explore.

Client - I have loads of opportunities to get stressed at the moment, eg

My dad, who hasn't been well. Ended up barely able to move last week. Had an attack of gout (AND do ya think he took his medication for it or saw the doctor? No of course not!! Instead I get a phone call (in the midst of my migraine) to come around and help my step mother lift him off the floor. She couldn't do it herself and he'd been there since some time the day before!

If he'd just taken the bloody tablets he wouldn't have been anywhere near like that! (I probably pressured him to start taking them) Of course he still hasn't seen the doctor about it all and probably won't. He only had an attack like it a few weeks before that (and again did nothing).

I saw my dad on Tuesday for his birthday. I let him drive me nuts. He always wants to please everyone else, at his own expense. Since it was his birthday (and he wasn't up to go out), I told him to choose a place to get take away from, choose

what he wanted and I'd go get it. Sounds simple enough doesn't it! W

ell it took him about 30 minutes. He kept trying to get me to choose what we'd have and I got in a stubborn mood and told him it was his day and he had to get what he wanted not what everyone else wanted. Looking back he'd probably have been a whole lot happier if I'd chosen, but him never making decisions really gets to me. Frustrates me no end!

Dr. Frank - People like that, believe it or not, are really being quite selfish. It's all a control game. Your attention is his reward. The more you buy in, the more he is encouraged. The helplessness is all part of the game. Play at your own risk.

Client - I was looking at him before I left. He looked really pale. I haven't seen him like that for a long time. Kinda scared me too, especially since he won't do anything about it! Just another reminder how he is getting old.

Dr. Frank - He is a big boy. His life is his responsibility, and perhaps your mums. But it is not your job to support and unwittingly reinforce his self-destruction. You will have to be uncomfortably firm about this, or be endlessly drawn in to someone else's crazymaking game--however unconscious it may be.

Client - It's always really hard to judge how he actually feels too. He complains the same for something really mild and for really serious pain! And believe me he likes complaining about his health, about America (he hates America cause of what "they" did in WWII) and anything else he can complain about. That night it was my step mum had opened the window too far and he couldn't shut it from where he was sitting. He reckoned he wouldn't be able to shut it even if he did stand up. Somehow I really wasn't sympathetic (in case you can't already tell).

Dr. Frank - It's not your job to have to "guess" how anyone else feels. A bit of tough love earlier in his life would have spared everyone a whole lot of stress down the road. Better later than never.

Client - Then my mum has suddenly decided she and Fred (my step dad) need to move house. She's worried about him overdoing things and ending up in bed. Of course I'm sure that's not the real thing causing it. My mum has moved house every 3-4 years since, well I don't know, at least 1980! In the space of 10 days, she put her house up for sale, sold it and bought somewhere else. Initially she put an offer in on a 2 bedroom unit.

It was nice and all, but exactly what she had moved out of 4 years ago, because they were bored and didn't have much to do around the house. Thankfully we found a different place, that was much nicer and bigger and she ended up getting this. Course she gets to move in another month...

Then, I finally went to see my doctor (I think I told you how my hands get ice cold, when I exercise in the cold). Anyway he thinks it is a condition called Raynaud's syndrome (basically when I get cold, my blood vessels contract and the blood flow to the area stops - hence they go cold). There are loads of possible causes. Often there is no identifiable cause, but of course there are some nasty causes too! So my doctor wanted me to have a blood test to rule many of them out.

In one breath he says he expects it all to be normal, but then he says he wants me to come back so we can go through the results together (I have NEVER been asked to come back. I've always rung to get the results). Of course my mind keeps looking for the bad way of interpreting all this! I've done some reading on the internet too. Wish I hadn't - I can see some of the symptoms of other things.

Like my swollen finger joint (no idea why it's swollen, but it's on my finger that I wear my favourite ring and I now can't get it on! I hate not being able to wear it! I bought the ring in Greece 4 years ago and have worn it virtually everyday since. It is their symbol for long life - go figure, since I now can't wear it. Just being a pessimist here) I don't get the blood test results til next Wednesday. This waiting is killing me! I'd rather know now one way or the other.

Dr. Frank - I have a feeling that there is a strong psychosomatic component at work here. And I don't trust most doctors to tell me what color the sky is.

Client - Of course there's all the work stress too, but this relatively minor compared to all this. I'm only behind, trying to run a trial project and get resources published and support another speechie and somewhere actually see some students. Thankfully the other project I'm involved with has been put on hold for a while! I am really happy about this one!

Then my friend who's partner has been sick with pericarditis since April and has been in and out of hospital, just got re-admitted yesterday and it having a heart biopsy on Monday, so of course she's stressed. I found it really hard to know what to say to her today when I found out. I wanted to say something reassuring, but felt so unsure as to what would be helpful and what wouldn't. Grrr I hate it when things don't come automatically!!!! I hate having to work at things.

Dr. Frank - However cold it may seem, we are not obliged to feel bad or stressed over anyone else's problems. Unfortunately, many of us have learned to feel guilty unless we somehow "suffer" too. But the fact is, we can be much more helpful and supportive if we stay in our own power, rather than "buy in" to the outer circumstance. In fact, instead of their experience negatively affecting ours, our positive power can improve and empower them!

Client - Ok, that feels a bit better! Hmm this could almost count as part of the homework about how I'm feeling! Must be about a page long. Just add in a few more emotions and

Dr. Frank - Excellent job. This is the kind of message you used to send back before we even started coaching. Much more in touch with yourself, more "real," more "feeling," and less pretending that things are OK when they aren't. In fact, I would recommend that you take this as a prescription for how to live your life. I think it would make an amazing difference, and in more ways than you can imagine. Worth a shot?

Real Client Dialogue #25

Subject - Metabolism

Client - Hi Dr. Frank,

I have a question for you which I have always been wanting a satisfying answer to. That question is this: Why do some people stay skinny no matter what they eat regardless of how much they eat and how many calories they eat each day? I have known so many people who had such naturally rapid metabolisms and have been so envious (that word somehow seems less "sinful" than the word "jealous" does) because I have and still want to have a naturally rapid metabolism like they have.

I am wondering if there is a psychological/mental/emotional way that I could use to make my metabolism burn calories four or five times as fast as it does now. Do you have any suggestions for me as to how I would be able to do this? Is there a way that I could do this? Could your program eventually help my metabolism do

this? Thanks a lot for answering my question, my friend. I will be looking forward to reading what you have to tell me in your reply to me.

Love always, [client]

Dr. Frank - Hi _____ - The answer to your question actually has a lot more to do with belief than metabolism, and specifically with Factors One and Two. But having said that, many people over 40 complain that their metabolism has slowed down. No, what happens is that THEY slowed down and their metabolism just followed along like a puppy :-) We were designed to be active in body, mind, and spirit. That means getting off our "butts" in all 3 areas!

Real Client Dialogue #26

Subject - Weight "Set Points"

Client - Yes, you have very good intuition!!! Especially picking up my lack of energy on the phone the other night. Gee, all I had to say was about 2 words! I think I forget how obvious it is to some people. There was a guy that used to play badminton that once told me he knew how I felt based on how I sounded when I said hello! I'd never even realised that before. Intuition is kind of important in my line of work :-)

Feel free to keep reminding me how you know I'll succeed. It is really nice to hear, especially on those low energy days.

I started looking at the psychosomatic stuff on the internet, but then got completely side tracked. (I did find a little interesting reading before this happened) I happened to stumble across something called the Set Point Theory, which talks about how the body tries to stay at a certain weight. Have you ever heard of it? If so what do you think.

Whilst it seems quite possible, it's all very gloomy about being able to maintain weight loss. Hmm really wish I hadn't read that bit. Kinda depressing reading. It's not to change my beliefs about getting to and staying at my ideal weight. I am going to be one of the 5% or so that stay at the ideal weight! Of that I am

determined.

Dr. Frank - Yes, I agree with the set point idea. But here's what you need to understand: If the set point is not "moved," then the 5% number is right. This is why and where most people fail. What we do is to move your set point. This is the only way to create lasting, struggle-free success. Once the set point is where you want it, then staying there becomes as natural and effortless as staying at the old set point was.

It's important to not that set points can be move up or down. They are not "God-ordained," but are set by all the factors you are now so familiar with. That's why they can be reset. Many people are actually moving their set points UP as their beliefs, self-image, etc. continue to deteriorate year by year. Aren't you glad you got off that train??

Client - I went into more of those lovely clothes shops today that I have been avoiding for so long. It is starting to feel a lot more comfortable for me too! I saw loads of clothes I would like to buy, but now isn't the right time. Gives me something to look forward to though. All the clothes I can buy over time when I get to my ideal weight. Hmm I did succumb to buying a few extra clothes that I didn't need though... .

Amazing how that seems to happen. They just looked way to nice to not buy. I fell in love with them at first sight. All I wanted to do was buy some new track suit pants, since all of mine are way too big - and keep falling down on me (yay!). A friend even commented on how some I wore last week at badminton needed to be ditched. I ended up buying a "small" size pair of pants. Can't say I've ever bought this size before. And don't I feel darn roud of the fact that they fit! Woo Hoo!!!!

Dr. Frank - Atta girl! Way to go :-)

Client - I saw something on a forum about an "apple diet" to help cleanse the body/intestines (or some part of the digestive system). Have you heard of it? It's meant to involve eating only green apples and unlimited water for three days. Kind of debating doing it at the same time as some others on the forum. It'd be a great way of proving to myself that I can completely control what I eat.

Dr. Frank - Skip all the extreme stuff. It can make you sick, especially if you're already a bit low energy. Just put some apples in your diet (like I do every day) and get the benefits without the extremism.

Peace be with you! - Frank

Real Client Dialogue #27

Subject - "What I Want"

Dr. Frank - Hi K_____,

I'm glad to see you're staying in touch, and I'm glad to see that you're reflecting on such things. I came across a fascinating analogy that you might find relevant and helpful. The wording is mine, but I can't claim the concept. However, as with any good thing that can help my clients (or me!) achieve worthy goals, I "adapt" it.

Trying to reach any goal or make anything happen in your life without a clear vision of the what desired outcome is supposed to look like, is like trying to put a jigsaw puzzle together without having the picture on the cover of the box. How incredibly much easier is it to put the pieces together when you have a clear picture to go by? How maddeningly difficult is it without the picture?

Yet it's exactly the same whether you're working on the jigsaw puzzle or the weight loss puzzle. To end up with what you want, you need to begin with a clear image of the finished project!"

Do you like it? - Frank

Client - A clear picture of what I want. There's the rub! I have conflicts.

Looking back, it's obviously true that whenever I had a clear goal, I achieved it. I had 3 committed relationships (all ended, but that doesn't negate the good), got my reporting license, raised 2 strong & beautiful daughters, decided I didn't want to work for others so started & ran several successful businesses, lived up on the Klamath, made a new home here among all the opportunities for activities that I thought I wanted but have found to be rather meaningless. Not everything.

I love golf and will keep that in my life. I guess the typical retirement life isn't for

me, but I have no desire to work, either. Now what?

Dr. Frank - What, indeed? Now you understand what Job #1 is: Deciding what you want!

Client - Fitness is a prerequisite to anything I choose (by simple logic) but it is not the main event. It's a side issue.

Dr. Frank - I totally disagree. Fitness is absolutely not a "side issue." Fitness is an unignorable manifestation of self-regard. Your body is your vehicle for getting through life. If your car were in the same condition as your body, would that make you happy? Lack of maintenance always has the same consequences. If you don't care enough about you to take care of you, the results will be predictable.

Client - And w/o a clear picture and thus the ability to be/do what I'm aiming for, I feel frustrated and directionless. I keep thinking to myself that I can pretend that fitness is IT and just focus on that for several months and then figure out what I really want, but it doesn't work very well. It's sort of like getting all dressed up w/ no place to go.

Dr. Frank - You could only believe that if you think taking care of your body is something you do for others. I suggest a major overhaul of your thinking. God created you body, mind, and spirit. These are his three priceless gifts to you. Which of them do you think He would have you ignore, neglect, or disrespect?

Client - Maybe I just have to pick something, anything, and just go for it and see what happens. K

Dr. Frank - As a first step, I'd pick K_____, and go for that!

Real Client Dialogue #28

Subject - "Forgiveness"

Client - Hi Coach,

As a short time subscriber, just wanted to say I like your newsletter. Your topics and point of view always make me think. Can't ask for more than that.

There have been a few things in life that I have had some questions about and one of them is forgiveness. While I enjoyed your article I don't think you proved your point. Why does my not forgiving someone affect my life?

You mentioned that it does, but you offered no proof. After all I still perform my job and take care of my responsibilities. And I don't always think about "the incident". I do "get on with my life", but I don't forget nor forgive.

Do I sometimes remember? Yes. Do I sometimes get upset again about it? Yes. But, that by itself is not necessarily going to affect my whole life adversely – which is what your article seems to imply.

I can imagine that if someone dwelled on it forever and talked about it all the time, that yes it would affect one's life. But, I think that is not that common.

I think, as you mentioned, that there are a few incidents in everyone's life that have caused pain. Dwelling on that doesn't help your life. But, if you don't dwell on it, which I believe most people don't, exactly how does it affect your life adversely?

I think there is a difference between hanging on to a hurt or pain and just accepting that it happened and moving on. And maybe that is the real difference. Hanging on can diminish our energy, our resources, and our joy as long as we hang on to the hurts of the past.

So if I don't hang on and just move on, does not forgiving affect me? I will appreciate any insights or clarifications you can provide.

Thanks, M_____

Dr. Frank - Hi M_____,

Thanks for taking the time to write. I'll be the first to admit that it's tough to "prove" this point, especially in a very short article. But the reason that conscious, deliberate, proactive forgiveness is so important is because, whatever is still "rattling around in our crawl space" is an energy drain on some level.

Whether it's "actively" in your consciousness or not, a failure to forgive can mean

that we are still hanging on -- however unconsciously -- to some event from the past. And therein lies the problem. As Freud pointed out so long ago, only a small portion of our motivations is conscious. Which means we don't really know WHY we do a lot of what we do.

So, since the bulk of our motivations are of unconscious origin, anything still left "incomplete" in there is free to influence our behaviors. A case in point would be a woman who suffered childhood sexual abuse. While she may not *actively* be thinking about it at any given point in time, if she has never consciously and proactively dealt with and forgiven the incident, there will almost certainly be some real and observable consequences of this abuse in her adult life.

Extensive research, not to mention my own coaching experiences, has demonstrated that forgiveness of this past abuse is not only helpful, it's essential for adult sexual relating. While not all incidences of unforgiveness are quite so clear-cut, I think it's a safe bet that there are going to be consequences.

Will they be "life changing?" Who knows? But why not just cover your bases and forgive?

- Dr. Frank

Real Client Dialogue #29

Subject - Getting A Clear Vision Of Success

Client - Dr. Frank, I am working away at all of the material slowly. I have learned over the years that if I fly through it to get to the "tell me what to do part" I miss all the important foundational material. I also go slowly enough to begin to incorporate what I am learning, therefore at times I only read a portion of a chapter a day.

Dr. Frank - I think you have the right idea, _____. Much better to really let it sink in, as this is not your "everyday stuff."

Client - I have begun working on "controlling" my eating, since that is a difficult

thing for me. I find myself doing self talk a great deal all day as I see things that may trigger lack of control. I am in my fifth day and feel fairly confident.

Dr. Frank - Be sure you keep a "negativity" log, and write down anything and everything negative, self-deprecating, or self-sabotaging you say to yourself. This is a powerful awareness-building exercise.

Client - I have also mentally begun to picture what I would like my life to be like and asking the Lord to give me a more clear vision. Up until a 5yreas ago or so I was rather fatalistic, letting the tide of my circumstances push me along to a meaningless, helpless and hopeless life. The Lord has taught me differently over the years, especially through some amazing books(The Road Less Traveled, Shattering Your Strongholds.). So I know it is about choice....yet until now I have not been able to make my eating habits fit that.

Dr. Frank - Begin with awareness, information, education. Never force anything. It doesn't work, and it isn't necessary. If you will only practice loving yourself as God does -- body, mind, and spirit -- the rest will become clear.

Client - The Lord seems to allow me to hear what I need to hear at least two to three ways, so that it is confirmed over and over. Pastor was preaching on a series he called the Matrix...yep you used the exact word in WLGW...then I am using a Joyce Meyer book about being myself and she is parallelling all that you are saying. God is amazing isnt He? To think that He is as concerned about this enough to take time out of His day to talk to me...wow.

Dr. Frank - It all boils down to one Truth. You are created in God's likeness and image...then dumped into a clueless, dark, ignorant negative, and often heartless world, where you quickly are programmed in how and what to think. The result is predictable, but the final outcome is in your hands.

Client - I have been fearful of dreaming until now...I will keep you posted...but beware I am taking my time.

Dr. Frank - I hope my response has been helpful. Please do dream, and dream big. And please do stay in touch, and know that you will have all the power you need as soon you are willing to receive it.

Client - PS - where are you located? How do you do personal sessions? Are there any counselors that you could recommend in the S _____ NY area??

Dr. Frank - At the moment, I have to say that I am the only (human) counselor I trust on this important subject. I'm working to train others, but that's still in process. If you'd like, we can set up your free coaching call, and I'll be happy to answer any and all question you may have.

Peace be with you, dear lady. - Dr. Frank

Real Client Dialogue #30

Subject - Stressful Family Relationships

Client - Dear Dr. Frank,

Below is an email I sent to my brother R_____. You will get the "drift" after you read it of what is going on. I am VERY upset because he hasn't responded and a "family" Christmas isn't looking too good at this point. I can tell you my brother _____ is very stubborn, angry in general, condescending and somewhat of a snob, thinking he is better than anyone less educated than himself.

I feel badly because he has two little girls, _____ is 9, _____ is 6, who I love very much and they love me and I love his wife _____ too.....but haven't seen them very much during this past year.

We only live 30 minutes apart, but _____ is NOT welcome in their home by my brother. I love _____ because he is my brother, but I honestly can say I don't like him very much.

And this won't surprise you, but I have been/am afraid of his temper and anger.....he is very much like my mother, only worse. I also haven't heard back from my daughter since our conversation on Monday night.

Why do I let this get to me so badly? I could easily cry, but am holding back a bit so I can function.

Dr. Frank - Hi _____, I absolutely understand how you feel. But what you need

to understand is that some things are just out of your hands. There is nothing you can do about other people's thoughts or behaviors, and trying to "fix" anything outside yourself just dooms you to misery and frustration.

My own mother is a perfect example. Her psycho behavior is reason enough for me to opt out of being around her this Christmas. I'd like to be with my family, but that would mean being around her, which I simply won't put myself through.

I see what you are trying to do, but it's just like banging your head against the wall. You just can't make other people "play nice," no matter how much you'd like things to be that way. You can't create the world "out there" according to your notions of how it should be. All you can do is make YOUR world a nice place to be. And very often, that just means butting out.

If it's painful, feel free to cry. Nothing unhealthy about that. But a better approach is to not create the pain in the first place, by understanding that you are you, they are they, and that is that. A tough lesson sometimes, but one you'll keep being confronted with until you ultimately learn it.

Do you see what I'm talking about? - Frank

Real Client Dialogue #31

Subject - Self-Image And "Programming" Insights

Client - HI: Do you have any other daytime slots that are NOT Tuesday or Fridays? A Wed or Thurs daytime slot would be ideal. Monday would be OK. Or we could go back to Wednesday evenings at 6 CST/7EST.

I am feeling a bit stronger. I have been totally blown away by how incongruent my self-image is with my vision/desired self. It has been very eye-opening. Thus, I feel hope that we have probably landed on something very significant in terms of my progress.

Funny-- if you would've asked me before this, I would have told you that I even bordered on being a bit cocky, but now that we have done some digging, I see how

poor my self-image is in a lot of important ways. So I guess my "conscious" mind is cocky, but my subconscious programming is not.

p.s. We're talking 2 pm.CST/ 3 pm EST for this Friday.

Dr. Frank - Yes, I have you on the slate for 2 pm est on Friday. Wednesdays at 7 est are also possibilities. Thursdays, too. Would either of those work better for you?

Re how you're feeling, that's a great insight about the difference between your conscious and unconscious self-images. Most people have no clue that's even going on. Clinically, it's either a case of "repression" or "suppression." But in popular terminology, it's just called "denial."

It's amazing how much power and stability comes when your "acceptable" self-image and your true self-image are finally reconciled and brought up to where they deserve to be. And once that happens, it's astonishing how little impact other people's judgements or opinions have on us.

Nice work! - Dr. Frank

Real Client Dialogue #32

Subject - Internal vs. External Rewards

Client - Hi, I am working on my coping strategies to raise my key beliefs and have a question for you. What do you think of "external" reward systems? Have you found them to work?

I am working on changing my reward structure -- where good & healthy thinking/eating is pleasurable to me and eating junk food/wine is not -- and am wondering if I should reward myself with a facial or something when I think/behave in the desired direction.

Good idea? Or not as effective because it's extrinsic?

Thanks and have a good weekend,

Dr. Frank - An excellent question! I should have covered that, probably. Any reward qualifies as long as it doesn't interfere with you reaching your goals. So any food-related reward is obviously out. But otherwise, the sky's the limit. A facial (is that really "external?"), a week-end trip, a piece of jewelry or clothing....

External rewards are actually better, and perhaps tangible ones are best, as the ego can very easily relate to them and make the cause-effect connection between desirable, goal-enhancing behaviors and obtaining rewards.

The inner rewards are, in the beginning, more difficult for the ego to relate to. But your goals need to be internal because they need to be based in what's real and durable, not what's illusory and fleeting--like the importance of impressing other people.

Make sense?

Real Client Dialogue #33

Subject - Going Through The Pain

Client - Hi ya, Do you know the other day a friend I met over the internet was telling me how her church have a little prayer group where they pray for something to help themselves. I told Marcia that I'd pray for guidance to help me find out where my emotional pain is coming from. Well I got that guidance tonight.

I think I've been crying for about 45 minutes now (and whilst crying I've been praying to God to help me feel the pain, have the courage to face it and move through it and not deny it any longer – I'm not sure that I've ever actually done that before).

Here are some points I've worked out (I'm writing them here to try and get it clear in my own mind whilst it's still fresh, but I know I have already forgotten some of the thoughts).

Dr. Frank - That's a powerful step you've taken, my dear lady. And definitely one in the right direction.

Client - I still HATE the man who abused me

-I hate that he chose me and did such a cruel thing to me and wish that he'd never done it. I NEVER want to see him again.

-I hate myself for letting it affect my life as much as it has

-I have tried to be perfect at things because if I am not I run the risk of someone hurting me (and somehow it feels like someone will come from no where to do this, just like the man who abused me – even though rationally I know that this won't happen)

-If I am perfect no one will hurt me, BUT I don't want attention for being good at something or perfect, because I just want to be normal, I don't want to be a super star or stand out or anything,

I just want to fit in (maybe this is why I don't give myself an credit for all the fantastic things I've done. I don't want to see myself as any different from anyone else. No wonder I fight with myself – I want to be good but at the same time I don't!

Dr. Frank - The mind sets up some amazing rules, doesn't? I fully understand everything you said. Perfectionism is most often a reaction to feeling very imperfect. The secret is to realize that we are all "imperfect" by most any standard, yet we are all "normal"-i.e., full of human failings. The sooner you can accept and embrace your imperfection, the more peace you will find.

As for the person who did this to you, I wouldn't be in any hurry to stop feeling the hate. In fact, I'd really let yourself feel it to the point of yelling, screaming, breaking things, or whatever else it takes to bring yourself some emotional release.

This has been bottled up WAY too long, and doing damage accordingly. The best "justice" all around is for you to process out the pain and purge your brain of any thoughts about this person who victimized you as soon as possible.

Client - I wonder how much the work we've done and all my changing beliefs in a way have made the above things “worse” (in the short term) because I believe that

I deserve more and that there isn't anything wrong with me and I hate that I then get this internal battle going on (do good – no don't, eat healthy and lose weight – no don't do that!).

I REALLY hate the thought of all the junk I've eaten over the past 5 days and weight I've gained, but that's because I now know I deserve better and I know it's no way to treat myself and yet I still do it (kinda feels like I've been going around in circles. I hate that I'm eating since I know I deserve better, so I eat to get rid of the pain and then get more hate.....)

Then as a result of eating I become more determined (at times) to lose weight, but then I eat to comfort myself again. Man I'm getting tired just writing this. Talk about being pulled in all directions. (I don't even know that this last bit makes sense – grammatically I mean, I'm sure you get the meaning behind it)

Dr. Frank - Yes, I definitely understand. It's not a great place to be. But it's an absolutely necessary place to go through. You would never have done that without first doing the self-exploration you've done. I know--from extensive personal experience--how much it totally sucks and how totally unfair it is.

I also know that the ONLY way past it is through it. So feel what you need to feel, and do what you need to do to keep moving forward. But do NOT worry about doing is all "perfectly." There is no such thing. Just do your best.

Client - Just reading this I know that so many of these inner beliefs are SO WRONG and so harmful to me! Yet I don't really think I knew I still had them.

Dr. Frank - My dear lady, the most important thing is to stop beating yourself up right now. Just stop it. See if you can find a supportive friend to share as much of this as possible with, and to just be there for you. It definitely helps.

Client - I know it's a good thing I've cried and worked all this out J but how do I know I've really let out some/all? of the pain about this that I have inside me. Will this actually make a difference or am I kidding myself? How much more of this do I need to face?

Please tell me it will get easier from here and that there isn't anything else this big still inside of me going on affecting me. It is just exhausting! I also want an end to all this pain (please please please!) I don't know if I am strong enough to go through much more. It hurts so bad.

Dr. Frank - The good news is what lies beyond the hurt. It's almost like a voyage over a stormy ocean to the promised land. You have to make the wretched voyage to get to the destination. It's not fair, but that's the way it is. One thing I know for sure: you can -- and will -- handle it, and come out the other side infinitely stronger and more peaceful. So hang in there. It gets MUCH better!

*[NOTE - This client turned into a **fabulous** success story, and now radiates confidence, all because she had the courage and determination to face her fears and move through them. It's truly amazing how much "smaller" all that stuff looks from the other side - Dr. Frank]*

Real Client Dialogue #34

Subject - Weight Gain-back

Client - Dear Dr. Frank,
My goodness, what a week! It certainly is a challenge to stay focused sometimes. This week was quite chaotic with our front office receptionist gone, our clerical assistant walking off the job, my daughters on spring break, etc. So glad it's Saturday morning and I can pick up your book and refocus.

Slid down the slippery slope into my old habits this week, and need to turn around and build up momentum in a positive direction again. Wah! Gained back the six pounds I lost, but still have kept the original 10-pound reduction from the beginning.

Getting outside to do some gardening will help clear the cobwebs out. And while I'm at it, sing my affirmations, picture my new shape, and let the stresses of the past week roll away.

Thanks for being there, coach. I always appreciate your thoughtful responses. Your kindness often brings tears when I read them. Hope all is well with you.

S_____

Dr. Frank - Hi S_____

Hey, potholes happen. It's part of the deal. But I think you had to neglect the scale for more than one day to pick up 6 pounds, am I right? :-)

Now the key is to NOT beat yourself up, feel guilty, do self-deprecation, or fill your head with negativity. Just start over again from where you are. Every day is a brand new day. God made them that way!

Consider the meaning of self-reverence. God loves you and wants the best for you, always. Just get on the same side with Him :-)

- Dr. Frank

Client - Hi, Dr. Frank,

Well, yes, the six pound gain-back happened over a couple of days. That scales thing is driving me crazy. I will get on it in the morning and it will read 4-5 pounds less than when I get on it at night. Maybe I shouldn't weigh twice a day?

Dr. Frank - Once a day is enough. Even then, there will be unexplainable fluctuations. (Even in MY weight!) All my life, when I've gained weight, it's been 10 pounds in two weeks, then plateau. Maybe it happened in reverse when I lost, too.

Client - Thank you for the encouragement to keep going with God and think about what He wants for me. I'm at the part in your workbook where I'm replacing self-sabotaging beliefs with supportive beliefs. What an amazing journey. I feel kind of schitzy!

Dr. Frank - Welcome to the club!

Client - Does it just plain ol' all boil down to discipline? When I ponder the fruit of His Spirit in my life, I see that He's worked many things into me over the years: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness--and then at the very end, there's Self Control. Arghhh! But then again, self-love is also what I'm working on, too. Hmmm....

Dr. Frank - No, discipline really isn't it. It's about (a) discovering your current (world-based) beliefs, (b) replacing them with better ones (Bible-based), (c) learning to see and love yourself as God sees and loves you, and (d) making sure

you only reward the behaviors that get you closer to your goals.

Peace be with you - Dr. Frank

Client - Thanks for being there, coach.

S _____

Dr. Frank - My pleasure!

Real Client Dialogue #35

Subject - Attacks And Responses

Client - Today, I was not feeling well at church so I went out to the car to lay down. I turned on the fan and fell asleep. When Don came out the battery was dead. He was furious. He said "I don't understand why you always do nonsensical things!".

He was condemning me for something so insignificant, but that is typical of his view of me. Because of my illness, I have done irrational things, and he has admitted he doesn't trust me. I know scripture says, love your wife as Christ loved the church, but what I want is respect. I tried to let it roll off my back, but it did affect me some.

I was thinking tonight, how do I deal with this? I did something stupid and I can claim Christ's promises, but the fact is, it wasn't a smart thing to do. How would Jesus have reacted? What would he expect me to think?

Dr. Frank - Although criticizing someone certainly doesn't look like love, it doesn't mean we don't love them. But just as with weight loss, few people seem to understand that much of what they're doing in relationships simply doesn't work. The key is to criticize the behavior without criticizing the person. That's what Jesus would have done, and it's what He did.

It took me until age 50+ to really get that, so it doesn't surprise me that it takes others a while. And of course, some people never do get it -- my parents, for

example.

When we feel attacked, our "earthly" response is to attack back, and criticize our attacker. But we can see that this only leads to ill will all around. So a much better approach is to make it clear we're not attacking the person, but only the undesirable behavior.

Make sense? Dr. Frank

Real Client Dialogue #36

Subject - Pressure to be Productive

Client - When I think of getting well I am frightened because in my mind that means giving up a low-stress lifestyle. What excuse do I have for taking it easy if I'm not depressed? I don't want to be stressed so I cling to my illness. I think this pressure comes from my relationship with my husband as well as internally. Regarding the former, D_____ has expressed his desire for me to be more productive.

I'm afraid he wants me to perform to his level and not allow me to define productivity for myself. I want to learn how God sees how our days should be spent. For example, regardless of how productive I was during the week, I now devote Sundays to God as sort of a Sabbath where I rest and focus on Him.

That drives D_____ crazy! It's not all his fault though – I give him control over my feelings because I have come to need his approval. I put a lot of pressure on myself to be productive. So much so I become like a deer caught in the headlights – I end up doing nothing. I actually feel physical pain when I try to do something that is not fun or interesting; therefore, I avoid it. I realize now there must be some SSBs [self-sabotaging beliefs] driving that reaction.

Why do I feel the need to be productive? Probably because I don't rest simply in who I am rather than what I do. I'm pretty certain I project my own fears onto D_____, assuming the pressure comes from him, when really it is my own faulty thinking. Why else do I pressure myself to be productive? Perhaps a valid concern

is getting behind so that it becomes more difficult. It is characteristic for me to procrastinate on responsibilities until something external forces me to do it. Because of this, my business often suffers.

Well, today my mind and body would not cooperate! I experienced stress and worry over a mistake I made on an order for my largest account. I resisted negative thoughts and spoke affirming statements, but I still suffered anxiety, depression and fatigue.

It's like it is on auto drive. You said to laugh it off when I make a mistake. I had a hard time today knowing the appropriate response. I feel helpless in controlling my physiological response too.

Any thoughts? R_____

Dr. Frank - I went over the "Pressure to be Productive" musings you sent, and I think that you need to really explore this issue as deep as it goes. That plus the "excuse for taking it easy" part really needs some deeper looks.

While we all need to hold up our end of a relationship, there is infinite disagreement about what that entails. We also have a relationship with God to hold up our end of. What does that consist of, in your view?

If you can't laugh off your mistakes yet, at least remind yourself that they are inevitable, will always be part of your life, and are never an indication of your worth.

Above all, you **MUST** practice gentleness, compassion, and patience with yourself. In many ways, you are just beginning to open your eyes to the truth. It is absurd to expect rapid results so early on, and doing so will only slow your progress.

Remember--the destination is at the end of the journey, not the beginning!

Client - Hello, I thought our talk was really good today! I think I see the light! You mentioned structure... well, last week I attempted to do that and will keep trying. Here's what I'm shooting for and the obstacles I face.

AM ~ 9am-11:30am

1 hour Bible Study, Prayer, Journaling

1 hour Self Improvement or Professional Development

*Break for lunch with a friend likely

PM ~1pm-5pm
4 hours of uninterrupted work

Somewhere in there I guess I need exercise, but haven't made it yet. I took a short walk today. If I haven't been productive in the early afternoon, then I never want to work if it gets past 5pm. I usually eat dinner about 7:30pm with D__ if he doesn't go to the gym.

Lately, I am up until 11pm or later, so that leaves several hours for something. I usually watch a movie, journal, read the Word some more, sometimes exercise, scrapbook, etc.

The big obstacle is that I often have appointments. How do I manage those and maximize my time. Put them all on one or two days perhaps? And never schedule on the other days? Does this seem good? Any suggestions? If I can just get on track I can have a good day and feel productive which does a lot for my mood.

Dr. Frank - I understand the appeal of busyness getting your mind off things, but it's important to clearly understand what things you are trying to get your mind off of. Living in any degree of denial just makes the enemy's work that much easier.

As we said during the session, the goal is to become more conscious, not less, so you can get the light of day shining on any areas of darkness. So don't fear to do the negativity log, as it's an important part of the healing process.

As for the things that make you sad, I sure do understand. But just to keep things in perspective, it has taken me a whole lot longer than 5 years, and I have spend a lot more than 12 years in bad times. You may not know how lucky you are.

And finally, yes, some medications are known for undesirable side effects. That's why I encourage all my clients to get off all medications as soon as practical. The anxiety attacks can be hard to trace to specific root causes. I've had a few in my own life, and never did know why they came--or went. Life just isn't as clear cut as we'd like it to be :-)

Real Client Dialogue #36

Subject - [a continuation of the previous client dialogue after a coaching session]

Dr. Frank - Yes, R_____, I also thought our session was very productive. You sounded like some things were really starting to click.

Your program looks good as a preliminary plan. Based on what you said, I think a 4-hour block may be too big. I'd break it up into more specific items, yet not require those items to happen in any particular order.

That will give you the flexibility you need. The best plan may be a structure that's more like a schedule blended with a to-do list. (That's what I do, actually.)

That way you'll be clear about whatever things you need to get done each day, yet not feel overly pressured to get them done in a particular order. So on balance, I think what would work best for you is the combo of some blocks of time dedicated to specific activities, blended with other blocks where you can be flexible.

Make sense? - Dr. Frank

Client - Yes, that makes sense. Thanks! I really didn't notice many negative thoughts. I know they are there, but I was busy today and that gets my mind off things. I noticed a couple things that made me sad: 1) It has taken 5 years of seeking God to finally find the answers to healing. 2) It has been 12 years of bad times. Feels like wasted time.

I had to remind myself God promises to make good of all things. I get anxiety attacks throughout the day too. I tried to search out my mind and see if there were thoughts attached, but was not successful in finding anything.

It is possible the medicine makes me anxious, it is known for that.

R_____

Real Client Dialogue #37

Subject - The Physical Component Of A "Healing Crisis"

Client - Have you ever had someone experience increasingly worse physical symptoms, like nausea and anxiety, during this process of healing and change? I'm trying to decide whether to see the doctor or not.

Dr. Frank - Yes, what you are experiencing is called a "healing crisis." It's a very important process, so please don't do anything to prevent it from happening. Nausea is not uncommon at all, but it all passes by.

What's happening is that you are now "releasing" toxic feelings and experiences that have been bottled up for a long time. They are real, but not dangerous. They WILL pass.

You do not "need" a doctor, but if you really feel the need to see one, make sure you find one who understands the process you're going through and doesn't try to quash it with yet more drugs. Hang in there and let the feelings come. They will not harm you, though you may be scared. It is a necessary part of the process.

Stay in Faith and do your best to be at peace. If you feel like you need to move your session closer, we can do that. - Dr. Frank

Client Dialogue #38

Subject - Frozen In Indecision

Client - Hi Frank, I just got in touch with a very painful lie tonight. Makes me want to curl up in the fetal position and cry. Its one that torments me and frustrates me tremendously. Essentially, when it comes to important decisions, I freeze. I can't do it. I've got one right now and I am asking fervently for God to make it for me, to tell me what to do. But, I keep getting the feeling He wants me to choose.

I don't want to choose. The lie I've believed is "I don't make good decisions." I just don't know how to make it. I did a pros and cons list, but all the choices still come out the same on paper. They all seem like good paths. God seems to be in all of them. Can you help? What can I do to overcome this? I'm at a loss. And, I'm

scared.

R_____

Dr. Frank - Hi R_____, I have good news and bad news :-)

The bad news is, the only way out of your dilemma is to just make a decision. The consequences will be what they will be. If God was going to make our decisions for us, what point would there be in our existence? And if He wanted us to know what the outcome was going to be, He'd have given each of us a cosmic crystal ball.

Since He didn't, then it's our job to make the best choice we can. If we do nothing, we are also making a choice, which also has consequences. So you see, no matter what you do, you will be making a choice of some kind--either to act, or to not act.

The good news is, life is an endless series of decisions--some that will "turn out" the way we thought we wanted them to. But many will not, and there's simply no way to tell ahead of time.

So the real skill is not to be good at making the "right" decision, but to be good at saying, "What the heck. I made the best decision I could. Some you win, some you lose. Let's not get stuck, let's get on with my life!"

You really can't fail to make a decision. You will always choose something. Right now, you're choosing inaction, frustration, fear, and stress. Maybe you should try another choice. If God isn't making it clear what to do, then just take your best shot and stop making yourself crazy. That's what I would do

Peace be with you - Dr. Frank

Client Dialogue #39

Subject - Feelings And Compassion

Dr. Frank - As you finally give yourself permission to feel your own long-repressed feelings, you also become sensitized to the plight of others, and your

compassion grows.

The world is in much pain, and it's not pretty to watch. But over time, you discover that compassion doesn't need to be tearful. In fact, you can be much more effective if you don't get caught up in others' pain.

But it's all a pretty slow process. It took me a very long time not to be drawn into other people's pain, while retaining total sensitivity to their plight. But it helps me to be even more compassionate, and makes me infinitely more effective as a counselor.

I think I am beginning to understand what Mother Theresa was all about, and how she was able to accomplish so much in the midst of such incomprehensible misery.

Client - I totally agree the world is in a lot of pain. I don't think I've met a single person who wouldn't benefit from counselling!

Dr. Frank - And I think you'd be right.

Client - I think I was crying at the thought of losing my dad. I so don't want to. But then I don't like seeing him as he is now. It's kinda like a no win situation really.

Dr. Frank - I'm willing to bet you could also see it as no-lose, if you looked a bit harder.

Client - So compassion without pain and tears. Now there's something to work towards. But then so is releasing all the pain that's left in me. I'd also love to feel some more of those positive feelings.

Dr. Frank - You actually just covered the entire "evolutionary" sequence of healing. First you release--and experience--your own stored up pain. Then you can experience compassion without pain and tears. Then you can truly enjoy life's most positive feelings!

Real Client Dialogue #40

Subject - "Will Power" vs. Transformation

Dr. Frank - Got the homework. Your reward structure sounds great--dare I say, exemplary! The scales WILL move, I guarantee it. But great job of not focusing on that.

Client - See other responses (attached) You will see how I am tracking my adherence to my nutrition, exercise and, specifically, wine abstinence on a daily basis, as well as the reward I am giving myself. I have 3 levels of rewards. A's are big rewards like a massage, which I am saving for milestone levels of success. B's are less expensive, and C's are relatively small, like a candle or skin care product that I would like.

Yesterday, I met all my goals. Hurray for me! (Of course, the scale today didn't reflect it, but I am used to that.)

The next document (Flowchart) is the rescripting for my most pernicious self-sabotaging behavior. I did have to call in my alternate script last night, as the old habit began pulling on me.

Dr. Frank - Nice to have an alternate, isn't it?

Client - I had a breakthrough of sorts this week. I have been struggling mightily with the question of transformation vs. program compliance (willpower). When I lost my first 10 lbs. over a year ago, it was mostly through sheer compliance -- gritting my teeth and holding myself accountable for suffering, if necessary, to stick to my program. I also had some beliefs that changed, but I would say my success was due at least 50% to dogged compliance.

With your program, I have been hoping that I would transform so much from the inside out that my program adherence would be near effortless. And the mental work has helped, no doubt.

However, I have come to the conclusion that this whole process is a finely-tuned dance that encompasses both aspects -- transformation and compliance, and they both reinforce each other.

Dr. Frank - Good analysis, though I would say that "dogged compliance" definitely plays a progressively smaller role in the process. People write all the

time telling me that doing what works becomes increasingly automatic IF they (a) get to the underlying beliefs and (b) actually PRACTICE doing what works.

Client - For instance, abstaining from wine will not become a reward in and of itself until I see the payoff of consistent weight loss.

Dr. Frank - Why?

Client - However, I will not see this reward until I stop drinking the wine. So I must use the combination of belief change and self-discipline until this reward process happens. I would be nice if it could all happen through belief change, but it is faster if you combine the two.

Dr. Frank - No question about it!

Client - It is just like the balance between faith and works that James talks about in Chapters 1 and 2 of his letter. If I say I believe thus and such, and then don't do it, do I really believe? I have chosen those chapters as my hallmark chapters for my transformation.

Dr. Frank - Two of my favorites as well!

Client - Anyway, I'm sure you know all this, but it was an a-ha for me this week.

Dr. Frank - I sometimes worry that my brightest clients will get derailed by their own analytical processes. I'm delighted to see that you are using yours to accelerate your progress rather than get bogged down in analysis--as some sadly do.

Client - I hope we also have time to talk about the Universe and it helping me achieve my goals. I think you may be referencing the Law of Attraction, but it also feels like a bit of a Factor 4 violation to me.

Dr. Frank - I'm the first to acknowledge that it's all a pretty gray area. The Bible originated that kind of thinking. Psychology and Christian Science merely "rediscovered" and popularized it. It seems to be true in my own experience as well. But exactly why, I can't explain.

Client - Talk tomorrow night at our usual time.....

Dr. Frank - Indeed!

Real Client Dialogue #41

Subject - Re: sending me a record of your "actual" diet & exercise, not "ideal."

Client - I can do that...I made a commitment to exercise five days a week, I made that commitment about 2 weeks ago and it's going well....that wouldn't be "typical" in my life right now, but I am actually enjoying the way it makes me feel, clears my thinking, gives me more energy...

My ultimate goal concerning exercise is to really get through a tough workout, my commitment right now to build towards that, is to walk 30 minutes a day, work with weights 15 mins a day alternating upper and lower body, and do the power 100 abs (pilates thing)...Hope that helps.

Dr. Frank - I'm actually not as concerned with exercise as with diet. Exercise is essential, but is a very ineffective weight loss tool.

Client - I am guessing that you want to see what eating patterns can be changed (and foods) so I'll log a normal day, although yesterday really was the way I like to eat, when I am consciously making food choices :)

Dr. Frank - Don't second-guess the coach! That's Rule # 23 :-). Just humor me for now with your "real" food consumption.

Client - I like to eat healthy...BUT...we both know that if I had been doing that on a continuous basis I wouldn't be overweight at this point :)

Dr. Frank - Yes, so just work along with the ol' coach. He has your best interests at heart!

Client - Okay, gotta run...have a great morning! N_____

Real Client Dialogue #42

Subject - "Tricking" Your Mind

Client - Okay. I will have to trick my mind in order to do this :) What I will do is eat the way I normally would and then at the end of the day I will tally the calories...otherwise, I will be too informed throughout the day and will find myself adjusting foods to come out to a lower caloric number.

This apparently is more of an issue to me than I had previously thought (insert AHA moment here..). Counting calories stresses me out. "Why"??? I can hear you asking me that question...probably because in my mind it denotes deprivation of some sort...even though I am FAR from being deprived...crazy isn't it?

So, my newly educated knowledge on goals, affirmations, etc would tell me that I need to have my goals in my face along with my statement (Is this something that someone who loves herself, ect) in order to counteract the feeling of anxiety...geesh...what a process I must follow in order to become "mind healthy" :)

Thanks for listening...N_____

Dr. Frank - N_____ my dear,

"Tricking your mind" is what success is all about, so you might as well get good at it :-)

Actually, it's not tricking. It's called "cognitive restructuring." It's a somewhat complicated process in practice, but I have discovered ways to make it much easier.

I'm glad you had an "aha" moment. Those are what we aim for. You are probably accessing your "inner brat." But don't worry. We all have one. The trick is to get it to stop behaving like a spoiled 2-year-old, and get it lined up with your healthy, adult goals. And that's just what we're going to do! But again, no worries. It's much easier than you may think -- as well as infinitely rewarding.

You're doing good! - Frank

Real Client Dialogue #43

Subject - Creating Meaningful Goals And Motivations

Client - Had to share the "AHA" moment I had today. My husband and I have decided to take a cruise in December. The moment we made the decision and booked for the tickets I was in "motion" to lose this weight and get fit. The #1 motivator for me is to be 135 lbs by Thanksgiving because I want to board that cruise ship sporting cruisin' clothes and I want to be able to go scuba diving and horseback riding, wear a swimsuit and feel awesome and confident in it...not to mention that it all coincides with my current goals.

What I realized when I "felt" that surge was "that" was the feeling that I have to tap into..."that" moment when I "knew" that I was going to make my weight loss and fitness goals a reality..."that" determination...I've locked into it...it's real...and I believe it's what will keep me moving forward.

Thanks, N_____

Dr. Frank - Excellent work!. Maybe you should make that one of your top 3 goals, or at least a "top 7" motivator. Knowing what feelings go with success motivation is a great thing and an important step.

Just remember, long-term success is the product of inner change, not outer goals. So let's make sure we get both of those bases covered :-)

Have a great weekend! - Frank

Real Client Dialogue #44

Subject - Client Asks Some Questions About Coaching

Client - Hi Dr. Frank - Sorry I didn't write to thank you for your time after our session. I have been working on a paper and I wasn't thinking. I turned my paper in yesterday, yea!

Dr. Frank - Hi R_____, Thanks for writing. It was my pleasure to talk with you. Let me respond to your questions and comments one at a time, below.

Client - I was able to do a little reading from your book yesterday. I know I am somewhat resistant. Then I read one of your points: "Your resistance to doing the things that will improve your life and align you with God's word and God's will is a perfect measure of the degree to which Satan has already gotten control of your mind." I have debated what I should do. You mentioned it was ok to ask questions. I am curious about several things:

Dr. Frank - Yes, always feel free to ask questions.

Client - What you think is what you get.....is there an element of magical thinking here? If this is true then all of our illnesses or trials are our own fault. So if I have, lets say, diabetes, I should be able to think differently and it will change?

Dr. Frank - That's a great question. But we must not confuse the reality of "what you think is what you get" with "magical thinking." They are at opposite poles. Magical thinking is delusional, and doesn't respect reality. On the other hand, the whole purpose of renewing your mind is to free it of magical / inaccurate / "worldly" thinking. (This is a BIG discussion, and I can't begin to do justice to it in an email.)

Client - You indicated that you don't support the use of medication. We were talking about psychiatric medication at the time. I actually own the book Toxic Psychiatry. I take medication because it is how I survive. When ate organic, no sugar, no diet soda.... I definitely was better but I still wasn't what I would consider stable. That was about 7 years ago. I would be interested in hearing more of what you have to say about medication. I know the drug companies are making a lot of money.

Dr. Frank - I understand that lots of people do take medications, psychoactive and otherwise. But in general, I think this is not a good long-term plan. I can't imagine that this is how God intended us to deal with life's challenges. That's why my position is as it is. But having said that, I also know that "renewing your mind" is something not many of us do very well on our own.

That's why God made pastors, counselors, etc. And I know that not everyone is going to have access to quality counselors. If the choice is between having a

disastrous like and taking meds, I say take the meds. But if humanly possible, get some good Word-based counseling!

Client - If I sign up for coaching sessions you mentioned answering questions that you send. Is it similar to the material in your book? (That I haven't gotten through.) Last fall it is like I hit this wall and I don't seem to get too engaged/excited about anything anymore. I am having a hard time getting the reading done.

Dr. Frank - The book is, by necessity, aimed at a broad audience. It is fairly general in its approach. The information is as good and as complete as I could make it. Personal coaching, on the other hand, is very, very customized.

Its whole purpose, from the first day, is to identify your own specific, personal self-sabotaging beliefs and get them out of your mind and life ASAP. As such, it is 20 times more effective than the book alone. In fact, the only use of the book in coaching is to prepare you for certain major topics we'll be covering.

Client - I believe you asked me what my reasons were for wanting to loose weight? Not necessarily in this order, I would like my clothes to fit, I should be setting a better example for my daughter, and hopefully I would have a better outlook on life in general. I know I am not where I want to be spiritually.

But changing my weight isn't necessarily going to change my outlook on life or where I am at spiritually. I think I have developed a negative/not too hopeful attitude.

Dr. Frank - Yes, you make an excellent point. You say, " But changing my weight isn't necessarily going to change my outlook on life or where I am at spiritually." What I want very strongly to tell you is that we do just the opposite.

The weight isn't the problem. It's only a symptom of the problem. To rearrange your sentence so it is true, "...changing where I am at spiritually and changing my outlook on life will, in turn, change my weight."
See the difference?

I do not want you to be "hopeful," but I sure don't want you to negative either. What I want is for you to stop doing what has never worked, and start doing what's been proven to work!
Peace be with you - Dr. Frank

Client - Thank you, R_____

Client Dialogue #45

Subject - Don't Worry About Your Health

Client - So how do you not worry about your health? My brain keeps worrying about this silly lump and as a result I am stressing myself out still.

Dr. Frank - That may be the most important question -- and skill -- of all. I will say I've gotten extremely good at not worrying. It took a while, but the logic is ironclad. It works like this: If you have a problem, you have one problem. If you worry about your problem, now you have two problems.

If your worry creates stress, now you have three problems. If stress affects your immune system, now you have four problems. Your peace? Five problems. Your work? Six problems. Worst of all, this all conspires to deprive you of the very resources you need to solve your problem Get the idea?

But if you choose to not see the original problem as a "problem," but only as "information," now you effectively have NO problems. Better still, all your "solution" resources are fully functioning and fully available.

Pretty cool, eh? It just requires the ability to be very good at determining what is and is not allowed to go on between your ears--a skill you yourself are in the process of mastering!

Real Client Dialogue #46

Subject - "Attitude, Genetics, And Discovery!"

Client - When I got up this morning and reread yesterday's email about my family

something just clicked in my head (really, honestly, I heard it click :)

The changes I am making just made sense to me...it wasn't like yesterday when my attitude was "slightly less" than positive...I felt empowered and ready AND I immediately 'wanted' to create my menus for the day...it wasn't a struggle...it felt great, like I was in control of my weight vs. it being in control of me. So, today, my attitude has vastly improved :)

Writing those feelings out really helped me to grasp "where" the fear was coming from...very liberating. Of course having a coach that insisted on delving in that area didn't hurt I don't have to be their story....**it isn't genetic**....it's accepting responsibility for the outcome I want...did I tell you that "it isn't genetic"???

One of the recordings I have had spinning around in my head for years and years is "that's just the way our family is...we have very slow metabolism"...had to change that recording to "I am changing my metabolism everyday with the choices I make".

Then, I informed my husband and girls that I am now eating 1200 calories a day because I want to be thin and healthy. They were concerned with 1200, but I assured them that it's very healthy and I would appreciate their support...which of course they agreed to give.

Just thought you'd like to know that today's attitude is back to normal :)

Thanks, N_____

Real Client Dialogue #47

Subject - Getting Off Of Meds

Client - Hello Dr. Frank, I think I need a pep talk if you give those. I read some of your articles. Thanks for sending them and the book.

What I haven't done is started on the homework. I am forcing myself to get up, put the dishes away, vacuum.... I have NO energy. The reason I am writing is because

I am spending a lot of time thinking about losing weight, trying not to eat too much, and bingeing. I have had several instances lately, including today, where the thought of purging has crossed my mind.

Part of the problem is it is really easy for me to do. It has been 2+ years since I purged. It is really difficult to stop once you start and what it does to you psychologically, physically, and spiritually it is not good. It is a short term solution to getting a good feeling and filling a whole.

Maybe you know this about psych. meds., they cut off your spiritual connection. It is like nothing is there. If I don't take them it is extremely difficult to function. It feels like I am being sucked into a black hole, my: mood and energy level goes way down, sleep is affected, and I could burst with anger when I get up in the morning.

When I decrease the medication I am actually worse than I was before I took meds. I don't want to take them anymore. After writing the effects of not taking the meds. it seems that maybe it would be better to keep taking them. Any thoughts or input?

My husband is not supportive of me not taking meds. The relationship takes more work if I don't take them. If I tell him any of the above he will withdraw because he doesn't know what to do. I have a hard time when my husband is even more quiet than he usually is, it drives me crazy. I feel quite alone sometimes. I try to be a good wife and I don't mean to speak negatively about my husband. He is a nice guy.

I could call about having my medication changed but where is that going to get me? I am embarrassed that I am sending this but I thought maybe you would have some ideas.

Maybe I just need to write. Like the gratitude journal. I forgot about that. I tend to be ungrounded at times. It's like I am gone. I am back now and feeling better. I generally don't tell people about that. It feels so strange. I am thinking if you are an intuitive type you may know what I mean or I wouldn't risk writing about it and having you think I am a real mental case.

R_____

Dr. Frank - Hi R_____ - I sure do understand where you are, and you sure did the right thing in writing. Believe me, you are definitely not a mental case. Your

message sounds extremely sane. I think it is good to have the goal to get off the meds, but let's make doing so a future thing for now. It's important to have your husband's support.

We have talked about the ego's desire to maintain the status quo, have we not? Well right now your bratty little "inner 2-year-old" is in open rebellion against your healthy, conscious desire to get your life on track. It's kicking and screaming, and it knows just which buttons to push.

Not only is this predictable, it's actually a powerful positive sign. It means you have convincingly communicated your conscious mind's healthy intentions to your ego, which hides out deep in your unconscious. You plan to rock the boat and make some positive changes, and your ego is getting the message!

I have a LOT of firsthand experience at being where you are, believe me.

What you must now do is to recognize that all this garbage you're currently experiencing is from your bratty little ego, and not from your higher, healthier self. It's the "internalized world" rebelling against the influence and power of the spirit and the Word in a body that has never really known the spirit. It is like a child not wanting to get a polio shot or take its castor oil, if you know what I mean.

What you must do now is say to your ego, "I hear you. I understand you are fearful of change. But believe me, where we are going is going to make you a whole lot happier than where we've been. And I'm soon going to show you why.

And in any case, I'm in charge, not you. I'm no longer willing to be led around by the nose by old beliefs and habits that have only a negative influence on my life"

How and when will you show it why these changes will be in its own best interest? That's a major part of what we will accomplish in coaching -- getting your ego to be your ally, instead of your enemy.

It's time for the healthy, spirit-led part of you to take charge. The more you do so, the easier it will get, and the smoother your progress will be. Are you with me so far? - Frank

Real Client Dialogue #48

Subject - The High Price Of Guilt

Client - [after a coaching session]...thanks for the conversation today, it really helped...I am truly on a mission to discover my needs and desires and it's a great place to be...I am just searching for a way to feel secure whenever I take those leaps of faith :)

Dr. Frank - The bad news is, there IS no way to feel secure when taking leaps of faith. The good news is, the more you do it, the easier it gets!

Client - You are so right. I was just sitting here thinking about the fact that D_____ will take A_____ to meet D_____ the other grandchildren and had a wave of guilt because I want to work so I don't have to makeup my day. I offered to meet her on Friday but she said she had other plans (grocery shopping)...so I m not sure why I am even entertaining the idea of feeling guilty! The bottom line is that I love she and the kids and I just don't want to do anything that hurts their feelings...that's the bottom line :)

Dr. Frank - I hope you will re-read what you just wrote, because in it lies the key to your guilt problem. When you really *get* that you do not have power over their feelings, you will also discover that they don't have power over yours.

It's all just a quagmire of illusion, and one of the many "worldly" lies we are admonished to "renew our minds" about -- and transform our lives as a result!

And THAT, dear lady, is the REAL bottom line. Do ya get it yet?

Real Client Dialogue #49

Subject - Replacing Negative Thoughts

Client - Hi Dr. Frank, I think that I've discovered something - I'm having negative thoughts & feelings but I'm not catching them very well because once I have them I take care of them by replacing them with what is positive. Also, some part of me is not happy with my decision to eat healthy because a slight depression is starting

to set in - UGH!!! I hate that feeling!

Dr. Frank - I understand about replacing the negative thoughts. But I think you'll find that you can ID them anyway if you try :-)

As for a depression "starting to set in," I want you to look very carefully at that statement with Factor 4 in mind. First, feelings of depression can't "happen to you." That can only be caused by you - by your thinking.

What kind of thinking? Negative thinking! So now you can kill 2 birds with one stone, as it were, by identifying and writing down the negative thinking that makes you feel depressed.

I assure you that you have a history of denying or "covering over" your negative thinking, but not eliminating it. I believe that nothing will benefit you more than:

- learning to clearly spot your own negativity
- understanding the consequences of having it
- owning that you are the creator of it
- learning to take full responsibility for it
- THEN being able to replace it with something positive

That's why I keep hammering on this point!

Client Dialogue #50

Subject - General Comments From An Excited Coaching Client

Client - I did it Dr. Frank, I did it, I did it, I did it!!! I passed up pizza and my favorite milkshake today and I'm ok!!! L_____

Dr. Frank - Congratulations! I think you will find that such victories will become more common and easier, and you will eventually discover that food itself has no hold over you at all, and never did. The truth is that improper / unhealthy eating was never more than a bad habit that, through no fault of your own, went out of control.

Now the key to success is to focus on your wonderful self-care victory and let yourself feel that reward, and let it permeate every part of your being. Bask in this success and look forward to the next one, and let yourself imagine L____-care victories as a way of life!

Client - [unrelated] Thanks Doc! There's something about encouragement that gives me an overall feeling of joy. I appreciate that, and I will not worry.

Dr. Frank - That makes me very happy to hear. Lord knows we all could use a bit more encouragement, even from within, couldn't we? That's why it's so important to become aware of our own negativity, and the way we unconsciously sabotage our own joy and success.

Keep up the good work :-)

Real Client Dialogue #51

Subject - Who *Really* Controls Our Feelings

Client - I must not "quite" get it because I believe that a person can control another persons feelings. For example, if I called her right now and said "D_____, I think you are not being honest with me. The reason you are now not coming for the weekend is because we said no to your friends.

And, oh by the way, I think you are being uncompromising when you aren't willing to change YOUR plans to pick up A_____ but you are expecting us to change OUR plans!"

Ok, that's the way I really feel about the situation...if I told her that, I can promise you her mood would be altered. It's as though it is her "right to retaliate" because plans aren't going quite as she would want them to. And she knows this would hit in the heart. Does that make sense?

Now, having said all of that. I have reached the point (finally) where I am going to do what's best for myself and for D_____. I have finally realized that it's not selfish--it's actually critical to everyone's happiness, most importantly MINE!

Dr. Frank - Your perception is the norm in our society and, indeed, in the world. As I noted, this is an extremely widespread illusion. But an illusion just the same, learned by each of us in childhood and validated by "agreement" amongst most of the world.

The reality is that we can give other people *opportunities* to feel a certain way. But it's up to them to actually create that feeling, based on their own perception of what we said or did.

This is easily demonstrated by recalling a time when you said something to someone and you meant it one way, but they took it another way, and perhaps got upset. So, in this case, you can clearly see that the determination of what and how to feel lies squarely with the perceiver.

We can dangle "bait" in front of others (as prosecutors are so skilled at doing), but it's up to those others to take the bait. And, of course, we ourselves are the ones who "decide" (however unconsciously) how we will feel in response to any external event, words, or circumstances.

Is this getting any clearer yet? :-)

Real Client Dialogue #52

Subject - Proactive Thought Replacement

Client - Hi Dr. Frank, I have a thought to share with you. This week, I've been still trying to be conscious of my negative thoughts and trying to record them all. I'm sure they're there (the old ones as well as others) but they don't seem to have the energy they had before.

Now, when a negative thought comes to mind, another part of me begins to encourage me, overpower the negative thought and tells me the opposite of the negative thought.

i.e. when I notice my fat tummy and I get the fat tummy thoughts, I find myself speaking another positive thought to that negative thought, such as: "but not for

long, this will be gone soon and I will look awesome"! I find that interesting.

Just thought I'd share this with you. Is this common? C _____

Dr. Frank - Hi C _____, That's a great message!

That kind of healthy thinking is only common among those who do the work of tuning in to their own negativity and really paying attention to it. Your Negativity Log was quite thorough, which means you're not hiding from it. As a result, you are seeing what most people are not.

This puts you in a position to do what most people can't -- to take active charge of your own thinking. You are now on your way to having the kind power that most people will never have, which will allow you to create the kind of life experience that most people will never get to enjoy.

Keep up the excellent work!

Real Client Dialogue #53

Subject - Dealing With Stressful Situations

Client - Thanks sincerely Doc :-)) You know i had a reeeaaaally test of what would have been a frazzled day at work yesterday in how i used to handle things. It's like i sat back and watched every little thing get worse and worse as i was trying to fix something, and i realized as things were declining--there was absolutely NOTHING i could do about it outside of my control,

So.....i got up, went out for some air, relaxed, and came back in about 15-20 minutes and felt even better. But before i even got up to leave, i was way more calm about the situation because i knew that the bottom line was that i couldn't force other people to be accountable where i needed their help.

So i said to myself, "oh well", that's what managers are for, and that's why they get the big bucks, and i moved on to something i could handle. And i got a repeat today of what happened yesterday!! (hee hee hee) I guess my test isn't over, but

i'm still passing.

C _____

Dr. Frank - Hi C _____, Nice going. Next thing you know, you'll be teaching this stuff!

I had plenty of opportunities to do the same thing today. Some days just present you with lots of opportunities to "take the bait." Isn't it wonderful to have the skill not to?

Peace be with you - Dr. Frank

Client - Hey there Doc!

Yes it sure is. And thanks for the kind words. Eventually i hope to pass the torch, but i am coming to love me and all of my powers! I wish i had called you 15 years ago. Oh well. Peace be with you too. :-) C _____

Dr. Frank - Hi C _____ - Better now that 15 years from now! The median age of my clients is over 50! You just found your wisdom earlier :-)

Real Client Dialogue #54

Subject - Love And Forgiveness

Client - Hi, Dr. Frank,

As for the core question, sometimes I'm a bit slow! When applying what I wrote about the abusers in my life to *me*, this is how it came out: "I've forgiven myself and can even have compassion for and pray for myself, but I'm not obligated to like me and invite me home." When put that way, I can see so clearly that the business of reconciliation in my own heart has been far from complete.

Yes, it's definitely time to like me and invite myself home. Thank you for helping me see that, Dr. Frank. Yes, I am ready to fully forgive myself, and be reconciled to who I am and who God created me to be. Yes, I am ready to fight the lies of the

enemy about my value as a human being and my value as a child of God.

The truth of His unconditional love for me, His death on the cross, His delight in me is the foundation. But standing on it requires that I pro-actively like myself and learn to be hospitable to me. What a concept. Hmmm, will ponder on this a bit over the next few days. In the meantime,

Dr. Frank - Hi S _____,

I believe you now have perfectly summed up both the problem and the solution. Nice job! Understanding the problem is the first step. Being in faith about the solution is the second step.

But SO many people don't even know that the all-important third step is taking action -- being proactive in bringing our desired solution into reality. The book of James makes it abundantly clear that taking action is our responsibility.

God didn't make up overweight, and He won't make us thinner. But He will support us 100% when **we** take corrective action!

Peace be with you! - Dr. Frank

Real Client Dialogue #55

Subject - Projecting Outward What Should Go Inward

Client - Hi Dr. Frank,

I'm going through a tough time right now because I can't seem to stop trying to be in control of everything. I just want to shake some people and scream, "What is wrong with you"? I think if I can master this, life for me will turn completely around. Can you help me?

Many hugs, L _____

Dr. Frank - Hi L _____,

Yes, I can definitely help you. What's really happening (and please pay major attention here) is that this is one more manifestation of your deep desire to "fix L_____" that is being projected outward instead of being focused inward -- where it belongs. There are two things going on here.

First, you never really felt that L_____ deserved the love you knew you had in your heart. Second, you also never really believed that such long-standing problems were "fixable." Now you have corrected the second misperception, but you still have a challenge with the first one -- turning your best energies toward Lisa, the one who deserves it most!

This is really quite understandable and even predictable. Someone with as much caring as you have in their heart can't help but be moved by the pain and suffering of the world around you -- which is all the more visible now, at your newly awakened level of consciousness.

But do not be deceived into trying to fix what's "out there." Your first and most important mission is to get Lisa fully healed. Then -- and only then -- will you be able to render truly helpful service to others.

And in any case, don't think in terms of "shaking" them. That's how you've always tried to help L_____. As you know, it just doesn't work. Think instead in terms of compassion. Save your passion, but use it first to help L_____. Then you will be infinitely better able to help the world around you! - Dr. Frank

Real Client Dialogue #56

Subject - The Urge To Binge

Client - Hi Dr. Frank,

Just got home so just got your message. Actually no - it doesn't seem like the usual amount of homework does it? I'm open to more homework - let me know what else I can work on.

I know it's kinda weird but there's 2 things (thoughts) going on with me that doesn't seem to want to cooperate with where things are going. I'm going to attribute them to my "ego" so tell me if I'm off.

First - I find myself resisting looking up the calories of food eaten thing. Even though it makes sense and that I know this is something that would help the big picture, I'm thinking "what a pain". I did have to do this as part of my undergraduate work in clinical dietetics so it's not that it's unfamiliar. I think I'm just resisting the work of doing it.

The second area of resistance is now that I have to record everything I eat, I wanna go out and binge (get ice cream or cookies or something). I thought and felt this same thing last week when I had to record my intake. It's almost like since the attention is put on that, I want to go and do it more. I'm puzzled and thinkin "what's going on with me"? "

Why am I having these thoughts/feelings"? It seems to be a rebellion of some sort but I don't know why. Any thoughts? C _____

Dr. Frank - Hi C _____,

Your own thoughts about your resistance are right on target. This would be lots easier to explain by phone, but let me take a shot here. When we grow up feeling put down, out of control, etc., we feel powerless. We learn that we **are** powerless in most areas, so we try to "covertly" exercise power where we can.

This becomes a little game we play with the world. Inwardly, we are saying, "OK you think you got me there. But you didn't see where I controlled this thing over here. See? I have power after all." So what you end up doing is playing a little ego game with the world, trying to assert power to satisfy your ego, but doing it in covert and "sneaky" ways, where you're least likely to get **caught.**

This often shows up as a very arbitrary resistance to any external "authority," or anybody who seems to be trying to tell you what to do. You want to appear outwardly cooperative, since you don't really want confrontation.

But covertly, you try to not **really** comply, so your fragile ego can still feel victorious. In this case, your ego is resisting cooperation with the "rules" of the program. It matters little whether your conscious mind believe in the program 100%.

This is unconsciously-motivated ego resistance, which has no interest in logic, truth, or even your own welfare. Its only mission is to assert itself so that it can feel powerful -- which it can only do by NOT complying with someone else's instructions, suggestions, recommendations, etc. It's much like the 3-year-old stomping its foot and saying, "No, I won't eat / go to bed / take a bath / do anything YOU want.

It's obvious to anyone else that the resistant behavior serves no constructive purpose, and in fact, is most often NOT in the child's own best interest. But if it *feels* powerful to the child (his ego, that is) then it has served its real purpose -- to create the illusion of power and mask the deep-seated fear or powerlessness.

Does this all make sense?

Real Client Dialogue #57

Subject - "Macho" Is Not The Best Motivation

Client - Hi Dr. Frank,

I think you hit the bullseye! Yes, I clearly and consciously DON'T WANT to do any cold calling but somewhere inside of me, I do think that I should develop that skill although I REALLY don't want to.

I do want to have my own business and I think that if I develop that skill, it will be another tool that will help my business grow. But then again, in the current company I work with, none of the salesmen nor the owners have ever done any cold calling and they are quite successful.

So I am, I think, feeling guilty to not be "courageous" or "strong enough" to do the tasks necessary to be successful.

As for "it driving me crazy". I should've been more clear. What's driving me crazy is not being able to take control. I don't know how. It's like I accept a situation and let myself being dragged into it. My finances is one example, but there are other

aspects that I find I don't have control.

I don't really know why or "what is wrong" but I let myself being controlled. Unlike M_____, the only part of my life that I've been able to take control is my health and fitness. I want to project this confidence and motivation to be healthy to other aspects of my life.

Can you help me do that?

I do have your ebook, I've started to read it but I have to admit that when I first started to read it, I found it cheesy. Reading your answers makes me want to read it.

Dr. Frank - Hi A_____ - Please reread your last sentence in your second paragraph. Can you say "macho?" But don't feel so all alone. That's just another of the burdens our culture invites men (and increasingly, women) to pick up and haul around like a brick-filled backpack -- until you drop from exhaustion or drop dead.

As you see, we each have self-sabotaging beliefs and attitudes that we were forced in childhood. We each get our own unique "brand" of programming. Some of it is just fine. But some of it not so fine, and some of it will send some of us to an early grave -- or make us feel dead long before we actually get there.

I'd be curious to know what part of which ebook you found "cheesy." If it really is, then I need to word it better, as the concepts themselves are tested and proven beyond any doubt.

I thank you for your participation, and for your candid input. As for helping you "project" your confidence into other areas, what you are experiencing is simply an outward manifestation of what's going on inside.

Once that is fixed, the outcomes you seek will be the natural and effortless result!

Yours in total health, "Dr. Frank"

Real Client Dialogue #58

Subject - Other People's Opinions

Client - Hi ya, Here is my homework summary for the week.

I have to say I felt very positive last night when I went to bed ☺ I think my brain was still busy processing our conversation and it took a while to get to sleep, but once I did I fell into a deep sleep.

What you said was just so true, but I'd never thought of it that way, that I was setting myself up for constant failure. I had already worked out that I was telling myself a lot of the time that "I have to do...." and then stopped and told myself, "No, I can do that, I don't have to", but I hadn't worked out why I kept doing it.

I also liked the bit that other people's opinions only matter if I think they do. And that their feedback is all about them and not about me. I wish I could remember my thought that I had before I fell asleep, it was like something fell into place in my mind.

I think it might have been the trying to control others to then get feedback that reinforces that I'm not "doing a good job" and using that as an excuse to keep beating myself up and reinforcing that I don't deserve better and I'm "not a good person".

I am starting to get the feeling that will prove to be a significant session in terms of me moving forward.

Dr. Frank - Hi :-)

It sounds like you did a great job of "getting" what we talked about. Your words show that you really understood the points I was trying to get across. I believe that this is going to open some major new doors for you, as you separate out the "learned illusions" from the realities of life.

I think you will be amazed to discover how much easier life is than you ever imagined, once you understand that other people's opinions are just that -- opinions! The next power step is to understand that it really doesn't even matter what other people think, because they are only seeing things from their own limited and biased perspective.

What they want may be highly relevant in their own life, but has little or nothing to

do with your life. And once you really get that, you find that it only takes about 20% as much effort to "run your own show" as to try to do what you think everyone else is "expecting" of you.

Real Client Dialogue #59

Subject - Great "Med Stats" And Ideal Caloric Intake

Client - Hi Dr. Frank,

I have to take this opportunity to brag about some pretty good health screening results. I think I had mentioned to you this morning that I was going my "Health Pass Screening". It's a free yearly prevention screening program offered by the health insurance company I belong to.

You usually go through this screening around your birthday and it monitors your risk factors and your test results yearly. My BD was back in March and for some reason, I didn't complete this year's screening until now. And now is the perfect time as I'm going through your coaching program NOW.

So, here are my numbers: My weight (w/street clothes on) is 105; last year it was 107, in 2002 - it was 111 (the year I was going through my divorce). My waist measurement has decreased an inch from 27 to 26". My BMI is 20.

AND GET THIS - My BODY FAT WAS 20.6%. I was thrilled at that. My BP: 111/64, cholesterol: 168, HDL (the good stuff) is 100 (last year it was 91); and my fasting glucose (which should be under 100) is 82. I was absolutely thrilled.

The nurse was asking me what foods I eat and what kind of activities I do. She said she had never seen someone with a 100 mg HDL. She said that I am living/practicing what I preach as I'm a Public Health Educator involved in prevention. So, I am elated - I am actually getting better and healthier as I get older. Yea!

Regarding our conversation about calories. I'm still fighting the thought of 1000 calories/day. I know it will ultimately be my choice but I don't know if I even want

to cut back down to too much. I hear what you say but I think that I can consume around 1200 calories, exercise moderately and still be ok. I will see where the numbers really fall as I progress. Anyway, wanted to share the great news re: my tests with you. Onward and Upward!!!!

C_____

Dr. Frank - Hi C_____,

Please do brag! I am delighted to see your numbers. You are living proof that, when you start doing what actually works, it doesn't take long to reverse the effects of doing what never worked. We can indeed get better as we get older. I know I am!

As for the daily calorie intake, none of this is written in stone. There are just too many individual and lifestyle variables. It may turn out that 1200 is best for you. We won't know until we do our "real life" test.

The point of picking a specific number of calories is that it creates a steady baseline. Then you see what that number does in combination with your normal lifestyle, and simply make adjustments up or down as necessary.

Make sense?.....Dr. Frank

Client Dialogue #60

Subject -

Client - Hallelujah Dr. Frank, Happy Sunday.

Guess what? I finally hit the 100# mark this morning. I almost can't believe it as I've eaten a little bit more than usual over the past couple of days (with no exercise yesterday). I know the scale will fluctuate daily but this was the first time it hit 100! I think I burned "alot of energy" though doing my workshop yesterday.

Yesterday (Saturday), I taught a basic facilitation workshop up at _____. I left at 6:15 a.m. and returned home at 6:30 p.m. It was a very long day - 5 hour workshop

+ set-up and a 5 hour total drive to/from. After the workshop I stopped at _____ (where I saw the one of a kind hand made by a local artist pearl necklace that I had my eye on as my reward 3 weeks ago).

Anyway, a friend of mine and my husband _____ encouraged me to go and purchase it and M_____ would hold it for me until I hit my goal as it is a only one-of-a-kind piece. So, I went back to the gallery to purchase it yesterday and the sales attendant who had helped me a few weeks back told me that it had just been purchased on Friday by another woman.

I was dissapointed but know that God has something I'll like better - now for the search. This morning I was just thinking how ironic it is that I've now met my goal, had gone to receive my reward and that it was not available. But then again, reaching this point is a reward in itself! I'm encouraged once again - I was going a little nutso and obsessing about that one last pound!

Onward and upward. Will send you my homework later today. Thanks.
C _____

Dr. Frank - Well congratulations!

I never had the slightest doubt you'd get there. But I guess that's because I see things from a different perspective :-)

Just don't be too surprised or disappointed if it bumps up over 100 a few times before it settles in where you want it. That just happens.

I'm glad your workshop went so well. Sorry about the necklace, but maybe that's God's way of telling you to get something nicer!

In any case, I hope it's now clear that obsessing can only serve to keep you from success AND make you unhappy while you wait.

Nice work! - Dr. Frank

Client Dialogue #61

Subject - Avoiding Drinking Cow's Milk

Client - In your e-book that you sent me, which was great, you don't go into a lot of detail about this but you emphatically said not to drink milk. Can you please tell me why? The hormones? The sodium? Could we drink organic? Just curious.

Dr. Frank - Hi R_____ - Let me to respond to your question. There are no good reason for humans to consume cow's milk, and lots of good reasons not to. It is chemically designed to take a heifer to 500 lbs in about a year, and it tends to have a similar effect on people.

Contrary to what the American Dairy Industry would like you to believe, cow's milk is a lousy source of calcium. Studies have even shown that drinking cow's milk actually **depletes** calcium levels in humans. (Note that cattle get their great calcium needs met by eating greens!)

Also, milk has been implicated as a source of many allergies in humans. All in all, there is no good reason to drink it, and lots of great reasons not to.

Hope this helps - Dr. Frank

Real Client Dialogue #62

Subject - "Discipline" Is Not The Answer

Client - About a month ago I started going to Curves, which is a 30 minute exercise program. You are probably familiar with it. I usually go on my lunch hour. I work about 12 hours a day from 8:30 a.m. to 8 p.m. as a Branch Operations Manager of a very busy mortgage company. I do fine all day, it is when I get home at night that I am so hungry.

That is when I eat and that is when I should not be eating so much. I have gained about 30 pounds in the last 4 years. It all started when I started working these long hours. Please tell me how I can discipline myself to not eat so much at night. I

really would like to get these 30 pounds off.

Thanks, J _____

Dr. Frank - Hi J _____,

You can't "discipline" yourself to eat less. "Discipline" is just a fancy name for will-power. That whole approach just doesn't work. It's all about self-denial -- just like dieting is.

To succeed, you need to be crystal clear about the BENEFITS of success and the COSTS of failure. You need to completely understand how reaching your goals will improve your life, and how not reaching them will be disastrous and totally unacceptable.

But more than anything, you need to see yourself as worthy and loveable enough that you are not willing to mistreat or abuse yourself in ANY way. Are you willing to consider that?

BTW, is going to Curves having any positive effect on your weight?

- Dr. Frank

Client Dialogue #63

Subject - Client Has "Lost The Magic Feeling"

Client - Hi Dr. Frank,

I bet you thought I got lost. Well, that's not too far from the truth. I really feel lost and I didn't want you to think I just gave up. Work has become extremely busy and I am working 12 and 13 hour days. I'm exhausted but it is due to the fact my body does not want to go on standard time.

I'm up at 3 every day and dragging. I'm going to therapy three times a week for my knee. I haven't seen any improvement yet and, actually, it has been bothering me

more. I guess it has to get worse before it gets better. He has me doing a lot of leg stretches and I'm not used to that.

I think about you a lot and I do a lot of praying. I'm thankful for what you have instilled in me. I gained 4 lbs. in Cincy but I took it off this week. I'm very aware of what I'm eating but I'm still not doing very well. There is so much going on now and the holidays are coming so I'm not going to hate myself for eating something I shouldn't.

I don't know what you can see in me to love, but I can't love myself. It's a battle I can't fight any more. I know your program is the best and, actually, is the only one that will work. I lost the magic feeling and rather than waste your time, will continue to read and pray on my own.

It has now been three months that they have not done a thing on my condo and I wrote a letter to the construction company to see why. I hope that once I get back into my own place and some of these bills go away, I will be able to do this program. I believe in it and I hope you will allow me to come back at a future date. I think you are marvelous and I'm going to miss not emailing and talking with you.

I hope that all is well with you and that you have a happy holiday season. If you do decide to move to Florida, please let me know. I really am very interested. Thanks again for all your patience with me. I'm sure it wasn't always easy. You are a great coach and I wish you nothing but the best! You certainly deserve all of God's blessings.

God Bless You! J _____

Dr. Frank - Hi J _____, Glad to hear you're not lost :-)

I was wondering what had happened to you. Up at 3 every day? Wow. Whatever for?

I think you for saying that my program is the best, and for all of your other fine compliments. But dear lady, there is no magic involved. What you lost was your own hope (faith) -- which is the closest thing we humans have to "magic." That magic is always somewhere within you, but you have to seek it out. I helped you find it, as it was buried under a lot of fear. At first, it's a full time job to stay in faith and out of fear. But that's only because fear has been a habit and faith has not.

Corresponding with you is never a waste of my time. I will be happy to exchange emails with you at any time. I know it is difficult to get in touch with your deservability, but believe me when I tell you that you DO deserve success in this area, and in every other area. Life is full of challenges for all of us. I sometimes think the main purpose of our human lives is to learn to deal with challenges -- Lord knows we have plenty of opportunities.

I do plan to move to FL sometime in January. I will definitely keep you posted. I am also considering starting up weekly group phone coaching session for a flat monthly fee. Do you think anyone will be interested? I will also be starting up my "live" weekly newsletter.

In any case, I want you to know that I always enjoyed working with you, and will always welcome you back as a client.

Peace be with you, dear lady :-)

- Dr. Frank

Real Client Dialogue #64

Subject - It's A Whole New Life Now ☺

Client - Hi Dr. Frank!

I've had a really good weekend and an excellent day so far. :-)

The scale this morning said 214.5, so I'm on track for my goal of 214 by Thursday. (My scale only does .5, not every little tenth.) More importantly, my desire to eat out of boredom or emotionally has all but disappeared.

There's only a little bit of effort going into making better food choices - which is more changing of habits and giving myself time in the day to cook or prepare food, and less about what I'm actually eating. I'm having very little struggle with restraint - only occasionally when presented with goodies after church or at someone's house.

When I write down my food I'm actually surprised at how little I ate and with no feelings of deprivation. Good stuff!

I've also gotten SO much done this week - so many procrastinated tasks. It feels great to conquer something I've put off for a long time and usually when it's the end of the day I'm wishing there was more time. It's FUN to get things done, and be ahead of all the daily tasks instead of behind.

Comparing now to two months ago (part of my homework) is like comparing two totally different lives. :-)

Dr. Frank - Hi! Always delighted to hear a positive slant on life!

And that's excellent about your desire to eat from boredom fading away. I should point out that we never try to make dramatic dietary shifts, but only gradual transitions. And truth be told, from a weight loss point of view, what you eat isn't so important as how much you eat.

Your last sentence is what this is all about. I see great things ahead for you, dear lady!

Keep up your fine work! - Dr. Frank

Real Client Dialogue #65

Subject - That Old Bugaboo, Projection

Client - Ok, I'm also realizing something here that is huge. I'm projecting and transferring my father's BS onto you with regard to getting what needs to be done in a timely manner.

It's the only way I've ever gotten anything done. I work best under pressure or at least I think I do. I am thinking about this stuff and I have lots of notes written but it's not until it's due that I actually do something about it. This is some old crap coming up. I know you see this.

What do you propose I do about this? I'm laughing at realizing this but it's also very sad that I function like this. I know you probably don't take this personally...it's all about putting myself first and self care which I've always said...so what I don't care. Please don't think that I'm not looking at this stuff and doing the work...I am...I'm just doing as I've always done it.

E _____

Dr. Frank - I'm sure there is some projecting going on, but I'm equally sure I'm not the only person you do this with. This is probably part of (and symptomatic of) E _____'s "world view," and especially where males are concerned.

A first step toward a solution is to realize that YOU initiated this process, and that it is YOUR sense of self-worth that prompted you to do so, and YOUR desire to leave the BS behind that is the real fuel for this process.

So even if you don't immediately "get it" on an unconscious level, try to be very consciously aware that this is all about YOU. To think that you are resisting what I want you to do may be a convenient or habitual delusion, but it's really that you are resisting your own progress and "blaming" it on me.

And no, I don't take it personally. But at some point, unwillingness/inability to "follow the rules" makes the entire process pointless. So if I were you, I'd stay focused on the benefits of this process, and not on the fact that someone else is giving you directions on how to move through it.

Sound like a plan? - Dr. Frank

Real Client Dialogue #66

Subject - The Great "Control" Illusion

Client - Dr. Frank, I find myself creating a drama or chaos out of the lack of control I feel I don't have with the person I guess I'm dating that has resurfaced in my life from 2 years ago. He's not doing anything differently than he was 2 years

ago.

I'm not stopping my life in light of not getting what I want from a man like I used to but I find myself struggling to find answers to how I'm feeling because I'm not getting what I want. Anyhow, this is what's on my mind. It's certainly a part of all of the other baggage that was brought to the surface. I would welcome your thoughts.

Have a good one. E _____

Dr. Frank - Hi E _____,

The lack of control you think you don't have with the person you guess you're dating? That's even confusing to read, so it must be much more confusing to experience.

Before I volunteer any thoughts, do you have Love's Fatal Illusions? That book has all the answers I could provide, except it doesn't talk much about "control" -- which is the grandest illusion of them all.

I may save you a huge amount of time by telling you that the ONLY thing we can REALLY control is what goes on between our ears. And even then, there's quite learning curve with that.

But in the end, it's the only game in town. So we either accept that and get good at it, or we suffer needlessly, mindlessly...and endlessly.

So go read LFI, and make sure you get your money's worth out of coaching. No point suffering when you don't have to!

Peace be with you, dear lady - Dr. Frank

Real Client Dialogue #67

Subject - Client's Mental Shift

Client - Good morning!

Just "checking in" to let you know that I'm doing great. I think one of the most

helpful shifts has been in the fact that I no longer feel deprived because I can eat what ever I want, I just **limit** the quantity, and **enjoy** eating it. That puts my mind in a state where "I" get to make all of the choices :) I have been weighing my self daily(I had stopped) and have been readjusting myself according to what the scale reads.

Anyway...just checking in to let you know that all is great.

Dr. Frank - Hi N_____! -

Yes, that is an incredibly important transition / realization -- perhaps THE most important attitudinal shift you can make. It's also a big Factor 4 issue, as many people blame their own diet for their feelings of deprivation.

But as you now see, YOU are the creator of both the menu and the quantity. A big part of becoming a Success Story is the transition from food being the in-the-moment reward to excellent self-care being the in-the-moment reward.

Nice job! - Frank

Real Client Dialogue #68

Subject - Negativity Log

Client - Good morning Dr. Frank,

I'm checking in with you before I run off to work. I find that I'm having a lot of negative self talk. It's interesting when I am more mindful of what I'm saying to myself. It's enough to drive anyone crazy. I also took a proactive approach to getting some stuff done yesterday knowing full well that I'm working during the days over the next few weeks.

I have to run. Have a great day. E_____.

Dr. Frank - Excellent observation, E_____.

Yes, the amount of negative self-talk most people have would amaze them if they became aware of it. Yet aware or not, it shapes our experience and creates our feelings every hour of the day. Just try to imagine how incredibly different your experience of your own life would be if you could eliminate 1/2. or 3/4 -- or all of that negativity!

Every bit of negative thinking / self-talk that you replace with something positive has a powerful healing effect on your life, and the sooner you understand that and act on it, the happier and healthier you become. And you can do it **whenever** you want! Pretty good deal, eh?

Keep up the great work! - Dr. Frank

Real Client Dialogue #69

Subject - The Only Thing I'm Failing At

Client - The rest of my life is fine. I'm very active with my wife and kids. I'm very active in my church. Exercise and diet is the only thing I'm depressed about. I have failed too many times at this. Even if I loose 60 lbs I fail to keep it off.

I can see the hand writing on the wall. One of these days something medical is going to force me to loose weight or die. But even that doesn't seem to motivate me. I always seem to say I will start next week, or after the holiday. Last year that holiday was Jan 1st, then Easter, then Fourth of July, then Labor day, then Thanksgiving.

Now I'm going to start this in '07. I'm not a person who handles failure well at all. This seems to be the only are of my life that I consistantly fail at and it gets depressing.

L_____

Dr. Frank - L_____, first let me ask you if you understand that diet and exercise together are only a small part of healthy and sustainable weight loss. Much more

important is your own thinking -- specifically, self-sabotaging thinking that you may not even be consciously aware of.

Until your own self-sabotaging thinking is exposed to the light of day and replaced with healthy, self-supportive thinking, no amount of focusing on diet and exercise can bring you the lasting results you desire -- and deserve!

As a first step, I'd suggest getting into the _____ program you may already have gotten from _____. A faster and more effective solution would be to look into getting some coaching, which I can give you details about.

There is no reason in the world why you can't get to your healthiest weight and stay there, and certainly no reason why you need to suffer the many ill effects of obesity.

Are you with me so far? - Dr. Frank

Real Client Dialogue #70

Subject - Dealing With The Inevitable Crud

Client - blah...that's how I feel today. I've been doing more reading...more crud is coming up. I'm not too happy with myself right now.

More tomorrow. E_____.

Dr. Frank - Hi E_____,

I know it's not fun, but see it as birth pangs to the life you deserve. I watch people go through this stuff all the time (just as I have had to go through it myself from time to time), so I understand exactly how it works.

Re not being too happy with yourself: try hard to separate the beliefs and behaviors from the person. It's fine to dislike the beliefs and behaviors, but not fine to dislike yourself for having/doing them. For your entire life up to now, you have simply been acting out pre-programmed beliefs and behaviors. Now you have a gift few people will ever get. Now you KNOW what happened.

Feel crappy for as long as you need to, but just make sure you are upset with your old beliefs and behaviors, and not with the innocent young child who was the unwitting recipient of other people's neuroses.

Peace be with you - Dr. Frank

Real Client Dialogue #71

Subject - Whose Role Do I Play?

Client - Dear Dr. Frank,

I know beyond a questions of a doubt that God loves me. I know that Jesus gave His life so I can have that relationship with the Father. I know that His Spirit fills me and empowers me to live this life. I know God sees this body as a temple of His Holy Spirit and He chooses to dwell within me.

I also believe those things because I sense and feel them deep in the fiber of my being. I have also been used as His instrument in caring for and working with others. I know that joy that cannot be expressed. Now, as you suggest, I must focus on treating myself accordingly. In many respects I tend to put other people's needs before my own. I guess what I am trying to say is that I need to be less of a Martha and more of a Mary.

I cannot begin to tell you the comfort it gives me to know that I can discuss these things with you. Thank you for being there and aiding the Lord in my transformation.

God's riches blessings are ours in Jesus Christ our Savior.

C _____

Dr. Frank - Thank you again, C _____, for your lovely and sincere message.

One of the biggest barriers women face to true self-care is that they have been

subtly programmed from birth to be care-givers rather than care-takers. But the truth is that we cannot give water from an empty well, and we can't honestly do any more for others than we can -- and will -- do for ourselves.

All giving done out of obligation is hollow, but giving that comes from someone who truly reveres themselves -- as Jesus did and does -- can be life-transforming! So don't be a Martha OR a Mary. Those roles are already taken. Be a C_____! Treat C_____ with godly love, and discover who God put her here to really be!

Peace be with you, and may God bless your success! - Dr. Frank

Real Client Dialogue #72

Subject - The Power Of Surrender

Client - A quick note to let you know that I will get an assignment list to you later today. After wrestling with the devil yesterday, I am up and running in faith today. I have a very busy morning planned.

The first thing I'm doing is joining the YMCA again so I can resume classes. Then, I am going to contact the Chamber of Commerce to let them know that I am available to hold their training session this month and their networking session. Then, I am going to design a small flyer to hand out to those trainees....and of course, I will be listing my food and exercise (sigh). Have a great weekend.

Warmly, N_____

Dr. Frank - Wrestling with more than the devil, my dear. Trying to pin the coach as well! :-)

And yes, it's all about faith. I'm hoping that yesterday was something of a transition / breakthrough for you. I am also hoping you will one day *willingly* surrender...not to me, but to the program. Why? Because it works!

But if its any consolation, you aren't the only one who has had do deal with the notion of "surrender" to some "external authority." Many of the success stories had

to deal with exactly the same issue. And it makes total sense. Egos get VERY attached to beliefs, be they self-sabotaging or otherwise.

All it really is about, in the end, is willingly and consciously doing what you came here to do -- replacing self-sabotaging beliefs with proven self-supportive ones.

The good news is, once you make this transition, your ego will become just as fiercely attached to your healthy new beliefs as it once was to those...iffy ones.

Hang in there. You're right on track!

Dr. Frank

Real Client Dialogue #73

Subject - More About Surrender

Client - Ahhhh, yes, I am familiar with the whole surrender thing :)

I have actually been working on that. Yesterday was a breakthrough for me, I did realize that the need to surrender all to God and just let go of the rest, the results will come. Amazingly, or not so amazingly--if you live a strong state of faith, when I awoke this am I was ready to begin a new phase -- surrender ALL and watch doors open.

It's truly incredible when you allow God to work "in" you, I awoke knowing that today I would be a different person and I am. After spending about 3 hours fighting it last night, I came to realize "why" I felt the way I did (angry) that I didn't get the job yesterday.

I truly knew that I was qualified for the position and should've at least been called in for an interview....that was the "ego buster" :) To not even get called in for an interview???? Okay, so here's the irony....I have been praying that if it was meant for me to get a regular 9-5 job that God would open the door---

He's closed all of them--THEN--I was totally ticked off, bruised and hurt that He

closed the doors :) Today, I realize that the closed doors are the biggest blessing. This clearly means that He wants me to continue building my own business and that He is in total control of all of it. Whew...such revelations.

So, I will train for the Chamber of Commerce this month on sales and networking and watch doors open. Also, I am going to take a self-defense course with a local specialist. He just opened a facility near me and I visited it this am....it's awesome and a fantastic workout with a purpose. Okay, well....I think that fills you in on my progress :)

ps....you were so stunned yesterday when I insisted that I wasn't going to count calories that I would have to consider that being pinned :)

Warmly, N_____

Dr. Frank - Hi N_____

I'm the first to agree that the world give us ENDLESS opportunities to get frustrated, unhappy, disgusted, upset, etc., etc. That's what living in and maintaining a state of faith is NOT for wimps! We must CONSTANTLY be in living in the understanding that WE are not seeing the big picture, and that HE is!

This has been a brutal, painful, glorious, and incredibly rewarding lesson for me -- and is still by no means fully learned. But it is clear that when I choose to live in faith instead of fear, I reap at least two huge benefits.

First, I feel much better in the here-and-now. Living in fear hurts! Second, by avoiding negative spaces, I open the door wide to the blessings God is trying so hard (and so patiently) to give me.

Bottom line, there is NO downside to living in faith, only benefits. And it's not even a surrender. It's an embrace! The only thing we have to surrender is our own inner quagmire of worldly, fear-based thinking. And -- duh -- that's a GOOD thing! Thank you Lord, in Jesus name, for the wisdom of Romans 12:2!

Real Client Dialogue #74

Subject - Letting Go Of Fear

Client - Dear Dr. Frank, thank you for sending G_____ 's story and the beautiful poem. I am slowly working through the exercises on writing more about the negative statements rewritten.

I had a night like hers, and it was about pizza too. I forget exactly but one or two pieces was plenty. It felt like success to me as well.

Also, the scripture, 'Man shall not live by bread alone but by every word that proceeds from the mouth of God' did/does have a way of calming my anxiety when something unconscious is pushing me toward the kitchen at work.

Since I have been working at not dieting or worrying about exercise, my weight has gotten worse. I have also been dealing with my mom very ill and truly a different person, not the strong capable woman she was, after a huge surgery and I am pushing the issue of dating and connecting with men again after almost 13 years of single parenting my children by adoption.

The weight began to come on sitting by my mom's hospital bed in ICU after 5 hours of surgery. It is hard not to worry about the weight I've gained - almost 15 pounds since October. I keep telling my self your suggestion was not to concern my self yet with those issues. But I'm scared. I've never weighed this much.

So I am aware I don't like feeling 'full' but have a hard time catching myself before I get there. I am taking the sweet goodies the office was offering us back to the office.

S_____

Dr. Frank - Hi S_____, and thank you so much for taking the time to write.

I'm delighted to hear from you, and that you are working through the program. The last thing you should be is scared, dear lady. Fear is something we learn from the world. Remember, you can be in fear or you can be in faith, but not in both. You must learn, as I have had to learn, that faith is the only realistic option. Fear simply attracts the very condition we fear, but faith attracts what we really want.

As you practice your faith, it grows. As your faith grows, your connection with

God also grows. You feel every more secure and ever less afraid. As fear gradually loses its place in your life, it's replaced by joy and confidence. Simply stay focused on what you want, and never on what you don't want. That remarkable concept is so simple that we can totally miss how powerful it is. But it really is all about focus.

I hope you will stay in touch, because success is such a wonderful thing and you totally deserve it! I will do whatever I can to help you achieve it. God has already given you the power you need, but the world has tried to make you lose touch with it.

Stay connected to God, let go of the world, and read Romans 12:1-2 about a hundred times.

Good decision about the sweets. Peace be with you, and may God bless your success! - Dr. Frank

Real Client Dialogue #75

Subject - Letting Go And Letting God

Client - I've just really begun. Since you told us not to weigh or diet for three weeks, I can feel the weight piling back on me quickly but I am trying not to go back to dieting out of fear. I want to just let go and let God. This has been a part of my life for so long that it seems unreal but I want to trust in God and I want to believe this approach will work.

I have tried other Christian weight lose programs but always have gained back. One had me hating myself so much that I still find it hard to believe God can accept me. I know my problem is in my mental self and I don't want this to be passed on to my children. I have been an embarrassment to myself and my immediate family for years.

Dr. Frank - My dear friend,

It's great to "let go and let God," but it's also very important to understand what

God will and won't do. He doesn't make us fat, and He won't make us thin! That's our job.

Our job is to discover our own tremendous God-given power to shape our own body and life. When I say not to diet, that is NOT saying to go overeat. You must always exercise the good judgement God gave you!

And I can't imagine that any valid Christian weight loss program - or any valid Christian - would say or do things that would have you hating yourself. That's exactly the opposite of Jesus' message! Read the program in detail, and you will understand how and why to start getting serious about self-care.

Taking care of yourself is just as much a matter of your own free choice as getting born again is. You were taught by the world how NOT to love yourself. Jesus wants you to learn how TO love yourself, and then to love all others. I tell you, the way some churches teach the Word, the enemy doesn't have to lift a finger to ruin our lives. We do it all by ourselves!

I pray you will come to see yourself as God sees you and love yourself as Jesus loves you, for therein lies your true destiny. You can't give water from an empty well, and you can't love others any more than you WILL love yourself.

Peace be with you, dear lady, and may God bless your success!

Dr. Frank

Real Client Dialogue #76

Subject - Discovering Does Not = Doing

Client - Two days no grains, no sugar doing great. Feeling like that choice is a good one for me, as it has me eating more fruit and vegetables and not looking for the carb catatonia. I'm feeling very blessed with the realization that I'm ok, and the not ok feeling is away I self-medicate and shirk ownership of my life and my choices. Very cool. Next step adding that exercise.

You know I think we need to talk about my schedule and how it feels chaotic. I think that plays into the no time for exercise, and my other things like daily writing and chilling. Maybe we could look at how to carve the [me] time into my day.

It's hotter than hell here so my energy is dragging..but my spirits are good. Feel even and not roller coasting with emotions. Very nice.

Was able to go to Venice Beach today and walked in the sand and got my feet wet, felt incredible.

Hope you're having a great Friday and going to have a wonderful weekend.

D_____

Dr. Frank - Yes, dear lady, perfect indeed! Carb catatonia. Hmmm... Never heard that one, but it makes sense. Here's the whole bottom line, mi amiga.

(1) The lack of a complete and healthy sense of "beingness" creates an attempt to fill the perceived void with "doingness." Excessive doingness creates high stress levels, which lead to compensatory eating.

(2) As well, the perception of the "void" (which is, of course, a total illusion) also creates a sense (perception) of emptiness, which leads to--you guessed it--compensatory eating.

(3) Thirdly, excessive "doingness" in an attempt to fill the "void" is an inherently futile act, since there is no void to start with and doingness would never fill it even if it existed. This endless exercise in futility leads to tremendous frustration, which in turn leads to--yep, more compensatory eating.

(4) The (absurd) perception that we are somehow incomplete / inadequate / insufficient / not measuring up / slams us up against all 4 success factors. (Check it out and see if you can see how.)

So now we don't really believe we deserve success, we can't see ourselves there, and we don't see where we have the power to fix the problem--all of which leads up to believe it's hopeless and we'll never succeed.

In the end, we eat too much because we either think something is missing that should be there, or because we think something is in our life that we'd rather was

missing. As long as this perception exists, compensatory eating will continue to exist. All eating above what would produce optimal health results from this perception--which of course, has nothing to do with reality.

See the problem? The reasons for compensatory eating are entirely imaginary, yet the consequences are very real.

As I hope you noticed, this all speaks directly to your point. Just to be safe, I want to caution you against trying to turn wonderful insights into results. Just notice your past cycle: unhappiness, deep self-exploration, powerful insight, elation, high confidence -- but no meaningful behavior change lack or visible results unhappiness.

Does that about sum it up? Ready to get off that train?

Peace and love :-)

Real Client Dialogue #77

Subject - Doing The Program "On Time"

Client - Dear Dr. Frank:

I attempted to start your course the first week of December which turned out to be a bad idea as it just wasn't working for me due to time restraints and Christmas festivities centered on food. I could see that I was losing the battle.

Determined not to give up I finished the first week of the course on Jan 1st and promised myself that I would be back on track by doing two 30 minute lessons on Tuesday and that based on you indicating that if I spent 30 minutes a day I would be able to do this course in the allotted time.

By Tuesday I had spent an hour and hadn't got past Monday's lesson so I spent another hour and half at least on Wednesday and still could not get past Monday. By yesterday I am frustrated so I don't even look at your course because I am behind now in my business.

Today I told myself that I would try again and at the bottom of page 34 under Action Step 4 you indicate that we are to read Chapter 7 before we move on. The problem is now I can not find Chapter 7 so I stopped to send you this e-mail.

I am not sure if I am doing this course different than other people do or that I am experiencing a lot of warfare over this course. For example I wrote a couple of pages on "My New Life Scenario" but it took me a long time to think about it. I am 58, almost 59 and a lot of dreams I had early in life died and I now I just try to make every day work.

I have always struggled with making goals. After I write them down that is the end of them as I spend my time just trying to handle each day. I think that your course can be helpful but now it seems to be adding to my frustrations.

I would appreciate some feedback when you have some time.

Thanks - D _____

Dr. Frank - Hi D _____,

Thank you for taking the time to write. And thanks for pointing that out to me. First, the WLGW program was totally revised about 3 months ago. It used to be set up in chapters, but now it is set up by days.

All the original material has been kept, and many new things were added. So you can be sure that, if you have already read the program the whole way through, you also have read the equivalent of Chapter 7. (I'll get that confusing item fixed.)

Second, it really makes no difference how many times you find that you need to start and stop the program, or start over from the beginning. In fact, the people who do it that way tend to get even better results. Our goal is permanence, not quickness. So let it take as long as it takes.

The ultimate goal is to identify your self-sabotaging thinking, and steadily be replacing it with self-supportive thinking. Just remember that your body is more important than your business.

This a big problem for men, and I hope you'll take me seriously when I tell you this. You MUST learn to prioritize self-care. You MUST make time for YOU. God

gave you three unique and precious gifts, your body, mind, and spirit. Please note that your business is not on that list -- and treat it accordingly.

I hope you will stay in touch. Believe me when I tell you that your success is my mission, and I hope you will not hesitate to contact me with any other questions or comments.

Peace be with you, and may God bless your success!

- Dr. Frank

Real Client Dialogue #78

Subject - Stuck In A Rut

Client - Hi Dr Frank,

Thank you for giving me the chance to email you. I enjoyed the last newsletter, and it strikes a chord that I may actually be living out my worst fear.

I am the heaviest I have every been, and as an ex-annorexic, find it incredibly difficult to deal with. I feel like a huge failure, and have the voices of particular family members in my mind laughing at this failure.

It makes sense that I could be causing myself to become my worst nightmare - overweight and unable to fit into the clothes that made me feel good about myself.

I have noticed I am bound by emotional eating, and possibly as I feel I have failed in other areas - I am causing myself to fail in the area I fear the most. Stuck in a rut, and not succeeding after many attempts to lose weight in a 'healthy way'. Please help?

Many thanks,

Kind regards, K_____

Dr. Frank - Hi K_____,

Believe me when I tell you that your story is a painfully familiar one, dear lady. No amount of dieting (or bingeing or purging) is going to make any difference as long as you have deep-seated self-sabotaging beliefs that are literally making you do what you don't consciously want to do -- overeat.

I hope it is obvious to you the powerful role that our childhood programming plays in our adult behavior -- even though we may not be consciously aware of what's going on. Without even knowing you, I feel certain that a large part of the problem relates to Success Factors 2 and 3 (self-image and self-esteem). Yours were undoubtedly damaged in childhood, and your unsupportive family continues to be part of the problem.

The good news is that none of this is a "life sentence." Every day talk with and hear from people who overcome similar obstacles and break through to the success that is their birthright. This can absolutely happen for you!

As you might expect, those who opt for personal coaching make the quickest and surest progress toward their goals. But people also experience amazing changes just from the program.

Whatever you decide is best for you, I want you to know that I am always here to help in any way I can. So never hesitate to contact me. Your success is my mission!

Peace be with you - Dr. Frank

Real Client Dialogue #79

Subject - "Who I Am" vs. "What I Do"

Client - Hi Dr. Frank,

I am having some trouble with the "Who I am" from "What I do" part of my lifework. The "What I do" comes fairly easy but I'm a little stuck on the "Who I

am" part. Can you give my a jump-start?

Thanks,

M_____

Dr. Frank - Hi M_____,

I'll do my best. The goal here is to describe who M_____ is in the absence of his job, his role as a husband, or any of his other "roles" in life. Our culture is obsessed with accomplishment, achievement, acquisition, etc.

The pressure of trying to "comply" with these external forces, and live our lives by them, can lead to huge stress and damaged self-esteem IF we fail to understand that "who we are" is NOT defined by "what we do."

Males in particular fall into this trap where the work / job / breadwinner role is concerned, and women fall into the "mommy / nurturer" trap. You were not born defining yourself by what you do / earn. This is learned behavior, and is the reason men die 7-8 years younger than women, and why we experience so much stress while still alive.

So is it worth learning to get beyond this mind trap? I think so! - Dr. Frank

Real Client Dialogue #80

Subject - Not An Overnight Thing

Client - Hi Dr. Frank,

As I continue to reflect on where I am and the choices I make, I realize how long all of these bad habits and unhealthy living have been my life. I've been smoking since I was in the 7th grade (busboy job - the cute waitresses all smoked - that's where I started). Drinking basically started in college. I've been doing these things so long, I'm having a difficult time picturing myself any other way.

Every now and then I get a glimpse, but I'm having a very difficult time trying to keep that image in my mind. I realize that this 'awakening' is part of this process - that's a good thing. I need to learn how to create a better self image, make that so real that I can hold on to it, and make that image so strong that I want to reach for it, get it, and sustain it. Man, this is tougher than I thought.

Thanks for sharing your knowledge with me.

M_____

Dr. Frank - So the fog is beginning to lift a bit, eh? That's excellent. Having done 30+ years of this kind of work -- on myself -- I am fully aware that it's not always easy. But I will tell you that it is by far the most rewarding and transforming work you will ever do.

All other efforts pale into insignificance when compared to the inner work of self discovery, and nothing else you will ever do has the power to so dramatically improve you body and your life. So hang in there. Take it as slow as you need to, but take it!

The alternative is too depressing to contemplate. - Dr. Frank

Real Client Dialogue #81

Subject - Our Real Source Of Courage

Client - Dr Frank, I don't know how to get in touch with my ego, I know it has to be there. Do you understand that I have been following after God so long that there is very little of me left.

Dr. Frank - I think you have perfectly identified the point I was trying to make, and in better words than I could have come up with.

Client - There is the child left (you bring out the child pretty quick) but when this adult sits down to do this homework, I freeze up. I had to hold tight to Him for so

long, because He was all I had for years.

He taught me to be strong and not bow to man, no matter who he was. He showed me how to fight back, when I needed to fight and to stand when I needed to stand.

He told me He would never leave me or forsake me, so when He picked me up and told me that He didn't put me down here to be used as a door mat, He gave me the courage to fight. He gave me the information I needed because I searched for it and asked for wisdom. When I faced that giant named abuse, I went to battle afraid. Afraid I would be abandoned again.

Dr. Frank - This, I think, is the heart of the matter. Man may leave you alone time and again, but the only human who can truly abandon you is you. And this, my dear, you did a very long time ago.

Now our mission is to have you reclaim young K_____, embrace her, reunite her with YOU, and become the whole, healthy, and balanced person in body, mind, and spirit God put you here to be!

Client - And every time I had to fight that battle it got easier, but it was because I wouldn't let go of His hand. I haven't had a husband to discuss things with, or to lean on for that matter. So I did the best I could and it was God who I leaned on, and it was God who gave me intimacy.

And it was God who I cried to, and I have learned to look to Him for almost everything. My instruction from Him is to die to self daily, I have tried to practice that, although I am still not very good at it.

Dr. Frank - I think this concept of dying to self has been greatly distorted by the church over the millennia. I am 100% sure we are not intended to lose who we are -- who God so painstakingly made us to be -- in our efforts to connect with Him. You have a job to do here. You can't do it without God, but you also can't do it without K_____. I think you know which one we need to get you in touch with, right?

Client - I know I am unbalanced because He dropped that in my spirit a few months ago, so that was confirmation when you spoke that. I would say to you to seek God (pray) for understanding for me, there is a way to get to the heart of this. I really do trust you.

Dr. Frank - I'm very glad that you trust me, dear lady. Now it's time to learn to trust you :-) Are you with me? Rest assured that you are well on the way to the balanced life you seek.

Just keep doing what you're doing, and you'll be there soon -- promise!

Peace be with you, K_____

- Dr. Frank

Real Client Dialogue #82

Subject - Unconditional Love

Client - Doctor Frank,

It is not that I don't love myself which was me 2 years ago before the death of my husband. It is not being able to find the people who love me. Dysfunctional family, dysfunctional relationships. All I have is my kids who I trust.

I am still grieving over losing my church friends because of their personal judgemental issues. Everybody wants to fix you but they are better off cleaning up their own mess.

Dr. Frank - Hi _____,

Your last sentence says it all. That's true for them, and it's true for you and me as well. Just as it doesn't work to go around trying to "fix" others, it doesn't work to seek love from others, either. Love can't be sought, only given. We either give it freely, or not at all.

If we don't truly love ourselves, we will not only always be seeking love from others, but we will never really be able to receive their love. But ironically, once we learn how to honestly love who we are, then love from others become not only easier to feel, but not nearly so important.

Take a very sincere look in the mirror, as be very honest about how unconditionally you are loving the person looking back at you.

Peace be with you - Dr. Frank

Real Client Dialogue #83

Subject - Is There Such A Thing As A "Fat Gene?"

Client - hi dr frank,

im writing to ask you is there such a thing as a fat gene? it always made sense to me cause all my family and ancesors are or have been fat. just a ? m_____

Dr. Frank - Hi M_____,

Yes, there is a "fat gene." But every person on the planet has it!

We developed it to survive through times of famine -- clearly not a problem these days. The research shows that less than 1% of all weight problems are due to organic / physiological / genetic causes. And eve then, it's definitely NOT a life sentence.

No, most of us just have a lot of bad beliefs and bad habits. God doesn't design anyone to be overweight. We do that all by ourselves! Even when entire families are overweight, it's still a matter of bad beliefs and bad habits.

So put that concern out of your mind, and keep on renewing it :-)

Peace be with you - Dr. Frank

Real Client Dialogue #84

Subject - On The Same Mission

Client - Hi Dr. Frank -

We share a common passion, to help others with weight loss. All of the women in my family have weight issues. Me too. They are all obese to morbidly obese. I am not. I'm "normal", but doctors' standards, but abnormal in my own eyes.

I will test drive this programming of the mind and spirit technique and lifestyle on myself before I'll share it with my family. I'm at present studying to become a Naturopath. My husband is a [fit and healthy person]. I have a diploma in Fitness and Nutrition, am a [personal credentials].

My whole life has been geared toward wellness, but I have not focused on the mental wellness. I am a born-again Christian and am involved in the things of God, yet am still very immature in Him. I'm believing what His word says about me, that He will watch over His word to perform it. So, until Jesus tarries, I'm under construction and transformation.

I desperately want to help my family. I'm seeing that the obesity is in fact a generation curse that has to be broken. I understand all the weapons of our warfare are not carnal, but are mighty through God to the pulling down of strongholds,.....

It's my heart that is in need of the most repair. I need to pray more, practice the presence of God more, read the Bible more, etc.

I find myself keeping busy with my home, husband, two children, our businesses and now Naturopath studies. I'm reading all the time and get weary, tired and lonely, as I pursue this alone.

I'm whining right now just to ask you to pray for me. I know the Lord will never leave me nor forsake me and His good purpose for my life WILL be done because He cannot lie, and none of His righteous decrees will go back to Him void. PTL.

I look forward to our 30 minute session if I haven't exhausted it in this letter. Thank you for what you are doing and I pray God's abundantly blessings upon you and everything you put your hand unto, in Jesus' name.

Dr. Frank - Hi _____, and thank you for taking the time to write.

You are obviously a bright and articulate lady. Not surprisingly, bright people tend to be more successful in this program, and also as coaching clients.

We are indeed body-mind-spirit, and I am distressed (but not at all surprised) that our culture is so clueless about the mental and spiritual components of wellness.

Even the Christian church is generally out of balance where wellness is concerned, tending to dismiss the physical body as a mere "vessel" for the spirit, and focusing exclusively on prayer with no concept of what mind renewal is really all about, let alone how to accomplish it.

The biggest error I see the church constantly perpetuating is that God is somehow going to "deliver" us from obesity -- like it was somehow His job, not ours. But He doesn't make us overweight, and He won't make us thinner.

He will, however, help us and support us every step of the way as WE take appropriate action (see James). Sad to say, this is a tough concept for lots of Christians.

You can be sure I will pray for you success. But what I will pray for most is that your eyes are opened to your own awesome God-given powers to create your body -- and your life -- as God has designed you to enjoy them.

To help you do that, I would like to invite you to study very carefully the three separate messages of Romans 12:2. (I could do an all-day seminar on that one Scripture...and maybe I will one day!)

Never hesitate to email me, _____. I am here to support you ever step of the way. Your success is my mission!

Thank you for your blessings and your support.

Peace be with you - Dr. Frank

Real Client Dialogue #85

Subject - About The Colon Cleanse...

Client - Good Morning Sir,

Dr. Frank - Hi _____! - Please see my responses below...

Client - I am at work right now but I was looking over the Manuel "Weight Loss God's Way". I am just getting into it, and I am trying to absorb quite a bit.

I am a firm believer in Jesus Christ and the scripture you share I am very familiar with yet it is amazing how the Word or the Lord never stops working and always setting us free. Again (first of all) thank you for sharing your knowledge and the foundation (Jesus) of all truth, it is awesome.

Dr. Frank - It is my great pleasure to be of service.

Client - I need a little help if possible about the colon cleanse. I noticed the shake, the ingredient, but I wasn't sure what you were saying about doing it of two week (beginners that is). Is that every day? And What about the Bowel stimulant capsules, is that every day also. Just a little confused on this.

Dr. Frank - Yes, in the beginning (first week or two) do the cleanse with the bowel stimulant every day (I prefer mid-morning).

Client - Also I noticed you really didn't have any specific diet (food list) like for breakfast, lunch, dinner set up for people like me that should have something in front of her.

Dr. Frank - No, this is definitely not a diet / menu plan, because that is not the information that transforms lives. There are a million books you can get for \$10 that will tell you the diet part. But if you read the Diet & Nutrition part of WLGW, you will see that I recommend whole foods in small portions. I believe you should eat whatever you like, just not too much of it/

Client - I noticed some of the foods you shared that you ate as well as the time of day which you ate them but I was hoping to find some kind of list of foods to choose from. (I might of missed this, if so would you direct me to the page).

Dr. Frank - No, dear lady, there is no list of foods. Again, just eat whatever whole foods you like, in reasonable quantities. That's what I do, and it works GREAT!

Client - I am a 50 year old lady who is in menopause, otherwise pretty healthy. I am not on any medications, but I do take natural soy for hot flashes and night sweats.

I was weighing about 155 in 2005, I am now weighing 170 and I am 5'5". I really stayed around 160 but I must get down to 150 and then shoot for 135-140 after I maintain the 150 again. My body has changed and I now have more weight around my waist and hind end than normal.

Dr. Frank - Did you read the bonus ebook that was part of your package? It's got a LOT more info about diet than the WLGW program itself. It also tells you exactly what my own diet consists of. I strongly recommend you read it, as it may answer many of your questions.

Client - I must get this weight off and to maintain it. I am not a person that diets a lot, nor have I been on any fad diets except weight watchers about 10 years ago and I lost 15 lbs because I was weighing then about what I weigh now. But now I am more flabby and roily.

Dr. Frank - I'm glad you don't diet, because diets don't work! You need to get to the heart of your problem, by finding and fixing the self-sabotaging beliefs that are the real, root cause of it.

Client - My job is a sit down job (5p-5am) and I work 12 hrs on and 12 hrs off. I do that for two days then off two days etc. My husband and I walk a lot but it has been winter here so our walking has been limited a great deal which hasn't helped. I think some of the weight gain seems to be from going through the change.

Dr. Frank - I sit most of the day, too. As a TV article noted just the other day, exercise really has little or nothing to do with weight loss. Most people have trouble believing that, but the research shows it's true.

Client - One big problem I have, my metabolism is very slow. I think that may have to do with a lot of fasting and prayer for days at a time and done over a past several years. I am not a big eater at all, I do eat the wrong things as well as the good foods but I sometimes go without eating a whole day.

Dr. Frank - I think fasting for more than one day at a time is a bad idea, because it causes the very problem you describe -- a slowed metabolism. It's also unnatural.

Client - If I could get any input at all I would greatly appreciate it.

Dr. Frank - I hope I have given you a lot of input, dear lady, and I thank you for taking the time to write.

Client - Thank you.

Dr. Frank - Peace be with you, and may God bless your success!

Dr. Frank

Real Client Dialogue #86

Subject - Feeling To Bad To Communicate

Client - DR Frank,

Im very sorry i did not call yesterday, i just couldnt bring myself to do it, im feeling so down on myself at moment its a constant struggle, im just about to start day 5 of wlgw, i wish i could just go through the book in a day so i could get out this hole.

I have no belief in myself at all, do not feel worthy of anything or anyone in my life, i do have good days but i can never keep it up, i know these are all the wrong words to use and should be more possative but that is how i feel, so much fear. sorry again, i know i realy could do will help from you as i know its all true what you have written, i just dont believe in me.

K_____

Dr. Frank - I actually do know how you feel, K_____. I was very depressed myself at one point in my life. I assure there is a way out of the hole you are in, and it ALL has to do with correcting your thinking.

You don't have to believe in yourself quite yet, but you need to WANT to believe in yourself, and you need to be WILLING to let go of your old beliefs. Every negative belief you have about who you are directly contradicts who God says you are, and you learned all that junk from the world and the people in it.

So your choice is simple now. Will you choose to believe what man has told you about who you are, or will you choose to believe what God has told you about who you are. That is the very first decision you must make.

Peace be with you - Dr. Frank

Real Client Dialogue #87

Subject - Transforming Beliefs

Client - Hi Dr. Frank! I'm so sorry I couldn't write the last week. I had lots of things to do, but I can tell you God has been working and walking me by this process of healing!...

Dr. Frank - I'm very happy to hear that, S_____!

Client - Maybe lots of people (like I did) started this system just to get ourselves to our weight target, but suddenly, we see ourselves in a process to change the most little and hidden feelings of our bodies, minds and spirits!

Dr. Frank - That is exactly what is supposed to be happening :-)

Client - It has been hard to get to know all that is messed up inside of me... when I write my weight loss journal many times I start to cry because I find out so sad and negative beliefs I have in my heart and mind!

Dr. Frank - That is why you must get those beliefs OUT of your heart. They don't belong there!

Client - This morning I thank God because HE is starting to heal myself, and I

now understand He can heal me, He wants to heal me, He will heal me and I will have victory over all this negativity and worldly way of thinking.

Dr. Frank - And I am always here to help you, my friend.

Client - Renewing my mind in His Word is becoming the most important job in my life, and I will be praying since this day for all the people who is walking by this path of changing!

Dr. Frank - I can see that you are on your way to being a Success Story! I may have to visit you in Mexico for the interview :-)

Client - Praise be God who is by our side when we cry because of this hard process.
Blessings! S_____.

Dr. Frank - And may God see you safely to your happy and healthy goals, dear lady!

Peace be with you, Dr. Frank

Real Client Dialogue #88

Subject - Client Shares Her Happiness And Discoveries

Client - Good morning, Coach Extraordinaire.....

I have a couple of thoughts I want to share with you concerning what our Creator is doing in my life.

As anyone who has walked with Him for any length of time knows, when He has a life-lesson for us to learn, He uses whatever circumstances and people available to get the message through to us, so we know that it is from Him. Right?

After prayer and research, I signed on for the Weight Loss God's Way program. Still a little uncertain whether or not this was of God, I plunged in.

It hasn't even been two full weeks yet, but I have received the "green light" from Above in several ways. I want to share just a couple.

For my birthday in January, one of my terrific friends gave me a book entitled, "Exposing the Lie" by Dan Sneed. Well, guess what! He's saying exactly what the WLGW manual says about the lies we have believed about ourselves, some times from childhood and beyond, lies which have crippled us emotionally, relationally, and in a thousand other ways. I have been reading the book and the manual at the same time, and on the same days, they say the same things! Wow!

Last week in my pastor's Sunday morning message, he said that each of us needs a prayer-support and accountability partner. Being the extremely private person that I am, I just sort of let that suggestion fall on deaf ears. That might be necessary for some other folks, but I really don't need to go that far. After all, I can pray for myself, can't I?

And, I knew that my husband wasn't going to pursue that type of relationship with anyone either. We can handle our own lives in the confines of the four walls of our home. (Gee, we've done such a terrific job so far, both of us being horrendously overweight!!!)

Just a few days later, he got a call from one of our Sunday School members, saying that he and his wife have discussed it and decided that they would like for the two of us to be their prayer partners if we were willing.

Now, I ask you, what are the odds of that happening at the exact time that I was reading in the WLGW manual that I should seek out someone to pray for and support me in my weight-loss adventure??? Wow, again!!!

I am overwhelmed at our Father's love, patience and perseverance in doing for us what we are unable to do for ourselves. I had no answer for my weight issue. God knows, I have tried just about everything the world has to offer, short of surgery! I was totally unable to figure it out, so when I got to the end of my resources, He stepped in and offered HIS! Hallelujah!

I look forward with anticipation to what He has around the next corner for me. With extreme gratitude to Him and to you.....

C _____

Dr. Frank - Hi C _____!

Thank you so much for taking the time to share your message of joyful discovery with me. It sounds like you already have the information you need, and you're doing exactly what you need to do.

I hope you will stay in touch and keep me posted about your progress as we move through the program. Remember that I am always here to help, so never hesitate to contact me with any questions or feedback you may have.

Peace be with you, and may God bless your success!

- Dr. Frank

Real Client Dialogue #89

Subject: Backward Steps

Client - Hi Dr Frank,

Dr. Frank - Hi R _____!

Client - I've been taking steps backwards and Im getting that panicky feeling. I've been resorting to old behaviors again. I had actually dropped 4 pounds and then thats when I saw a shift in my behavior. Thats been a pattern of mine, I see I get to a certain point on the scale and its like I get license to eat. Put myself back up and freak out and then, thus the yo yo cycle.

Dr. Frank - Believe it or not, that's all quite a normal part of the success process. Now you need to get all those SSBs up to the surface and into the light of day. Find out (in your own beliefs), WHY is a "license to eat" necessary or desirable? WHY do I think I "deserve" to feed my face, but not to have a healthy and attractive body? What am I (really) afraid of? What am I eating to "compensate" for?

Client - I actually had a glimpse for about a week and a half of what it was like to live life without food being the main topic or subject and my life wasnt revolving

around food. I was living, life. It felt what I would think "normal" would be like for those who don't struggle with food. I had it, now I lost it. I'm scared I won't get it back.....just like all the other programs I get a glimpse of success, then quickly fail.

Dr. Frank - You haven't lost it. You just have a fear of success. But if you want to break this yo yo cycle, now you finally have the opportunity! The exercises are all about FIRST identifying in detail your own SSBs. Don't try to go to "behavior change" until you're clear about the beliefs that are creating the behavior you want to change!

Client - I'm not giving up, I just need some words of encouragement, as I keep saying my affirmations daily, which I do every day.

Dr. Frank - Well I am always here to provide those, my friend.

Client - I'm so much slower at this process than others, I'm sure. But I know I am not to compare myself to them. I am on page 91 Exercise #14 and I started my success/exercise journal on 6-25-07.

Dr. Frank - You are not slower, believe me. But ultimately it's about getting it done right, not quick. If it takes you 10 or 12 or 15 weeks to get through the program, that's really fine. In fact, many people report their best results after going through the program twice or even three times. So please feel free to take your time. The very best pace is the one that works best for you!

Client - I do realize that I got a little side tracked too with thoughts of starting to date, when I know I'm not ready yet. I am trying to pull myself back to "my reality" and that is focus on my career, this program and God and some light socializing with church groups.

Now that I think about it, I got a letter around the 12th of July from my ex, posing as my ex step daughter and it was a pretty mean letter. Maybe that's when I started shifting back to some old behaviors too..... hmmm well regardless, I didn't and am not responding to the abusive letter and need to get my focus back.

Dr. Frank - That is an excellent insight! You have done a new and healthy behavior, the first of many. So just be patient, and don't be in a hurry. And be very gentle with R _____ --coach's orders!!

Client - Just really needed to get some professional, knowledgeable words of encouragement Dr Frank, Im feeling alone in the process right now. The two individuals I chose for accountability partners, havent been so accountable.....need to rethink who will be there me when I need them.

Dr. Frank - Yes, I do understand. Now I hope you know that YOU are always the #1 person who must be there for you. You need to discover what a powerful team God and Renee make! Then (and only then) will you be ready to deal with the inevitable disappointments that other humans bring into our lives.

Client - Thanks and God bless,

R_____

Dr. Frank - Remember that I am always here to help, so never hesitate to contact me with any questions or comments you may have. Your success is my mission!
Peace be with you,

- Dr. Frank

Real Client Dialogue #90

Subject - Discovering & Working Through SSBs

Client - Hi Dr. Frank,

Dr. Frank - Hi S_____!

Client - I am slowing making my way through WLGW. Currently on Day 5 and I'll probually be here for a week now.

Dr. Frank - Slow is fine, and slower is better. The "days" are just very general guidelines.

Client - The big thing that comes up for me is my beliefs I have about my body because I was raped and sexually abused as a child. I've had counselling and psychotherapy and I am at peace to say I've worked through most of it.

Just a wee bit more I suppose. Actually working through it probually helped me pack back on the 20 lbs that I lost two years ago, among other things.

Dr. Frank - Actually, working through it is supposed to have the opposite effect--to make you lose it. You'd be amazed at how many of my coaching clients I help deal with this same issue.

Client - I know I have a deep rooted belief that having the excess weight is my shelter from being lusted upon or abused again. It's almost don't look too good. Even getting dolled up for church, even with my excess weight, I've thought, "I look to good, put some mud on my face (not really, but I am sure you get the idea).

Dr. Frank - I absolutely get the idea, dear lady. It takes a very good therapist to help you put this stuff behind you for good.

Client - I believe working through the exercises would help me and that this is only one of the many beliefs I have. However, I thought you might have some advise and encouragement for me in this area within your scope of experience coaching others.

Dr. Frank - There are a few key things to understand--and understand on a ver deep level. First, the abuse was NOT your fault. You were not in the tiniest way responsible for it, or for the weight it cause you to put on.

Second, your self-esteem was damaged, and you need to be clear about how and why you deserve to have high self-esteem, and how to get it.

Third, your boundaries were horribly violated before you even had a chance to develop any. So now your job -- your mission -- is to get good at setting limits on other people's behavior, and your own. You should be able to look dazzling and never worry about having ANY unwanted consequences.

Client - Please reply and let me know if you are available.

Dr. Frank - Did you want to look into the possibility of coaching?

Client - Kind Regards,

S _____

PS. I've attached a picture of me last summer, at 185-190lbs or so. The Pink dress with patterns looked better on me the summer before when I was down 15lbs.

Dr. Frank - Thanks for the photo :-) You look wonderful, and you'll look even better at your healthy weight. I'd love to help you get there, and be at peace about it.

Peace be with you,

- Dr. Frank

Real Client Dialogue #91

Subject: Client Recounts Some Personal History (In Search Of Her SSBs)

Client - Dr. Frank I am not sure this is what you want but it is what I wrote. It took me a long time today to write this. But I did it. Right or Wrong I did it.

I have been on this planet 24,337 days as of today. I have started this program about a month ago. But somehow I am not sure what to write. I find even though I have read, week 1 day 4 about a dozen times and find that I am not sure what to write.

I find that I am almost afraid to write. I don't know why words can not hurt me. I can say that when I was very young from pre grade school until about the 6th grade I was a sickly child. I even had to sit at the teacher's desk at noon and had to eat there. They would make me eat.

Then somewhere in the 6th or 7th grade I became over weight. The summer between graduation from 8th grade and high school I went on a diet. It was mostly salads and hard-boiled eggs. I lost weight and kept very thin size nine is a dress with the waist taken in and the hips let out a little.

Then when I was a senior in High School I got pregnant and gave the baby up for adoption. I never thought I was good enough to find a good man. I had one in H.S but he was not the one that I had a baby with and I lost him along the way.

My parents had a tavern and I met a guy who I thought I was in love with ran away and got married and got pregnant on my wedding night. After three months I realized that one he was a drunk and he was talking about dealing drugs. I left him. Had my oldest daughter.

Then met a nice guy and we were dating and then we double dated with his buddy. Well I got pregnant and his buddy said he would marry me. Now at 20 I had two children and was married.

Shortly after that I had another child and then a. Now I was trapped in a marriage that did not have any love in it and he also was a drunk. I stated to gain weight after the last child was born. I have been gaining every since.

I have tried weight watchers, take off pounds, the latest was herabalife. With herabalife I lost 23 pounds only to regain it in a very short time. Sometimes I wonder if I am just meant to be fat. I know I would be so much better off.

Healthier, be able to do more. I was divorced for about 15 years and I had been moving back and forth from Wisconsin to the South, Georgia and South Carolina for those 25 years. I was never happy. I always had a good job but still never happy.

At one time I was treated for depression and had taken Paxil, then went to welbutrin. Now I am not on anything. Ten years ago I moved for the last time. I moved into my house and at that time I had not even had my furniture in the house

I had a talk with God. I told him I did not want to spend the rest of my life alone. But if that is what he wanted I was happy with that.

Well 8 years ago he brought into my life the most wonderful man. We are truly happy and very much in love. I know I will be the caregiver for him. He is not a healthy man. I have seen him through so far a car accident that left him with a broken hip and shattered pelvis.

His pelvis healed and he had a hip replacement, plus two surgeries to remove bone spurs. Then it was three hernia surgeries and two major back surgeries (7 ½) hours

apiece. Now we are waiting to hear if his stomach cancer has come back.

I at 5' 3" and at 220 pounds need to loose weight for my own well being. I want to be able to do just normal things like cleaning with all the breathing problems. I want to enjoy sex without the breathing problems that my weight is causing. I want to have engery, something I have none of. I want to be able to get in our 4ft my 19ft pool and enjoy splashing around in.

My house is clean but it takes everything I have to keep it that way. I want to enjoy life. God has created just a wonderful place for us to live, I want to enjoy that place.

I know I will be the caregiver. Not only to my husband but to my Mom. Right now I can hardly care give myself. I hate the way I look. I hate it when I take a second helping of anything. I am not a sweet eater, Just plain good food. We do not have junk food in the house except for ice cream. We do not eat it every day.

I guess at times I firgure that I do not have to loose weight because after all he accepted me fat. What do I do about all the loose skin that I will have? God knows it will be there. I know he loves me but will he accept a woman with smaller breasts?

I don't want to have to eat salads for the rest of my life. I so want to be healthy and me exercise never. When I was young I rode horses but other than that I was always the last picked in gym class because I was not good at sports period. I love the out doors and enjoy gardening when I can get down and do it.

But I am not an athlete. Don't really want to be other than splashing around my pool. I have a stationary exercise bike that I use to ride. I still have it but have not rode it in years.

Everything that is good for me to do I hate or just plain do not do it. At one time I worked at the (company) in WI. I did belong to their Sports Club and I worked out almost everyday and sort of enjoyed it.

I was meeting people. I joined a health club here and when they were closed because they moved I stopped going and paid my years dues but never went again. Sometimes I think I set myself up to fail.

Maybe I just don't feel I am worthy to succeed. I know until C_____ my now husband came along I would tell my parents that I would never find a man that could love me.

I plan on doing Success Exercise #2 tomorrow.

Dr. Frank - Hi K____,

I read your entire message. Believe me, I understand your situation better than you can imagine. You just wouldn't believe how many others are in very similar situations. You are definitely not alone!

And I assure you that none of God's children were "meant" to be fat. Quite the contrary, we were meant to be at our ideal weight. The only reason any of us is not is because, on some level, we simply don't feel worthy. As I am sure you know, you have mentioned quite a few reasons why you don't feel so good about yourself.

But all of these reasons are the result of a very difficult life. And I promise that they are all false. You CAN learn to love yourself and forgive yourself as Jesus loves you and as God has already forgiven you. But you must at least be willing to consider that you ARE worthy. You don't even need to believe it yet--just be open to the possibility :-)

God accepts you skinny or fat, but He designed you not to be fat. The key is to slowly but surely start to discover your own worth as a child of God--regardless of your past or your behavior.

As you learn to esteem who you are, you WILL start to take better care of yourself. And when you do, you WILL lose your unwanted pounds.

But this will NOT happen without YOUR commitment to YOU. So that is your first step. Forget about the food, the diet, the weight, and all the physical stuff. Start uncovering your self-sabotaging beliefs and start seeing them for the lies they truly are. The program actually shows you how to do that.

And whether you know it or not, your greatest fear may be that you ARE worthy. Because once you accept that, your entire world will change. And yes, that can be a little scary. But the choice is really between learning to care about you -- or an unhappy life leading to an early grave.

Are you ready to start taking care of (herself)? I think it sure is about time! Just do the exercise like your life depended on it -- because it just might!

God WILL help you -- if YOU will help Him help you:-)

Peace be with you, dear lady.

- Dr. Frank

- Dr. Frank B. Smoot, MA, DD -

Please click [here](#) to contact Dr. Frank by email.