

The Emotional Causes of Diet Failure

If you are looking to lose weight, you have to go about it in a systematic way. It may be uphill work, but you need to have the motivation to select the diet that is right for you and stick with it. In many cases, diets fail to produce results because people simply relapse after coming off a diet, or change their minds half way through, as soon as they hit the famous 'Dieters Plateau' and the weight loss tapers off.

Stand firm when it comes to losing weight. To decide to lose weight and carry it through successfully, you need to be committed to your objective of losing weight. There are factors to take into account, which may get in your way, such as family commitments, lack of motivation, time or energy. But nothing can sabotage your efforts like overeating, which will defeat your purpose from the very beginning.

Self-discipline – vital for weight loss. Overeating is a problem that you can beat with strict self-discipline. If you are overly fond of food, that may sound difficult. It probably will be, but if you are dedicated to your goal, there's no reason why you shouldn't succeed. Once you start to lose weight, you will agree that the pain was worth it

Complications make matters worse. However, the problem becomes a little more complex when there are emotional factors involved. This may include feelings of anxiety or depression, perhaps feeling that you are fighting a losing battle etc. However, if you develop conditions such as compulsive eating disorder, you will be in much more serious trouble.

People who indulge in compulsive overeating or binge eating do so for emotional reasons. They use food to seek comfort from their inadequacies, poor self-esteem etc. Naturally, when this happens, they find themselves gaining weight. So if you are caught up in this kind of dilemma, do try to recognize it and take charge of your situation. Only you can take charge of your weight problem.

Traditionally what happens is that as soon as people start to lose weight, the emotional issues that caused them to put on weight in the first place, resurface and sabotage your best efforts. Recognize this eventuality and you can beat it.

It would help to have a simple plan. Try to get together with likeminded people who are also trying to lose weight. Set your goals and allow yourself rewards to keep motivation alive. Involve your family in weight loss programme – you will be happy to have their support. In time and with commitment and patience, you will be able to accomplish your goal and achieve the kind of weight you would like to have.

Or best of all, get your food delivered to you daily so you don't even have to think about it, or go near any temptation.