

# Gaijin Housewife

A FOREIGNER EXPLORING LIFE IN JAPAN

## 5 reasons why you won't lose that extra weight this year

JUNE 6, 2016 BY GAIJIN HOUSEWIFE



This is the new me, 10 kilos down, almost the same weight as my son is now.

Today, I'd like to bring up 5 reasons why you won't lose weight this year. There are probably more, but I think these are pretty common among most people.

Also, thank you for all the positive comments and words of encouragement that you have all sent me on my [Facebook page](#)! I was so overwhelmed by it. It was really scary for me to hit publish on my [weight loss success story post](#) where I shared my heaviest weight ever and my current weight with the whole Internet. I know it struck a chord with so many people and they were inspired by what I wrote. I also imagine that inspiration has probably worn off today and you are back to where you were before. So I just thought I would write this follow up post and then I will shut up about it. So bare with me! Let's get to it!

### 1. You are your own worst enemy

Perhaps like myself, you like to get things done. You don't like to ask for help or find it incredibly difficult. In particular asking for help with something as personal as losing weight and all the excess baggage that we are carrying around about that is a real challenge. I know that the people at MBT who have helped me consider it a privilege to help people on their way to becoming a new and better version of themselves. So if that is the reason you are not losing weight, why not do something different (cause everything else hasn't worked or you wouldn't be reading this post), even if it scares the pants off you. Actually, in this case, if it scares the pants off you there is a very good chance that this is exactly what you need to do.



My favourite "diet" meal is breaded oven baked pork cutlet with shredded cabbage. I still get to eat my favourite foods.

### 2. You know how to diet, you know everything there is to know about eating healthily.

Also like myself, you might have a LONG history of dieting and know everything there is to know about eating well. You probably think that there is nothing left for you to learn. I would say, yes certainly you probably do know everything you need to know, so why aren't you doing it again?

Er, yes, we need HELP. Losing weight is not something that can be done with sheer will power. I've also tried that and fallen off the wagon after 2 weeks or so pretty much every time. Finally this time I found out WHY I'm eating and now I have a waay better relationship with food. I used to be constantly hungry, constantly thinking about food, constantly hovering around the fridge and I just thought, this is just the kind of person I am. Turns out, that was total rubbish. Now I have established new habits that serve me much better than my old self destructive ones.

### 3. You think you don't deserve to have money spent on you to improve your health

This is another mistaken idea I have had for a long time that I thought of as a BADGE OF HONOR. Oh look at me! I don't WASTE money on going to a gym/using a personal trainer I walk my dog! I play with my kids! I go hiking! That is all well and good but pretty much anything you seriously want to improve about yourself is going to cost you money unless there is some other reason like your life or a loved one's is in danger or something scary like that. This is especially true for people (also like myself) who are obligers and need external expectations to get things done. (Seriously go take the quiz, it will give you loads of info about yourself that you probably didn't quite realise before).

### 4. You think you can't live without your ..(insert thing you really need to give up here: wine/lattes/ice cream).

I think it's true that the thing we feel like we just can't live without is the thing we most need to give up or should I say "be free from". "Give up" sounds a bit depressing, freeing yourself from something is infinitely more appealing. For me it was potato chips and more recently milky coffee. Now I eat nuts instead of chips and I take my coffee black, no sugar. Yowza! How on earth did I do that? Baby steps, gradually and with the help of my MBT coach who believed in me, I stopped flavouring my milk with a few splashes of coffee ; ) I challenge you to give up your wine or your bagel or whatever it is that first comes to mind that you simply "CANT" give up. See how you go for a week. It took me 3 days to get through to my brain that we don't do that anymore. 2 weeks later its as if I never even did it.

### 5. You've always been fat. You are just meant to be this way.

This was my mistaken assumption. I thought my "natural weight" was in the mid 70s for a long time. Then it was the high 60s. Now I'm on the verge of cracking the 50s! Please don't write yourself off just because you have up to now always been a certain weight or a certain type of person.

(I was the person who was always eating, always hanging around the pantry, always finishing my food, eating the kids leftovers, always avoiding activities because of lack of energy or confidence).

Did any of these sound familiar to you? I hope you will realise that there is another possible future for you free from all the things you dislike most about yourself. If you'd like to ask me anything, please leave a comment below or contact me on [Facebook](#).

And if you do decide to get out there and try something new, like [MBT](#) make sure you come back and tell me about it. I'd love to hear from you!

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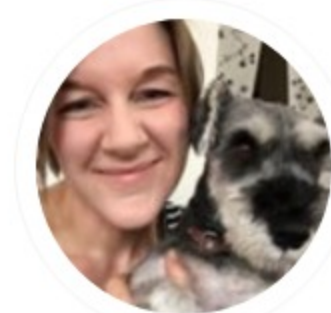
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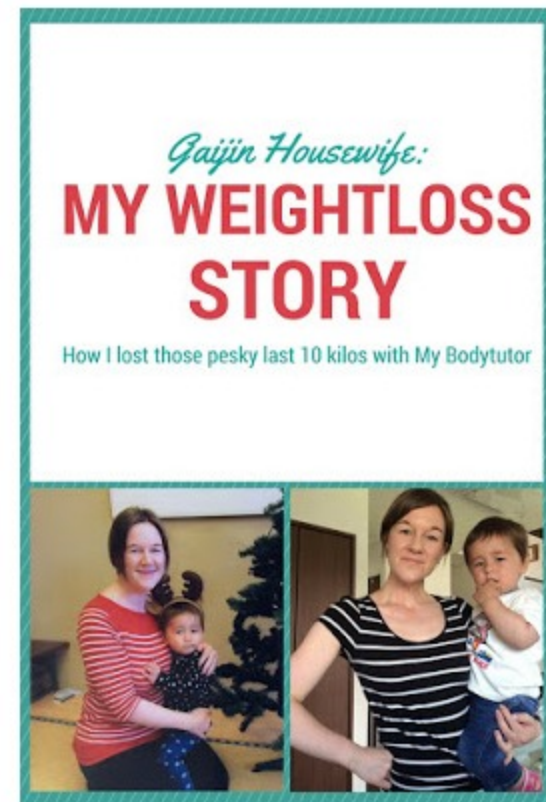
I'm a mother of two kids and one fur baby, living in Fukushima, Japan. I love Ikebana and blog about life here in semi-rural Japan.

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