

My 7-step Program

STEP 1: Perfect Day Planning = Subby Instant Action Statement + Perfect Day Depiction

- Do it in bed before arising, in resting-mind mode.

STEP 2: Weigh-in & Reinforcement = Weighing + Good Work, Keep It Up statement

- Do it naked after taking off your pajamas.

STEP 3: Directive & Visualization = Perfect Weight Mind Directive + 60-second Visualization

- Do it after weighing and before eating.

STEP 4: Subby Instant Action Statement × 30 = Subby Instant Action Statement at least 30 times + Act As-if and Follow the Signal

- Do it over the course of the day.

STEP 5: Pre-snack Decision-making = Subby Instant Action Statement + Act As-if and Follow the Signal

- Do it every time you feel an urge to eat.

STEP 6: Mealtime Self-talk = Subby Instant Action Statement + Self-talk Directives + Act As-if and Follow the Signal

- Do it during every eating session.

STEP 7: End-of-day Thanks = Cite Progress Actions that Occurred over the Day + Good Work, Keep It Up statement

- Do it after going to bed, in resting-mind mode.

Act As-if = Acting As-if your Subby is, right then, in the process of guiding you toward perfect-eating and away from overeating.

Follow the Signal = follow the eat/don't-eat signal your Subby sends back to you.

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