



## **Principle One, Lesson Three**

# Shame

- Fueled by criticism
  - Can be tempered by novelty & other distractions
    - *'I'm a fraud'*
    - *'I'm broken'*

*'Nothing I do will ever be good enough'*

**'If being thin isn't making me  
happy and healthy, then being  
fat wasn't what was making me  
miserable and unhealthy.'**

# Care

- Begins as action
- Has to be the driving force
- Will unseat shame
- Has to be the primary motivator



# Shame

- Makes us do the wrong stuff (diet)
- For the wrong reasons (to be skinny)
- It causes us to 'fail' (quit)
- It convinces us that we failed because we're flawed (not good enough)



