

10 SECRETS

to Expressing Yourself With

CONFIDENCE

HEAL YOUR HUNGER



1 How you feel and what you need are just as important as the feelings and needs of others. Instead of always dismissing your ideas and feelings as “not that important,” you must value them and see that you are equal to all others. What you feel and think is worthy of being said and heard.

2 You will not die from saying how you feel. Do you often feel like you will die—or others will somehow die—if you share your honest feelings and opinions (I am not talking about being hurtful?) Only by practicing speaking up will you learn that this is not the case at all. Not only will you not die, but you will be empowered.

3 You will not die if someone disagrees with your decisions. We often think that we’ll crumble without the approval of others, but when you are willing to feel the initial uncomfortable feelings when others don’t agree with you or your decisions, you will get stronger and the fear of those feelings will get weaker.

4 When you follow your own heart, people around you may at first be uncomfortable, but **THEY ADJUST!** You will be amazed that no matter how threatened others will be of the “new you,” when you persist in doing what’s right for you, they will eventually settle down and get used to your new ways; in fact, they will even respect you for them.

5 By being true to yourself, and thriving on account of it, you are setting an example that will inspire others to step out and make changes. Your gift to yourself of change is also a gift to others.

6 It is no one’s responsibility to read your mind. **you must speak up!** You can’t blame others for not doing it “your way” when you are not even willing to express yourself and what you want. Change means letting go of the games of pouting and making others feel bad for not reading your mind. You will no longer feel “misunderstood” when you speak up and give others an opportunity to understand you.

7 Resentments come from not speaking up and being heard. Resentments erode your soul and your health. Discuss your feelings until you feel resolved and then **MOVE ON.**

8 Practice listening to others. We are often so busy obsessing about our own feelings, what we want to say, and how others will perceive us that we don’t pay close attention to the ideas and feelings of others. When you put aside thoughts about yourself, and truly listen to others, you will find that others begin to truly listen to you.

9 “Say what you mean, mean what you say, but don’t say it mean.” The tendency for people who are afraid of being honest and forthright is to build up so much fear and resentment, that they blurt out their feelings, often offending others with the force of their delivery. Practice saying what you mean in a direct way, with kindness and respect.

10 Give yourself permission to be awkward as you begin to speak up. Speaking up is not an easy habit to develop. At first you may stumble over your words, you may not get your point across, and others may not like it when you speak up. Just because others don’t agree with what you say does not mean that your beliefs are wrong. Don’t apologize for your opinion by saying: “This may be a stupid thing to say, but...” Or, after they express a difference of opinion, don’t backpedal by saying, “You’re right, I’m wrong; I don’t know what I was thinking.” Hold your head high! Everyone respects people who risk being the minority voice. And you will be surprised to find that often others will join you and yours will become the majority voice.

Self-esteem comes from taking risks and being YOU, not from the approval of others. So speak up, and notice how many people begin to listen up!

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