

EXTRACT FROM EMOTIONAL ESSENTIALS!

# EMOTIONAL ESSENTIALS!

advanced preparation to  
**GUARANTEE YOURSELF**  
HCG Diet success



## HCG HOLISTIC SERIES BOOK 2

HAPPY ♥ CONSCIOUS ♥ GAL™

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## 1. Introduction

**[The following is an EXCERPT from Chapter 1 "Introduction".]**

... As I've already said, in this second book "[\*Emotional Essentials!\*](#)", I will be assuming that you already have some **basic knowledge of the HCG Protocol**. I will be assuming that you know how to take your HCG, about the different Phases of the Protocol, what to eat, and what the rules are. I won't be covering the basic stuff about HCG in this book.

What I will be covering in this book is the TRULY IMPORTANT STUFF, the stuff that *no one else* is writing about in books about HCG.

I will help you to **understand the underlying emotional issues that have caused you to be fat and to work through those issues until they are resolved once and for all.**

Many people think they can use the HCG Protocol as a quick fix, without having to change anything about themselves or their lives. They think they can just follow the Protocol for a few months until they hit their goal weight and then go back to the way they were living before.

*This doesn't work.*

The simple fact is, unless you use the Protocol as an opportunity to **get to the bottom of the real causes of your weight gain**, you will simply return to eating and living the way you did before, and you will steadily put the weight back on.

I have observed that **many HCGers are not focussing on the emotional issues that have caused their overeating and their weight gain**. This is a huge problem. It means that many HCGers struggle to stay on the Protocol without cheating, and also often gain the weight back as soon as the Protocol is over and they are outside the strict confines of its rules.

No matter how effective the Protocol is on a hormonal level, all of us have deeper emotional, psychological and historical drivers that are operating at a subconscious level that can undermine the effectiveness of any weight reduction program we do.

Unless you look at these deeper emotional drivers, work through them and really shift them, then not only will it be hard to stick to the Protocol, but you will inevitably put the weight back on at a later date.

**No diet, exercise regime or hormonal program in the world is effective enough to allow us to avoid our deeper issues.** Unless we address the real emotional and psychological causes of our weight gain in the first place, then it doesn't matter how effective the HCG Diet is, you will put the weight back on once it is finished.

It may not always be easy to look at these deeper issues, but if we want to keep the weight off, then that is exactly what we need to do.

I believe that if you use the time you are on the HCG Protocol as a chance to work through the real emotional, psychological and historical issues that caused you to become overweight in the first place, then you will not only maximize the amount of fat you can burn on the Protocol, but you WILL be able to keep it off for life.

Some of the HCG books, articles, blogs and websites out there mention that emotional eating is something that you need to look at if you want to be successful on the Protocol. But none of these books tell you HOW to do that.

So in this book, I will show you some really easy fun ways to identify your underlying emotional drivers and patterns, to shift them and to clear them, so that by the time you finish your HCG journey they will not be running you any more. You will be a new person, with full power to live the life you want.

I will give you powerful **Processes** you can use to work through your deeper emotional and psychological issues with food, body image, self love, confidence etc, so that you will never revert to the way you used to be, and you will keep the weight off FOR LIFE.

I will be helping you to work through these core issues **before** you start the HCG Protocol or before you start your next Round, so that you can liberate the maximum amount of fat possible while doing HCG and can get the most personal transformation out of it.

In the course of this book, I will also share things with you from *my own long*

*battle with my body shape*, to inspire you, uplift you, to help you see how much change you can create by doing the Processes in this book, and to show you that I've walked in your shoes and I am on your side!

To sum up, I see the HCG Protocol as a life-changing opportunity for you. It will not only transform your body shape, but if you follow the Processes listed in this book, it will also be a very powerful time of personal growth and transformation. You will emerge as a more empowered, self-aware, confident, self-loving person.

So get ready to develop your "*Emotional Essentials!*"

... [CONT] ...

## 2. The Role Of The Emotions

**[The following is an EXCERPT from Chapter 2 “The Role Of The Emotions”.]**

... So how does all this affect our body shape?

When we do not know how to move the energy of our emotions through us and out, when our emotions become stuck, this can feel very overwhelming.

Human beings have developed many strategies to enable us to avoid feeling the overwhelm of our feelings. Many people use television, sex, computer games, even shopping, to distract themselves from unpleasant feelings that they don't want to feel. Other people use chemical substances such as cigarettes, alcohol or drugs to further dampen down their pain.

If you are reading this book, then it is likely that your main emotional-avoidance-strategy is EATING. Like me, you probably use food to soothe yourself and to medicate yourself when you are feeling emotions that you don't want to feel.

There are many of us out there who use this strategy.

It is VERY common.

If we feel lonely, we may turn to a donut or candy to get our blood sugar to quickly soar, so our bodies will release chemicals that make us feel better.

If we feel sad, we may turn to ice-cream or potato chips, so that the fat content in the food will alter our brain chemistry to cheer us up.

We each of us have our own version of this self-medication. We each tend to choose those foods that give us an instant emotional and chemical boost, cheering us up and comforting us.

Yes, the media plays its part in convincing us to eat these foods. Indeed, there are whole armies of advertising executives who dedicate their careers to manipulating you into eating foods that are nutritionally dead and toxic. But think

about it, how do they manage to manipulate you so easily?

They do it by using packaging that causes you to “feel” a particular way. By using slogans that cause you to “feel” a particular way. By using actors, dialogue, filming techniques, sets, ambiance, colors and music that cause you to “feel” a particular way.

They know that when your emotions are upset, when you are longing to run away from negative feelings, when you are desperate to feel safer, to feel happier, to feel calmer, you will turn to their product because they have convinced you that it will help you to “feel better”.

So we take advantage of these empty products the food manufacturers have created. We take advantage of the chemicals they have added to them to make them sweeter and richer and more addictive. We take advantage of the fact that they have been designed to numb, to soothe and to distract. We may resent the fast food and junk food purveyors and their psychological hold over us, but in the dark solitary moment when we feel overwhelmed by a difficult emotion, we reach for their food with gratitude and relief.

You may say that the reason you eat junk food is that it is engineered to be chemically addictive, and that this is beyond your control. That is indeed true, and we will discuss this in greater detail in the final book in this Series, Book 3 “[Body Basics!](#)”. But there is more to it than that.

In order to most effectively numb our pain, we tend to turn to an outside source that is **at the same frequency as our pain**.

We choose dense heavy toxic foods to numb our feelings that we see as dense heavy toxic feelings. We choose foods that are sugary and fattening yes because they taste good and because the sugars and chemicals and fats in them have a drug-like effect on our hormones, but we also choose these foods because they are a **frequency match** for our pain.

Instead of allowing ourselves to actually FEEL the feeling of sadness or loneliness or fear, so that it has a chance to move through us and out of us, we try to squash it down, to repress it, to block it, to distract ourselves from it or to numb it, by

foods that are perfectly matched to the pain that we are running from.

As a society, we have not learned how to live with our emotions, how to allow ourselves to feel them, how to allow them to simply be and move through us as what they are: energy-in-motion. And until we do so, we will be forced to rely on these unhealthy strategies of distraction and self-medication such as drugs, overeating and the countless other forms of self-sabotage that plague our culture.

In order to overcome emotional eating, it's not enough to educate ourselves about healthy food and exercise. It's not enough to go on a fantastic program like the HCG Protocol.

Healthy eating, exercise and HCG will cure the symptoms of your overweight body, but they will not cure the cause. Yes, you will reduce your weight by doing them, but you will not keep the weight off. For as soon as your emotions rise up again, you will revert to your old patterns of comfort eating, in a desperate attempt to avoid feeling those feelings.

So we need to learn something MORE than weight reduction strategies here. More than Diet. More than Exercise. Yes, even more than HCG.

**We need to learn how to be at ease with our feelings.**

Because after all, upsetting stuff does happen in life. Challenging things do occur. Life will constantly trigger us to feel sadness, anger, pain, hurt, fear, etc.

That is okay. It is part of the human experience.

Once we learn to allow these feelings to move through us as the simple energy that they are, then we will be able to allow ourselves to FEEL these feelings without having to be scared of them, and without having to numb ourselves with food so we don't feel them.

Later in this book, I will be teaching you Processes you can use to manage your emotions so that you will no longer need to be frightened of them, to run from them, to numb yourself with food or to squash them down into your fat cells. So get ready to learn something new!

But first, we need to take a few steps back and look behind us to where this

whole battle with our body weight first began.

... [CONT] ...

### 3. Investigate Your Past

**[The following is an EXCERPT from Chapter 3 “Investigate Your Past”.]**

... In the first part of this Chapter you drew up your Body Weight Graph and your Body Shape Story Board. You fully analysed the history of your weight gains and weight losses throughout your life. You studied the patterns you found there and together we interpreted those patterns. You saw the kinds of triggering incidents and events that have always caused you to gain weight, as well as the kinds of feelings, self-talk, and social dynamics that caused you to gain weight.

By the end of this Chapter you will no longer be at the mercy of those patterns. You will be able to choose the body shape you want to be and you will be able to remain there REGARDLESS of what happens in your life.

Wow, knowledge really is power!

So now let's begin the next stage of our investigation into the past. This is one that is absolutely CRITICAL to your success on any Fat Liberation Journey you undertake, whether with HCG or any other system.

Let's investigate your Childhood Programming.

Many of our eating, exercising and other behavioral habits were in fact programmed into us as children. Biologist Bruce Lipton writes that up to the age of 7, children are highly impressionable and basically take in everything they see and hear as if they have been programmed with it in a hypnotic trance.<sup>1</sup>

Not realizing this, parents say all sorts of comments and phrases innocently, unaware that they are actually programming their children with these beliefs. They say things like “ Finish your food - there are starving children in Africa, you know!” or “A good strong boy has flesh on his bones” etc, without realizing that they are programming their children with eating habits for life!

But further than that, parents are also programming their children not just with the words they say, but also by their behavior. The parents who sit and eat ice cream in front of the television every night are in fact programming their children to believe

that this is normal healthy behavior.

Small children do not question their parents - they are not yet operating in the realm of reason or debate. They take on board what their parents do at face value, assuming that it is correct. So parents can influence their children enormously at a young age, simply by carrying out their own unconscious behaviors. And that programming can stay with us long after we have grown into our own adulthood.

So let's take a few minutes now to explore what programs were instilled into you as a child. We're going to do a powerful Process to investigate this...

... [CONT] ...

## 4. Interpret Your Fat

**[The following is an EXCERPT from Chapter 4 “Interpret Your Fat”.]**

... Your fat can symbolize something in your unconscious, and it can do that in quite a literal way.

I met an overweight woman when I was in the middle of my HCG Journey. She was a very awake person and had been doing some pretty deep investigating of what her fat symbolized for her. She told me that she realized she was fat because she was “carrying the weight of the world”. Literally!

Your fat is a mass, a substance, a layer that is coating your body. What does this mass represent for you?

Here are some common things our body fat can represent:

- The weight of the world
- The weight of our family’s expectations
- The weight of our own expectations
- The weight of our fears
- The weight of our worries
- The weight of responsibility
- The weight of our stress
- Taking on other people’s stuff
- Our repressed emotions
- Our past traumas
- A protective layer
- Body armor

Pull out your Self Love Journal and some pens. We're going to do a Process now to explore what your body fat represents for YOU.

... [CONT] ...

## 5. Emotional Retraining

**[The following is an EXCERPT from Chapter 5 “Emotional Retraining”.]**

... The HCG Protocol is not just an opportunity to change your eating habits, your relationship with food, and your relationship with yourself and your mindset, it is also an opportunity to **significantly rewire your emotional habits**.

You will discover as you start your HCG journey, particularly when you venture into Phase 2 on the Very Low Calorie Diet, that much of what you will be fighting against will be your own emotional habits. Many people feel the need to eat when they are not hungry simply because their emotional buttons are being triggered and their habitual way of dealing with those emotions is by eating.

Later in this book, I will give you some fantastic strategies to use whenever you feel the urge to cheat, or whenever you feel any emotions rise up that make you feel tempted to cheat.

But for now, what I'd like to explore are other aspects of your emotional wiring that could be interfering with you having the body of your dreams.

So let's talk about the first one, boundaries.

“What do boundaries have to do with being successful on the HCG Protocol?”, I hear you ask. Well, you'd be surprised at just how big a role boundaries have to play here.

Let's imagine you are invited over to a friend's place for dinner while you are on Phase 2 of the HCG Protocol. Your friend asks you to sample the amazing lasagna she made especially for you, and she piles on all of her love and pride in what she's cooked, and tries to make you feel so guilty that you will have no choice but to eat it, even though she knows you are on a strict program that is very important to you.

If you do not have personal boundaries in this situation, then it will be impossible for you to say "no" to her. You will find yourself eating a couple of pieces of lasagna,

your weight on the scales will skyrocket the next day, and you will feel terrible for having undermined your success on P2.

So clearly it is important to have boundaries while you are on the Protocol itself, so that you can very clearly assert what is right for you at every moment, to any other people who interact with you. If you have boundaries, you will be able to tell people exactly what foods you are allowed to eat, and you will be able to happily eat them in front of other people, without being manipulated into eating anything else.

However, learning to set boundaries is not just important for the practical aspects of eating in accordance with the rules of the Protocol. The discussion of boundaries goes much deeper than this.

**It has been my observation that those of us who grew up unable to set firm boundaries, are often people who end up overweight.** I know this from personal experience, because I was someone who found it impossible to say "no" to anybody in the early stages of my life. I was a classic "people-pleaser", always putting everyone else's needs before my own.

Can you relate to that?

***What does this have to do with body weight?***

Well I'm glad you asked. Most people who are chronic "people-pleasers" and never say "no" and never speak their truth, are carrying around a huge amount of frustration. It's a very frustrating way to live, never getting to do what you actually want to do, never being able to tell anyone else what is right for you, and always going along with other people's wishes in order to please them. Most people-pleasers live with a huge amount of built up frustration in their lives.

And what do we do to stuff down that frustration, to hide it away in our emotional storage locker? We eat! And then we eat some more!

Sometimes when I see overweight people, it is as if I am seeing a walking, inflated pile of anger and frustration puffed up into a human body. Sometimes, you can even feel the frustration and anger that is filling up this person's fat cells. Quite literally.

The stereotype of the "plump, smiling, nice girl" is a classic example of this. Why does everybody think she's so nice? Because she does exactly what everyone else wants her to do. If she actually stood up for herself, they might not think she was so nice, but she wouldn't be plump and she would definitely be someone that they would admire and respect.

The funny thing is, we usually try to please other people because we think that it will make them like us more. However, the reality is people tend to respect and like you much more if you're honest with them, and if you really speak your truth with them.

So if you're someone who has a history of people-pleasing and always saying "yes", and always putting on a happy, smiley face, and always hiding your true feelings because you don't wish to disappoint anyone or hurt anyone's feelings, then this chapter is for you!

It doesn't matter how effective the HCG Protocol is at adjusting your hormones and melting fat from your fat cells. If you continue to be a people-pleaser and have no personal boundaries, then as soon as you finish the Protocol, what will you do with all of that frustration and anger that is building up? That energy has to go somewhere in your body! Unless you know how to really move it out of your body, using energy techniques or physical exercise or emotional freedom technique or the tools that you are learning in this book, that anger and frustration is simply going to start energetically piling up in your fat cells and you are going to start to puff up again in size.

And on top of that, even if your lack of boundaries didn't affect your body weight, wouldn't it be a wonderful thing to be free of the prison of constantly pleasing other people at the expense of your own needs? Even beyond the gift of Fat Liberation, what about the gift of personal empowerment, of freedom? The freedom to be your true self. This is the great gift you will be giving yourself when you start setting boundaries.

Now I'm not saying it's easy to learn how to set boundaries. It's actually really difficult, if you're someone who has been saying "yes" your whole life. A few years ago, I decided to really tackle this issue in my own life, head on. I decided it was time

to learn to set boundaries. This absolutely terrified me, as there were people in my family who would get very angry if you said "no" to them. I also had people in my life who I thought would feel disappointed and who wouldn't like me any more if I told them what I really thought or what I really wanted to do all the time.

But I realized that my health depended on me learning to set boundaries. Because my inability to speak my truth was not only causing me to be overweight, it was also significantly contributing to my chronic back pain that I suffered for over a decade of my life, which left me debilitated for many years. So for me, learning to set boundaries was absolutely critical.

So now I'm going to give you a really powerful Process to help you learn to set boundaries...

... [CONT] ...

## 6. Your Sense of Self

**[The following is an EXCERPT from Chapter 6 “Your Sense Of Self”.]**

... One of the biggest factors that will determine our success or failure on the HCG Protocol is **our sense of self**.

How do we see ourselves? Do we see ourselves as we truly are? Is our body image accurate or distorted? Do we love ourselves, or are we self-hating? Are we at war with our body or at peace? In this Chapter, I will be exploring these fundamental issues that lie at the core of all body weight issues.

Let's start by talking about something that is absolutely central to you becoming a slim person. Your self-image.

We are all powerful creator beings. Therefore, how we see ourselves, is how we create ourselves. If we see ourselves as fat then it is very hard for us to create a slim, healthy body. If we see ourselves as slim, then it is much easier to create a slim, healthy body.

One of the most interesting things about the HCG Protocol is that it gives us the chance to come face-to-face with our true self-image.

Many people who do this Protocol get a huge shock on their journey, as they realize that perhaps they are suffering from some degree of body distortion. HCG really emphasizes this, because it is such a fast, dramatic Fat Liberation program. People can shed 20 or 30 pounds in one Round on HCG, which makes them suddenly and dramatically slimmer, before their self-image has had a chance to catch up. Many people therefore find themselves continuing to think of themselves as a fat person, long after they actually become slim.

This becomes a very large issue as you get closer to your goal, and therefore I will be discussing this in much greater detail in Book 6 of this Series “Free Those Last 10 Pounds!”, which is all about how to deal with your final Round of HCG.

However, it still remains necessary for me to examine this topic a little bit here, because it is central to any discussion of our emotional history with our body shape.

So let's talk about body distortion.

Body distortion is also commonly referred to as "body dysmorphia". It means that we do not see ourselves as we really are. There are two main types of body dysmorphia that I have observed with people who are suffering from body weight issues. The first is people who believe that they are much smaller than they actually are. The second is people who believe they are much larger than they actually are. Most women who are overweight are in this second camp; that is, they see themselves as bigger than they actually are.

Research has shown that 8 out of 10 women are dissatisfied with their reflection in the mirror, and more than half see a distorted image. A Harvard University study found that up to 2/3rd of underweight 12-year-old girls considered themselves to be too fat! So the body distortion in our society starts young. It's clear that from a very young age most women see themselves as bigger than they are. And it applies to men to, if they have been overweight since childhood.

This means that whenever we attempt to slim down, on a diet or exercise program, our subconscious will try to keep us at the larger size we have always been, because that is who we think we are, at a subconscious level. If we do manage to liberate any fat on the program, our subconscious will quickly ensure that we put the weight back on, so that our body will once again match the internal image we have of it.

As I have said over and over again in this Series, it is our beliefs that create our reality. If we believe ourselves to be large, then we will remain large, even if we do the world's greatest hormonal weight reduction program, HCG.

The reason I'm pointing this out, is to make sure that you become really, really aware that this is a big issue in your Fat Liberation Journey. If you have been overweight for a long time it is quite likely that you also will be carrying a self-image that sees yourself as a fat person. You're going to have to pay attention to that while you're on your HCG journey, because your body is going to shrink very, very rapidly,

probably much faster than your self-image can keep up with. I do not say that to alarm you, only to give you awareness, so that you can monitor your self-image throughout your Protocol.

I am about to give you some powerful strategies you can use during the Protocol to make sure that your self image keeps up with your shrinking body. But before we can get into these strategies to help you shift your self-image, it is important to actually check what your self-image is now. So pull out your Self Love Journal and some pens, and let's do a Process to explore this.

... [CONT] ...

## 7. Conclusion

**[The following is an EXCERPT from Chapter 7 “Conclusion”.]**

... WOW you've learned so much in this book and you have come so far!

**I am so proud of you!**

You have bravely looked back at your entire body weight history and analyzed it honestly and ruthlessly. You have observed the triggers, the feelings, the patterns, the social dynamics and the childhood programming that contributed to your body weight over the years.

You have owned the fact that being overweight has served you in many ways throughout your life. You have examined and admitted how it has helped you and protected you. You have understood what it symbolizes to you. You have admitted that it has given you secondary benefits. Basically, you have taken full self-responsibility, which is a huge act of empowerment that will completely turn your life around.

You have accepted that emotions are simply energy-in-motion and that if you are overweight then somehow that energy has become trapped or stuck. You have investigated how and where and why it got stuck. You have taken inventory of all the feelings you stuffed, the feelings that were too painful or scary to feel. And you have started to clear those feelings from your system.

You have undertaken a HUGE journey of emotional retraining, learning to set boundaries, express your anger, feel your feelings, stay calm in stressful situations, balance your masculine and feminine energy, face your fears and your addictions and work with your inner child.

You have taken a good hard look at your lifelong self-image and at your levels of self love, exploring what in your past caused you to see yourself the way that you do. You have opened your mind to new ways of seeing yourself that are more self-loving and less distorted.

You have called a truce with your body and ended the lifelong war between you.

You are now partnering with your body as an effective Fat Liberation team!

To sum up all of that...

You have become an empowered, self-loving, self responsible, emotionally mature Fat Liberation Goddess!

Given all that you have learned and all that you have shifted over the course of this book, when you start your HCG Journey, or when you commence your next Round of the Protocol, you will be stunned to see how easy it is. For now you have your entire emotional system, your mind, your energy, your heart, your body and your subconscious all working together.

You are invincible!

Now that you have prepared yourself *mentally* by reading Book 1 "[Mindset Magic! How To Prepare Yourself Powerfully For HCG Diet Success](#)" and *emotionally* by reading this second book "[Emotional Essentials! Advanced Preparation To Guarantee Yourself HCG Diet Success](#)", it is time for you to prepare yourself *physically* too.

The final book in this Series, Book 3 "[Body Basics! Practical Tips To Prepare Your Body & Your Life for HCG Diet Success](#)", will help you prepare your body, your kitchen and your life for your upcoming HCG Journey.

Book 3 is shorter than the other books and does not contain any Processes to work through. It is intended to be a very practical, helpful book that you can read quickly and put into action immediately.

So what will we cover in Book 3? Well, I will be helping you to:

- Educate yourself about exactly what is required of you on the HCG Protocol
- Prepare your body properly for the very taxing journey it is about to go on, so that you will be able to liberate the most fat possible without any side-effects.
- Set up your kitchen efficiently for your HCG Journey
- Find a support team of people to help you through your entire HCG experience.

All four of these things are CRUCIAL if you want to be successful when you start the Protocol, or when you start your next Round. I have included a wealth of practical tips in this third book, and I know you will find it enormously helpful.

Book 3 is available on Amazon now! [You can buy it HERE](#).

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### **“EMOTIONAL ESSENTIALS! ADVANCED PREPARATION TO GUARANTEE YOURSELF HCG DIET SUCCESS”**

By HappyConsciousGal™

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Find out more about HappyConsciousGal and the rest of the books in this awesome “HCG Holistic Series” at her inspiring website:

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1. See *Spontaneous Evolution: Our Positive Future (And a Way to Get There From Here)*, Bruce H. Lipton, Ph.D. and Steve Bhaerman. Copyright © 2009 (Hay House).