



# Why New Year's Resolutions Fail

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The start of the New Year is often the perfect time to turn a new page in your life, which is why so many people make New Year's resolutions. But why do so many resolutions fail?

According to research, success rates are typically very good during the first two weeks of January, but by February, people are backsliding.

Research also shows that weight loss, exercise, stopping smoking, better money management and debt reduction are among the top resolutions.

Psychology professor Peter Herman and his colleagues have identified what they call the "false hope syndrome," which means their resolution is significantly unrealistic and out of alignment with their internal view of themselves. This principle reflects that of making positive affirmations. When you make positive affirmations about yourself that you don't really believe, the positive affirmations not only don't work, they can be damaging to your self-esteem.

Making resolutions work is essentially changing behaviors, and in order to do that, you have to change your thinking and "rewire" your brain. So, if you're going to make New Year's resolutions, here are some tips to help you make them work:

**1. Focus on one resolution** - rather several

**2. Set realistic, specific goals** - Losing weight is not a specific goal. Losing 10 pounds in 90 days is

**3. Take small steps** - Many people quit because the goal is too big requiring too big a step all at once

**4. Have an accountability buddy** - someone close to you that you have to report to

**5. Celebrate your success between milestones.** Don't wait until you reach the goal

**6. Focus your thinking on new behaviors and thought patterns** - You have to create new neural pathways in your brain to change habits

**7. Be mindful** - Become physically, emotionally and mentally aware of your inner state as each external event happens, moment by moment, rather than living in the past or future.

And finally, don't take yourself so seriously. Have fun and laugh at yourself when you slip, but don't let the slip hold you back from working at your goal.

Hypnosis is a wonderful method to painlessly and easily change behaviors, change your thinking and "rewire" your brain.

If you'd like more information, or wish to make an appointment, please call the office at 561-598-8585, or cell at 561-234-6778, or visit [www.TherapyWithMary.com](http://www.TherapyWithMary.com).

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