

The Loving Sphere Model of Lifestyle Change



Everything Is Connected

Dr. Pete & T

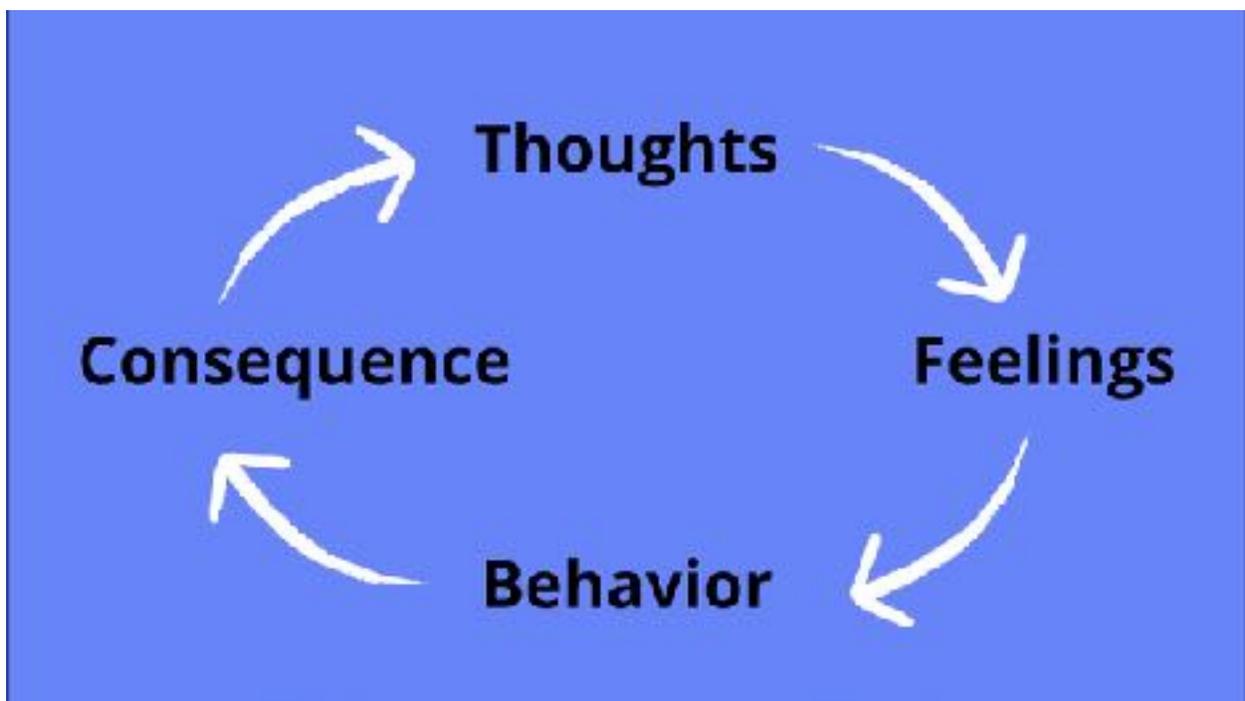
For Keto Support Email:
ketonicevolution@gmail.com

The Loving Sphere Model of Lifestyle Change attempts to provide a way of thinking about lifestyle as a continuum of spheres that are connected, and are infinite in choice, but cannot change without also influencing the thought/consequence pattern of the other spheres. To understand the way the model works and to see its profound meaning we start with the basic idea that our thoughts drive feelings which drive behavior which drive a consequence which then drives our thoughts again. The cycle continues to turn potentially driving us into habitual lifestyle patterns that can impact different aspects of our lives and our health. An example

could be a particularly stressful business meeting in the morning that leads to a visit to the break room where you feel suddenly very hungry which is normal after spiking cortisol and you reach for a cupcake and eat it. What starts off as a one-off slowly turns into a daily visit to the break room around the same time each day and eventually becomes a response pattern to stress extending into other times of day and circumstances.

Ultimately, the thought to consequence level of reaction leads to a mindless habit complete with its triggers.

Our goal on the simplest level is to be an observer rather than a reactor to our thoughts because we are not our thoughts—we are humans who seek balance and the sovereignty to choose our behaviors from a place of love and



authenticity (Click on Photo For Animation). We are much more than thoughts. We are fully

**integrated humans that can choose how we are
in the world.**

**In order to expand this way of thinking to
lifestyle I want to ask you to think about the
circle of thoughts as a Sphere of infinite**



possibilities (Click on Photo For Animation).

Any particular thought can lead to an infinite range of feelings and behaviors as visualized above. Now let's say this particular sphere represents all of the infinite beliefs and thoughts you have about food. Your eating behaviors will have an infinite range of possibilities.

Now, let's expand this idea to lifestyle. Maybe we have a sphere for diet, drinking, exercise, relationships, stress, sleep, physical health, mental health, etc.

Imagine all of these infinite spheres linked together by 3D gears where one aspect of our life cannot be rotated without altering the position of the other spheres (Click on Photo For Animation).



Think of this diagram as spheres within one, big, spherical lifestyle engine. Remember that each sphere is a continuum of thoughts-feelings-behaviors-consequence that influences all the other spheres.

The key thing to realize is that we can't change one aspect of our lifestyle without influencing all of the other spheres. As one example, when we change our way of eating from the Standard American Diet to the low carb lifestyle (or any other modification) that change will influence all the other aspects of our life including relationships (and the reverse of this).

Another example could be the addition of exercise into your life. This would have an integrated effect on all the other connected spheres in either positive or negative directions. The volume of the spheres is dynamic because depending on the complexities of ones life one aspect may carry, for a time, a central importance.

In other words the spheres can grow larger or smaller depending on a combination of thought patterns. An example could be quitting sugar or alcohol where a number of spheres might actually increase in size (importance) like relationships and diet and perhaps other issues like exercise. There are no independent factors in lifestyle-when you pick a direction to move that pathway influences the pathway you take in all of the other spheres.

What are some simple strategies to block the impulsive tendency to operate off our emotions (feelings)?

Try to observe your thoughts as a bystander and not react to the feelings that rise up. Let the thoughts and feelings flow. It's ok to watch the thought, and then feel the feeling, without reacting. Practice asking, "Why do I feel this way?"

However, don't attach to the answer. Just watch various answers flow by in the river of your mind.

Which answer seems to come from the best place in your heart?

Decide what matters to you from a grounded place of authenticity unclouded by the push or pull of how you feel.

Ask, “What matters to me?”

Again, don’t attach to the answer. Just let the thoughts flow by. Ask this question frequently, but let the answers and the feelings flow without attachment.

Again, ask, “Why do I feel this way?”

No one is perfect but at the core of it we have everything inside us we need to improve our health. We just have to find a way to see through the fog of the distraction and to hold the healthy thoughts close to our hearts.

And perhaps one of the best pieces of advice that we have ever had, is to take each day one at a time: “I just have to make it for twenty-four hours.”

It doesn't matter about tomorrow, or the day after, or next week, just today!

Best Regards,

Dr. Pete & T