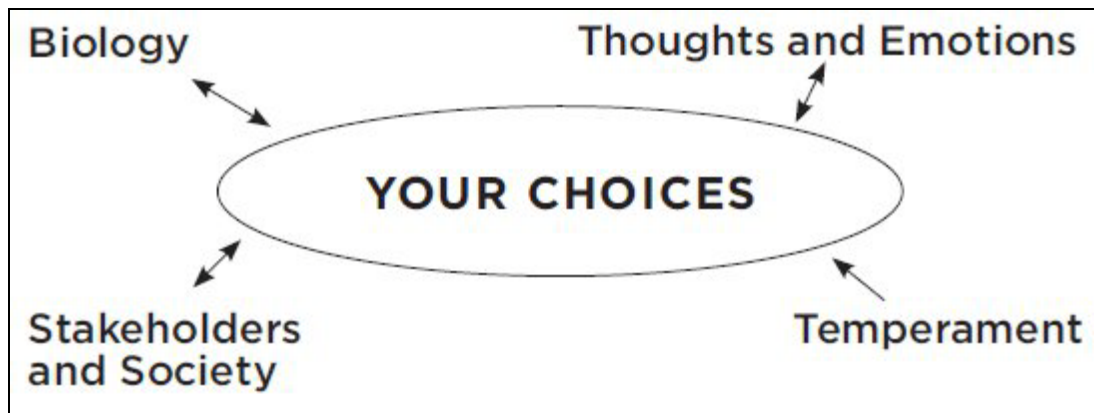


# **YOU ARE WHY YOU EAT**

**CHANGE YOUR FOOD ATTITUDE, CHANGE YOUR LIFE**

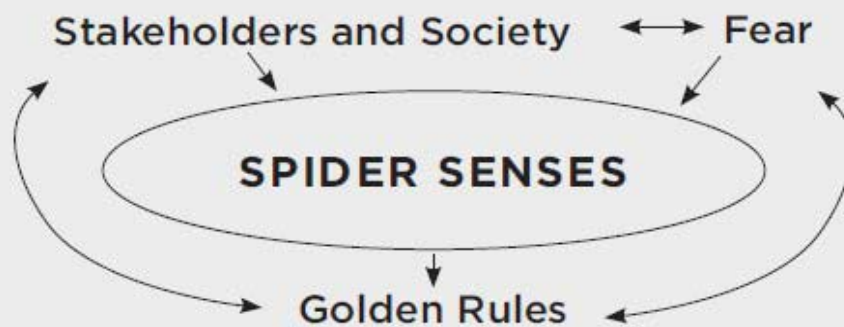
**BY DR. RAMANI DURVASULA**

**Figure 1**



**Figure 2**

Just as they are built from multiple influences, spider senses are also constantly affected by numerous influences that surround our minds, and us. These factors create the chronic fight between what we know is right and what the world is telling us.



**Table 1: Different Types of Stakeholders**

| <b>TYPE OF<br/>STAKEHOLDER</b> | <b>EXAMPLES</b>  | <b>CHARACTERISTICS</b>  |
|--------------------------------|--|---|
| Heavy stakeholders             | Parents, spouses/intimate partners, children, and, in some cases, siblings.  | Have a longstanding hold on you; their opinions are significant and influential and your behavior has significant implications for them.  |
| Daily stakeholders             | Friends, family, close coworkers.  | These can also be heavy stakeholders and are knitted into the daily fabric of your life; while they may not always have the same powerful hold over you, their regular presence does influence your choices, and their opinions can influence your behaviors.   |
| Circumstantial stakeholders    | People you are forced to interact with through circumstance—neighbors, coworkers, members of clubs and religious communities, fellow parents at a school, fellow students.                   | These are people you may have very regular contact with but whom you may or may not choose to have in your life otherwise. However, because they are part of the landscape of your life—perhaps only temporarily—they do influence behaviors and choices, especially in the settings where you interact with them.  |
| Stranger stakeholders          | People you may just interact with for a brief period and may never see again (or rarely); this can include service professionals (clerks, cashiers, waitresses), people you meet in passing. | A person who is only in your life for a short period may not seem like a stakeholder, but they may weigh in on a food choice, a purchase, or your behavior. It's important to identify your vulnerability to these stakeholders, because it may lead you to silence your spider senses even at times when familiar stakeholders aren't around.  |
| Toxic stakeholders             | These can be any of the above; they leave you unsettled, and you often walk away from interactions feeling dejected and pessimistic.   | These are people who kill your dreams, infect you with their fears, insult you, and "Are you sure?" you. These folks tend to be major time-suckers; they bring drama, negative emotions, and easily misinterpret other people's words as rejection or criticism. A mistake such as not calling them back can lead to weeks of recriminations and accusations, and much time is spent dealing with and soothing them and spending obligatory time with them—time you will never get back and rarely grow from.   |
| Unconditional stakeholders     | Can be any of the above, but they are people who stand by you, offer advice when asked, and listen.  | These are the rarest of the stakeholders, and they are the keepers—the ones who listen and who are able to offer advice without looping themselves into the equation. They are there for you unconditionally, even if they do not always agree with or understand your choice. They allow you to respond to and cultivate your spider senses. Ironically, these people are often so easy and loving that they don't suck our time and as such we don't get the benefits of these interactions as often as we should (in marked contrast to the toxic stakeholders). |

Figure 3



Figure 4

