

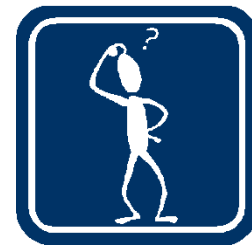
Session 15: Balance Your Thoughts for Long-Term Self-Management

Many GLB participants tell us about the positive things that come from the process of weight management, both in the weight loss and weight maintenance phases.

- Think about the impact weight management has on your life.
- Rank the top 5 reasons that are most important to you.

Reasons I Want to Lose Weight (and Maintain Weight Loss)	
I want to look in the mirror and feel OK.	
I want to look better to others.	
I want to be able to wear a smaller size.	
I want to be able to shop for clothes with less difficulty.	
I want to stop dwelling on how others view me.	
I want to be complimented on my appearance.	
I want to prevent physical illness and disease.	
I want to be comfortably active.	
I want to live longer.	
I want to have more energy.	
I want to be fit.	
I want to wake up in the morning and feel healthier.	
I want to like myself more.	
I want to feel more in charge of my life.	
I want to feel as if I've accomplished something important.	
I want to feel self-confident.	
I want to stop saying negative things to myself.	
I want to feel happier in social situations.	
I want to do more and different kinds of activities	
I want my family to be proud of me.	
I want to be able to be more assertive.	
I want to eat with others and feel comfortable.	
I want to stop being nagged about my weight.	
Another reason:	
Another reason:	
Another reason:	

Do Your Thinking Patterns Help or Hurt Your Lifestyle Progress?



Earlier in the GLB program we asked you to “listen” to the kinds of things you say to yourself as you work on building healthier habits. We hope some of these self-statements are positive and you can give yourself credit for small changes in the right direction. However, you probably struggle with self-defeating thoughts too. Such thoughts disrupt your ability to reach healthy lifestyle goals. Listed below are some common self-defeating thoughts with suggestions on how you can handle them and move toward lifestyle balance.

Self-Defeating Thoughts	Example	Helpful Response
All-or-nothing thinking	<i>Either I'm perfect on my diet and activity plan or I've completely failed.</i>	Making a mistake is definitely not the same as failure.
Jumping to conclusions	<i>Since I ate chocolate today, reaching my healthy eating goals is impossible.</i>	I don't have to be perfect. I make healthy food choices most of the time.
Negative fortune-telling	<i>I won't be able to resist the desserts at the party.</i>	No one will force me to eat. I need to prepare myself in advance.
Discounting the positive	<i>I only walked for 100 minutes this week. I deserve credit only if I reach my activity goal.</i>	I deserve credit for every positive action that I take.
Emotional reasoning	<i>Since I feel so hopeless about reaching my goals, it really must be hopeless.</i>	Everyone gets discouraged from time to time. My goals are unreachable <u>only</u> if I decide to give up.
Labeling	<i>I'm a failure for overeating or skipping my workout today.</i>	Of course I'm not a failure. I reach my goals most weeks.
Mythologizing	<i>If I eat standing up, it doesn't count.</i>	A calorie is a calorie, no matter how I consume it.
Excuses & Rationalizations	<i>It's okay to eat these sweet foods because I'm so stressed out.</i>	Emotional eating is a habit I need to break. I need to tolerate my distress or cope with my problems in a healthier way.
Exaggeration	<i>I'm totally out of control with my eating and lack of activity!</i>	I may have strayed from my plan, but I can start following my program again right away.

Excuses and Rationalizations

Some thoughts give you permission to steer away from your healthy lifestyle plan. These thoughts usually have a kernel of truth to them at the time. Unfortunately, they also give you permission to stray from what you know is healthy and productive. Have you heard yourself saying any of these things?

The next time you have an urge to eat something that's not in your healthy eating plan, or to stray from your scheduled activity, notice what is going through your mind. Are you trying to justify these thoughts or tell yourself that it's ok "just this once"?

Identify your own words, and the specific situations in which they most often occur. You want to be ready to respond with a new, healthier self-statement, like "Even though I had a bad day and feel I deserve a treat, I will eat an apple instead of this candy bar because I want to stay on track to reach my goals" or "Yes, I am tired but I will feel so much better after I work out".

When you give yourself permission to stray from your healthy eating and physical activity plan, you strengthen your old habits of making excuses and rationalizations. This learning process make its more likely that you will give-in again in the future. However, each time you respond in a healthier way, you break this negative cycle and strengthen your new habit of healthy self-control.

It's okay to stray because.....

- It's just one little piece.
- It's not *that* fattening.
- I'll just eat less later today.
- It won't matter in the long run.
- It'll go to waste if I don't eat it.
- I'll disappoint someone if I don't eat it.
- Everyone else is eating it too.
- I worked out today.
- I'm tired and deserve to rest.
- No one will see me eating it.
- It's free.
- It's a special occasion.
- I'm upset, and I just don't care.
- I'm craving it.
- I'll probably just eat it eventually.
- I want to get my money's worth.
- I'll exercise tomorrow.
- People are depending on me right now.

Your own excuses:

A healthier response:

The more you practice healthy restraint, the easier it becomes.



Do You Give Yourself Credit?

It's normal to have "slips" or times when you don't follow your healthy eating and activity goals. Do you also have a tendency to only think about the things you have done wrong with your lifestyle program throughout the day rather than everything you did well?

As you work toward your goals, do you ever pat yourself on the back for something you did right? Focusing only on your mistakes, without paying attention to your successes, may cause you to feel weak or hopeless when the next "slip" occurs.

In order to counteract these feelings of self-doubt, discouragement or defeat, it's important to **give yourself credit for everything you do right.**

Give Yourself Credit:

List three positive changes you have made during GLB that have helped you manage your weight and improve your health.

1. _____
2. _____
3. _____

Starting today, record in your Keeping Track 1 or 2 things you did **right** each day. List your credit-worthy behaviors and write down positive words or phrases to give yourself a pat on the back.

For example:

I didn't take a second helping at the party. I'm in control.
I walked for 30 minutes today...YEAH! I feel great!
I weighed myself today ☺

When you begin to give yourself credit every time you do something right, you can more easily see that those times when you "slip" are just momentary mistakes, not complete disasters.

By consciously giving yourself credit, you will reinforce your self confidence and build awareness that you are strong and in control.

A Sneak Peak at What's Ahead (The Next Session)



To do:

The Basics:

- Keep track of your weight.
 - Weigh yourself at home daily or at least once a week at the same time of day.
 - Record your weight in the Keeping Track book.
- Keep track of what you eat and drink using the Keeping Track book.
- Keep track of your physical activity in the Keeping Track book.
- Be physically active for at least 150 minutes per week.

Challenge Yourself:

- Practice replacing self-defeating thoughts with positive ones.
- Write down 1 or 2 things you have done right each day in your Keeping Track book.

Additional Notes:
