

Start Your Journey

You are about to learn the skills you need to lose weight successfully and keep it off permanently

Key components of the programme:

- Learn to stick to your eating plan
- Make cravings go away – fast!
- Resist tempting foods
- Deal with “trigger” eating situations
- Learn to say “no” to food pushers
- Put an end to emotional eating
- Conquer every excuse to overeat
- Find time to exercise
- Lose weight and keep it off for a lifetime

Key to Success

If you have had difficulty losing weight or have lost weight in the past only to gain it back, did you blame yourself? Well there is good news for you, the reason you haven't been successful in the past is because you didn't know **how** to lose weight effectively.

Once you know **how** to do it you will start to see the number on the scales coming down, you'll drop clothes sizes, experience all the wonderful benefits that come along with a slimmer body: more energy, more confidence, better health and improved self-esteem, as well as fewer aches and pains. You can have all of this – and keep it for a lifetime.

This programme will teach you to:

- ✓ Resist tempting food – even if it's on the table in front of you
- ✓ Cope with hunger, cravings, stress and negative emotions without turning to food for comfort
- ✓ Motivate yourself to exercise – even if you are not naturally inclined to do so
- ✓ Do all the things you need to do to be successful by changing the way you think

Most people with a weight problem don't know how to think like a *slim person*. They have a mind-set that sabotages their efforts, and they often have thoughts such as:

- I know I shouldn't eat this, but I don't care
- It's okay if I eat this food just this one time
- I've had such a hard day, I deserve to eat this
- I can't resist this food
- I'm upset, I have to eat
- I ate something I shouldn't, I may as well blow my diet for the rest of the day
- This is hard, I don't want to keep dieting
- I'll never lose weight

This programme teaches you how to talk back to these **'sabotaging thoughts'** in a convincing way. When you hear that little voice in your head saying *"Oh, just eat it... It won't matter", you'll be able to tell yourself, "Yes it does matter.... I want to be slim.... Every time I eat something I'm not suppose to, it makes it more likely that I'll give in again in the future.... It matters every single time.... I'm just trying to fool myself...If I eat it, I'll get a few seconds of pleasure, but then I'll feel bad ... I **can** resist this ... I want to lose weight much more than I want a few seconds of pleasure"*.

Background of the programme:

The psychological element of this programme is based on The Beck Diet Solution by Judith S. Beck, Ph.D. It uses the principles of Cognitive Behaviour Therapy (CBT) which was pioneered by her father Aaron T. Beck, M.D.

The concept of CBT is that the way people **think** affects how they **feel** and what they **do**. Cognitive Therapy helps you identify your sabotaging thinking and effectively respond to it, so you feel better and can behave in helpful ways. It will help you solve both practical and psychological problems and learn new thinking and behavioural skills – skills you'll be able to use for the rest of your life.

What *really* makes you eat?

Do you ever feel as if you eat automatically, that eating is somehow out of your conscious control? Well the good news is that your eating is *not* automatic, you actually make a decision to eat and you can learn how to take better control of your eating decisions.

Your thoughts influence what you do:

You may not be conscious of it, but you always have a thought before you eat. The thoughts that lead you to act in unhelpful ways are '**Sabotaging Thoughts**' and the thoughts that lead you to act in more productive ways are '**Helpful Thoughts**'.

Sabotaging Thoughts

Sabotaging thoughts encourage you to eat. These are your '**permission giving**' thoughts that allow you to rationalize what you eat. They often start with the phrase,

I know I shouldn't eat this, but it's ok because...

and they end with any number of excuses such as, *I had a hard day... This is a celebration... It will just go to waste... I really want it...It won't matter...etc etc*. But sabotaging thoughts undermine your confidence and allow you to disregard the advice from the programme. Sabotaging thoughts also increase your levels of stress. Throughout this programme you will learn how to identify and respond to these sabotaging thoughts.

Eating begins with a trigger

Sabotaging thoughts arise when you're confronted with a trigger, a situation that stimulates your thinking

- ✓ Environmental triggers (seeing, smelling food)
- ✓ Biological triggers (hunger, thirst)
- ✓ Mental triggers (thinking about food, imagining food)
- ✓ Emotional triggers (unpleasant feelings) but they can also be pleasant feelings!
- ✓ Social triggers (includes when people urge you to eat)

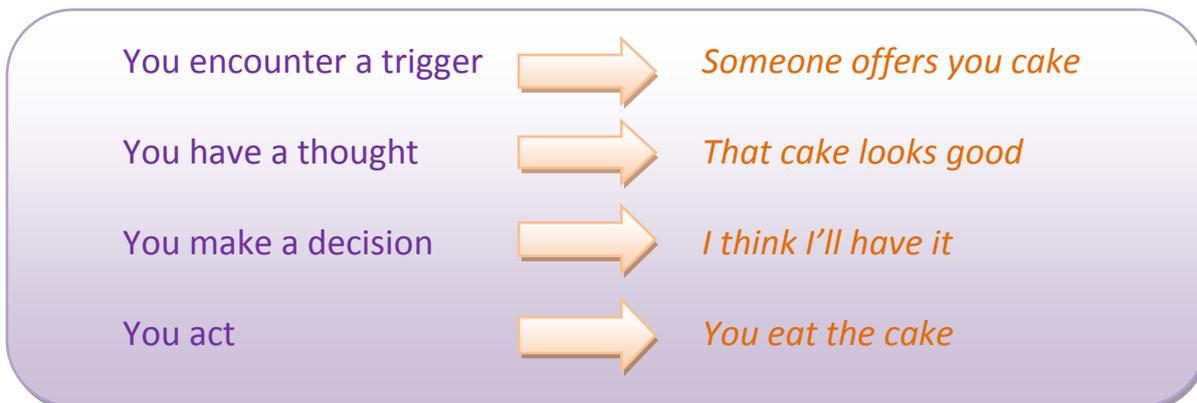
If you can identify your triggers that evoke sabotaging thoughts that lead you to eat in unhelpful ways, you can minimize your exposure to them or change your response to them!

This programme will teach you to deal with triggers by learning how to:

- Modify your eating environment
- Monitor your thoughts and triggers
- Tolerate hunger and cravings
- Think differently about food
- Deal with your emotions in a productive way
- Make eating healthy a higher priority than pleasing other people or satisfying a momentary desire

From trigger to eating

Sometimes the chain of events that lead you to eating are straightforward:



But other times this is a little more complicated. You argue with yourself before you make the decision to eat. ***“I think I'll have it...No, I really shouldn't...But I really want it...It's not on my diet... It looks so good...But I'm not supposed to eat it...”*** Depending on where this inner argument ends, you either make the decision to eat it or not.

The inner argument between sabotaging and helpful thoughts can make you feel **tense**! This tension is unpleasant and often you will try to alleviate the tension by deciding to eat. But before you eat, take note: usually you find your tension abating as you reach for the food – **before** you put it in your mouth.

But... just as the decision to eat can reduce tension, the decision not to eat can also reduce tension

Monitor your thoughts & triggers closely this week.