

Session 11: Talk Back to Negative Thoughts.



Everyone has negative thoughts at times.
Negative thoughts can lead you to overeat or be inactive.
A vicious cycle of self-defeat can result.

Example: *Thought:* "I'm tired of working so hard.
I'm sick of being in the DPP.
I can never eat what I want."
Result: You eat potato chips.
Thought: "I did it again. I'll never lose weight."
Result: You feel discouraged and eat more.

Some common negative thoughts:		Example(s)
Good or Bad	Divide the world into: <ul style="list-style-type: none"> • Good or bad foods; • Seeing yourself as a success or failure; • Being on or off the program. 	"Look at what I did. I ate that cake. I'll never be able to succeed in the DPP."
Excuses	Blame something or someone else for our problems. We don't mean to go off the program, but we "can't help it."	"I don't have the willpower." "I have to buy these cookies just in case company drops in."
Should	Expect perfection. A set-up for disappointment. Lead to anger and resentment.	"I should have eaten less of that dessert."
Not As Good As	Compare ourselves to someone else. Blame ourselves for not measuring up.	"Mary lost two pounds this week, and I only lost one."
Give Up	Defeat ourselves. Often follow the other kinds of negative thoughts.	"This program is too hard. I might as well forget it."

How to talk back to a negative thought:






1. Catch yourself. Think, "I'm doing it to myself."
2. Imagine shouting, "STOP!" to yourself.
Picture a huge, red stop sign.
3. Talk back with a positive thought.

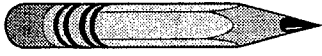


Negative thought:	Talk back with a positive thought:
Good or Bad <ul style="list-style-type: none"> • "I can never eat dessert again." • "Look at what I did. I ate that cake. I'll never succeed." 	Work toward Balance <ul style="list-style-type: none"> • "I can eat that dessert and then cut back on something else." • "One slip-up isn't the end of the world. I can get back on track."
Excuses <ul style="list-style-type: none"> • "It's too cold to take a walk." • "I don't have the willpower." 	It's Worth a Try <ul style="list-style-type: none"> • "I can try going for a walk and stop if it gets too cold." • "It's hard to change old habits, but I'll give it a try and see how it works."
Should <ul style="list-style-type: none"> • "I should have eaten less dessert." • "I have to write down everything I eat." 	It's My Choice <ul style="list-style-type: none"> • "It was my choice. Next time I can decide not to eat so much." • "I'm writing down everything I eat because it helps me eat better."
Not As Good As <ul style="list-style-type: none"> • "Mary lost two pounds this week, and I only lost one." 	Everyone's Different <ul style="list-style-type: none"> • "It's not a race. Mary and I can lose weight at different rates and both succeed."
Give Up <ul style="list-style-type: none"> • "This program is too hard. I might as well forget it." • "I'll never get it right." 	One Step at a Time <ul style="list-style-type: none"> • "I've learned something about what's hard for me." • "I'll try something different next time."

Practice:


1. Write examples of negative thoughts below.
2. Say each thought out loud, then say, "Stop!"
3. Talk back, again out loud, with a positive thought. Write it down.

Negative thought	STOP!	Positive thought
		
		
		
		
		



To do next week:

I will:

- Keep track of my weight, eating and activity.
- Catch myself thinking negative thoughts.
Write them in my Keeping Track books.
- Practice -ping them and talking back with positive thoughts.

