

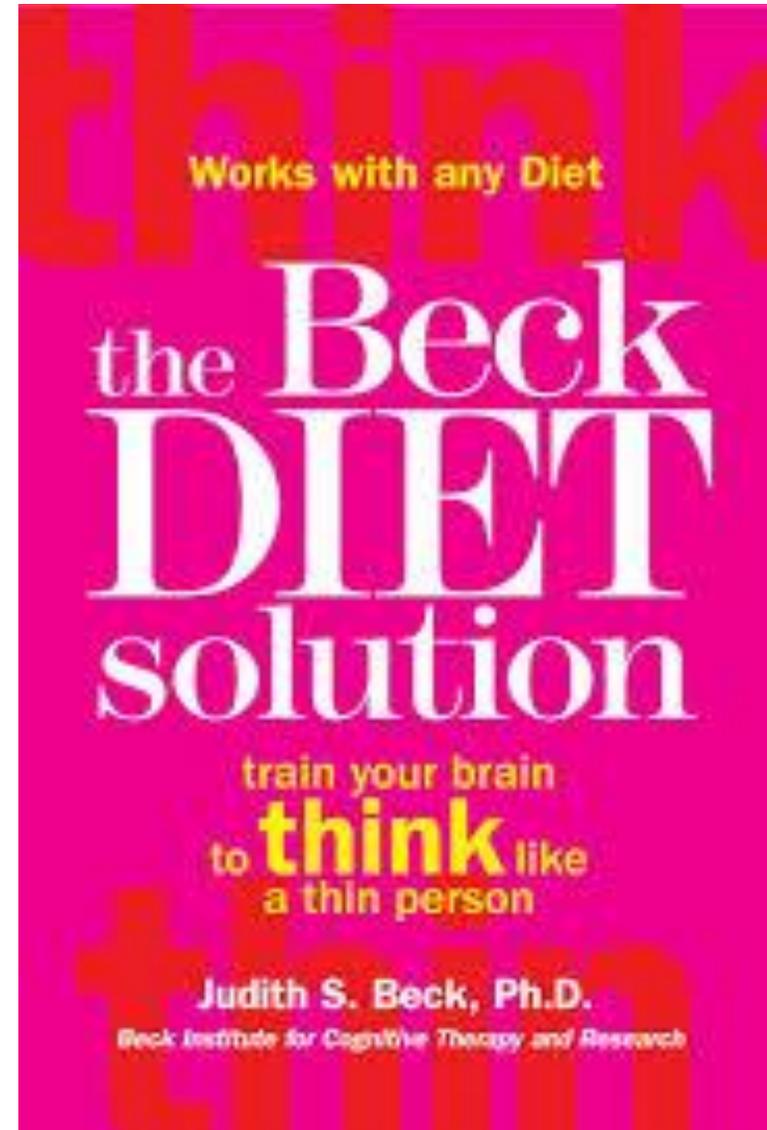


**This time**, it's going to be different.

**This time**, you are going to change the way you think about food and eating which can help you remain steadfast on your dietary plan and overall wellness activities.

***The Beck Diet Solution*** teaches people how to apply the proven benefits of Cognitive Therapy to eating habits and overall wellness activities. In fact, Cognitive Therapy is a psychological method shown to help people keep off excess weight once they lose it.

***The Beck Diet Solution*** will change the way you think about eating and weight loss – forever!



# THE DIET TRAP SOLUTION

Train Your Brain  
to Lose Weight

and Keep It Off  
for Good

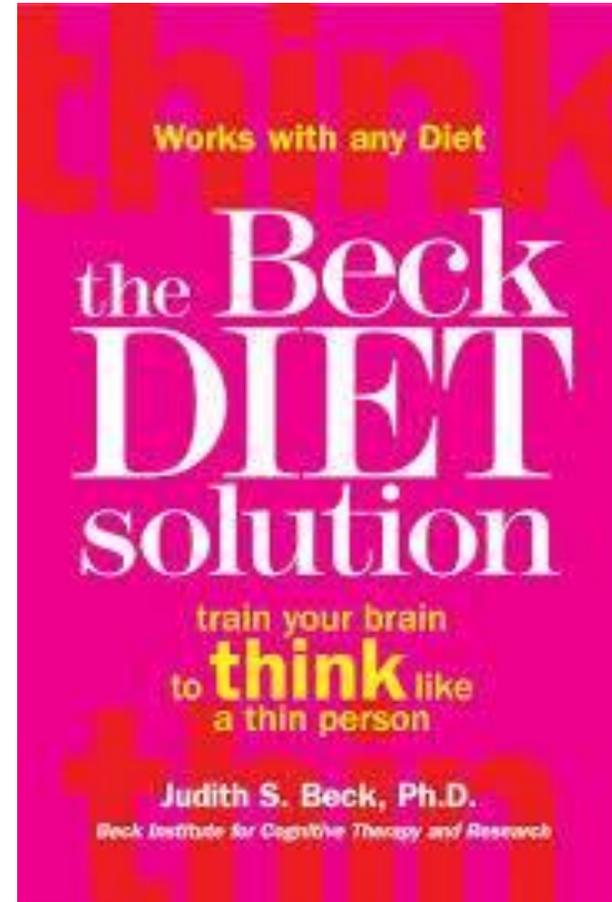
DR. JUDITH S. BECK  
& DEBORAH BECK BUSIS

Works  
with  
ANY  
DIET!

# Disclaimer and Acknowledgements

This program is an adaptation of the BDS. The facilitators are not BDS Trained Coaches.

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# Preparation is Key

Through *Mind and Body* people are taught to expect challenges – and prepare for them ahead of time – and are able to persevere and get through these temporary difficulties. People will be equipped with preparatory tasks and skills – before they even start dieting or a wellness plan. This preparation teaches you exactly what to do when dieting gets hard. You'll be able to face challenges with confidence because you know how to get through them, and each time you do, dieting will become easier and easier.

# Components of the Program

- Mind and Body is a psychological program, not a food plan.
- It doesn't tell you what to eat – you can choose any nutritious diet you want.
- Mind and Body teaches you how to be successful implementing your eating and overall wellness plan.
- It shows you how to talk back to the *I don't want to, I don't have to, or I can't* voice in your head.
- With the comprehensive, step-by-step program in this book, you'll be better able to stay on your diet, lose weight, and maintain your weight loss for life.

# Cognitive Behavioral Therapy

- CBT is a category of therapy models that focuses on examining the relationships between thoughts, feelings, and behaviors.
- Cognitive Therapy is one of those. Judith Beck is the daughter of Aaron Beck who founded Cognitive Therapy.
- There are others, including Rational Emotive Behavior Therapy which was founded by Albert Ellis.
- By exploring patterns of thinking that lead to self-destructive actions and emotions people can modify their patterns of thinking resulting in the management of emotions and healthier behavioral choices.
- You can **learn** how to diet successfully.

# Strategies of Cognitive Therapy

- Setting Goals
  - The more specific a goal, the more likely you are to achieve it
  - Ambitious goals are good, but overly ambitious goals can be discouraging
  - Regular feedback on progress improves outcomes
- Self-monitoring
  - Notice barriers
  - Pay attention to physical cues
  - Identify challenges to changing your behavior
  - Keep a log
- Feedback and reinforcement
  - Can provide motivation
  - Help you adjust behavior
  - Help keep your expectations ambitious but realistic

# Strategies of Cognitive Therapy

- Boosting the belief that you can do it
  - Positive attitude
  - Build confidence
  - Surround yourself with people in similar circumstances
- Incentives
  - Give yourself credit every time you achieve a goal
  - Treat yourself when you reach a marker

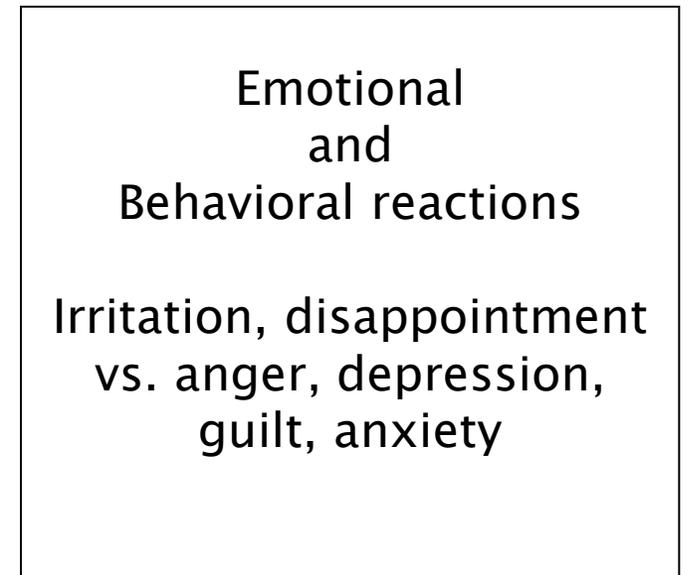
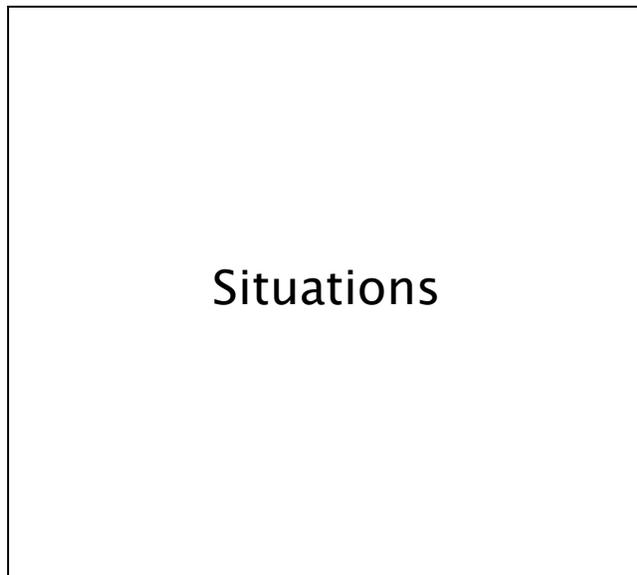
Mind and Body teaches you *how* to cope with hunger, cravings, stress, and strong negative emotions without turning to food for comfort. You'll also learn *how* to motivate yourself to do all the things you need to do to diet successfully and carry out your wellness plan — by *changing the way you think*.

# ABC Model of REBT

Activating  
Event



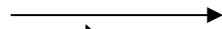
Consequence



# ABC Model

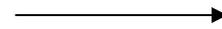
Activating

Event (Awareness)

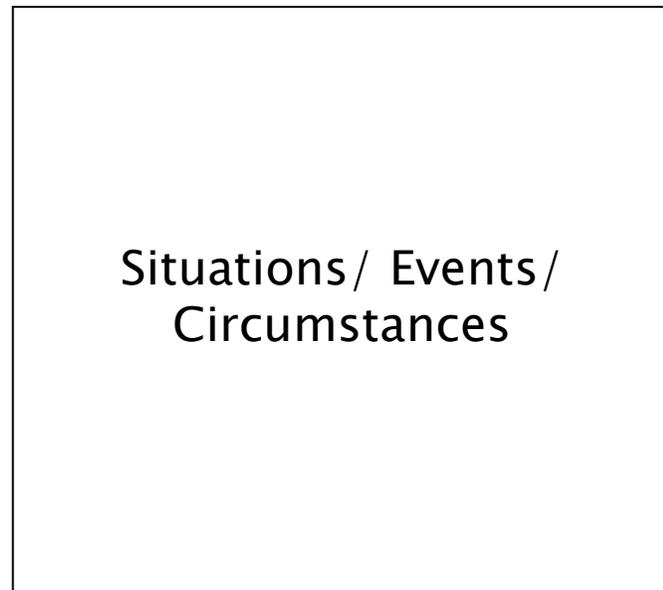


Belief

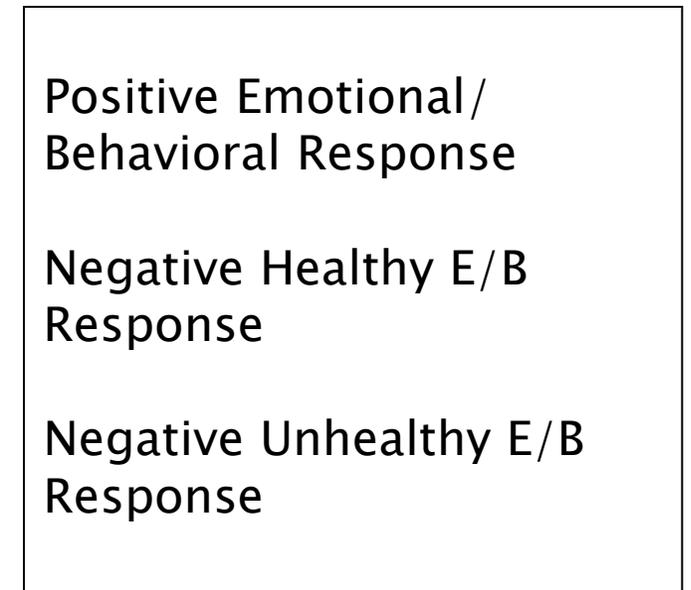
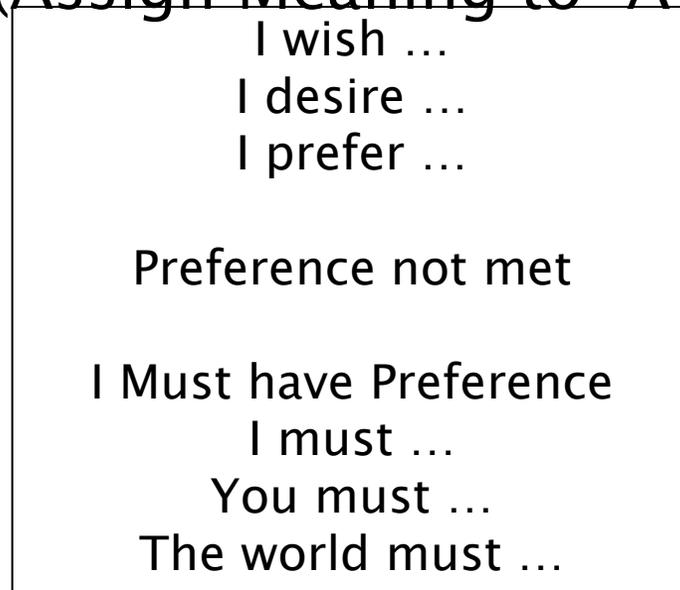
System



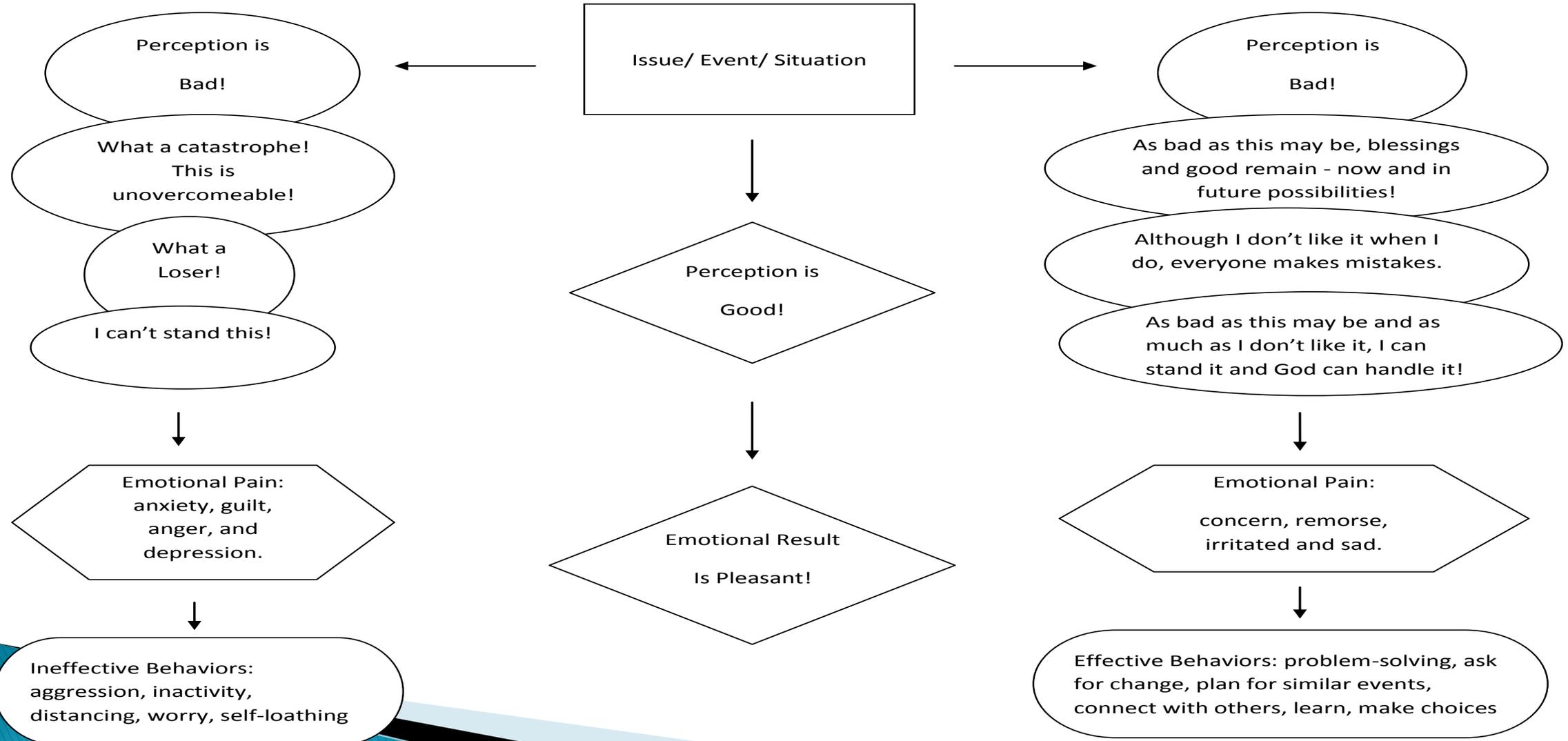
Consequence



(Assign Meaning to "A")



# Development of an Emotion



# Sabotaging Thoughts

- 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.

# Chapter 1: The Key to Success

- Have you blamed yourself or your diet for not succeeding in losing weight in the past? Did that blame enhance your success?
  - Once you know *how* to diet, you'll be more successful in changing your eating habits and implementing your wellness plan.
- Weight loss - regain is a cycle that you can stop.

# How Cognitive Therapy Works

- Cognitive Therapy is based on the concept that the way people think affects how they feel and what they do.



# Common problems people face

- You finished all the food on your plate, but you didn't feel satisfied.
- You felt upset and thought that eating would make you feel better.
- You were too tempted by the sight of food when shopping at the supermarket.
- You were too tired to cook, so you opted for fast food instead.
- You were too polite to turn down the dessert that your friend baked.
- You were at a party and felt like treating yourself.
- You were offered free food and felt obligated to take advantage.

# Psychological Problems People Face

- Feeling overwhelmed by the requirements of your diet
- Feeling deprived
- Feeling discouraged when you don't lose weight consistently or lose as much weight as you had hoped
- Feeling stressed by other life problems

You can learn how to resist the urge to overeat when you're confronted with cravings, hunger, stress, social pressures, and myriad other problems.

# How Mind and Body Works

- Whether you're depressed or content, a stay-at-home or working parent, a binge eater or social eater, a dieting novice or dieting pro, Mind and Body can help you.
- The way you think about food, eating, and dieting affects your behavior and how you feel emotionally.
- Certain ways of thinking make it difficult to follow a diet and to maintain weight loss.
- With Mind and Body, you'll learn one new skill every day. By the end of six weeks, you will have learned how to change sabotaging thoughts (that cause you to stray from your diet) to helpful thinking (that will lead to success).

# How to Use Mind and Body

- A Program for Everybody – It doesn't matter if you want to lose 5 or 100 pounds, or if you just want to maintain your weight. It doesn't matter if you are male or female, young or old. It doesn't matter if this your first or tenth diet, or whether you've been dieting on and off forever. This program is designed to help you solve the problems that have made dieting/ wellness activities difficult for you in the past.

# A Task a Day

- You'll have a new task to complete everyday for the next six weeks.
- You'll perform some tasks only once and others you will do daily or weekly.
- Progressing one day at a time helps you to learn one skill before moving on to the next.
- It takes time to let new ideas sink in and to become proficient at changing your ideas and behavior.

# Skills for Week 1

- Advantages Card
- Sit down to eat
- Eat Slowly and Mindfully
- Give yourself credit

# Session 2

## Mind and Body

# No Lost Causes

In the past, you may have been able to make short-term changes in your eating habits to help you lose weight. But when the going got tough, you abandoned those changes because you didn't know how to talk back to such sabotaging thoughts as:

Dieting is too hard!

I have to eat this. I have no self-control.

I don't want to hurt her feelings, so I'll eat what she made.

I can't diet when I'm stressed.

# Chapter 2: What *Really* Makes You Eat

- Eating is not automatic.
- You don't *decide* to let your heart beat, you *do* decide to eat.
- You can *learn* how to take better control of your eating decisions.

# Thoughts Come First



- Although you may not be conscious of it, you always have a thought before you eat.
- Your thoughts influence what you do.
- If you think, *I really want to eat that ... it won't matter just this once*, and you don't dispute those thoughts, you'll go ahead and eat it.
- If you think, *I really want to eat it, but I shouldn't because it's not on my diet ... I want to get better at resisting food between meals*, then you won't eat it.
- Sabotaging thoughts lead you to act in unhelpful ways.
- Helpful thoughts lead you to act in more productive ways.

# How Thoughts Can Sabotage Your Diet

## Types of sabotaging thoughts

1. Permission-giving thoughts allow you to rationalize what you eat:

*I shouldn't eat this, but it's okay because...*

2. Thoughts that undermine your confidence:

*It's so terrible that I ate that...I'm so weak...I may as well give up now.*

3. Thoughts that allow you to disregard advice:

*I really don't have to do this task...I can lose weight without doing this task.*

4. Thoughts that increase your general level of stress:

*I should always do things perfectly...I should always make everyone happy.*

# Which Muscle Are You Strengthening?

Resistance Muscle vs. Giving-In Muscle

# Eating Begins with a Trigger

- Sabotaging thoughts arise when you're confronted with a *trigger*, a situation that stimulates your thinking.
- *Environmental Triggers*: seeing or smelling food
- *Biological Triggers*: hunger, thirst, or cravings
- *Mental Triggers*: thinking about food, imagining food in the future
- *Emotional Triggers*: pleasant feelings associated with eating
- *Social Triggers*: people who urge you to eat in unhelpful ways

# How to Deal with Triggers

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

# From Triggers to Eating

You encounter a trigger:



You have a thought:



You make a decision:



You act:

Someone offers you a piece of cake.



That cake looks good.



I think I'll have it.



You eat the cake.

## Remember:

Just as the decision to eat  
can reduce tension, the  
decision not to eat can also  
reduce tension!

# Week 1

Get Ready: Lay the Groundwork

# Day 1

**Task: Record the advantages of losing weight on  
your first Response Card**

- Response Cards contain important written messages to help you counter your sabotaging thoughts. They also help you motivate yourself every day.
- What are some of the benefits of losing weight?

*As you start to lose weight,  
you'll undoubtedly discover additional  
benefits along the way.*

## *My Advantages Response Card*

- 1. I'll look so much better.*
- 2. I won't be so self-conscious all the time.*
- 3. I'll feel more confident.*
- 4. My doctor won't bug me.*
- 5. I won't feel embarrassed at the swimming pool.*
- 6. I'll be healthier.*
- 7. I'll have more energy.*
- 8. I'll be happier when I look in the mirror.*
- 9. I'll feel in control.*
- 10. I'll be able to wear my old clothes.*
- 11. I'll be proud of myself.*

## **Example of an Advantages Response Card**

Add more to it throughout the process

# Use Your Advantages Response Card

- Daily, at scheduled times.
- Whenever you find yourself struggling with cravings, temptation, or sabotaging thoughts.
- Remember to read your Advantages Response Card!
- Motivate yourself to read your Advantages Response Card daily.
- Face reality!

What are you thinking?

# What are you thinking?

1. ST - I don't need to remind myself of the reasons to lose weight, I know them.

HT – There are times I choose not to think about them which hinders my reaching my goal. I will do better to purposefully remind myself frequently and have them in writing when I am tempted to choose short-term comfort.

2. ST – I don't feel like doing this. It is too much trouble.

HT – Is it really that much trouble. There are many things worthwhile that I don't necessarily feel like doing, but I am generally glad I did once the task is complete.

# Day 2

## Task: Pick Two Reasonable Diets

- One you plan to start with
- One in case the first doesn't work out

*All* diets enable weight loss  
in the same way – by getting you  
to eat fewer calories.

# Two Basic Types of Diets

- Set eating plan – provides a detailed prescription for meals and snacks.
- Counting system – allows you to design your own meals and snacks, as long as you stay within a certain number of calories.

*Do you function better if you*

*have set rule to follow?*

*Or do you do better with more flexibility?*

- The bottom line is that you'll be taking in a limited number of calories.

# Day 3

## Task: Eat Sitting Down

- All calories add up!
- Today you will make the commitment to sit down every single time you eat something – even if it's just a bite.
- This exercise will help you become more conscious of everything you put in your mouth.
- You'll feel more satisfied.
  - It's important to see all of your food spread in front of you.
  - **Psychological Satisfaction**
- How to sit consistently: make it a goal – remind yourself of benefit

# What are you thinking?

- ST – It's okay if I eat standing up this one time. I'll eat my next meal sitting down.

HT – I don't become a bad person if I stand up and eat, but if I want to change habits that have kept me from my weight goals, I will do better sitting down.

- ST – I enjoy spontaneous munching and that is done best standing in the kitchen.

HT – I may enjoy it, but it is getting in the way of my losing weight; therefore, I will remind myself of my goals (Advantages Card) and sit down to eat, because I am more aware of what I eat when I do.

# Day 4

## Task: Give Yourself Credit

- How and When to Give Yourself Credit
  - It can be a brief word or phrase – *Way to go! Great job!*
  - Start today!
  - You deserve credit every time you don't engage in unhelpful behaviors.
  - Write down the word “credit” on a sticky note.
  - Once or twice a day, get out your diet notebook.
  - Say something positive every time you check off an item on your to-do list.
  - Reflect on your eating behaviors whenever you finish a meal or snack.
  - Buy a small counter to keep track of every time you deserve credit.

# What are you thinking?

- ST – I don't deserve credit for doing things that I should be doing already.

HT – If I don't give myself credit for these essential behavioral choices, I will give more attention to the barriers and end up practicing the ineffective behaviors more than these essential behaviors.

- ST – It feels too unnatural and juvenile to give myself credit.

HT – The more I practice something, the more natural it will feel. Credit builds confidence. I am the only one judging this a juvenile. There is no rule or law that describes giving one's self credit as juvenile.

- ST – I don't deserve credit until I reach my goal.

HT – Credit for small steps helps keep motivation/ momentum.

# Day 5

## Task: Eat Slowly and Mindfully

- When you eat slowly, your brain has time to register that you're full.
- When you notice and enjoy every mouthful, you feel more satisfied when the food is gone.

### How to Slow Down

- ✓ Change something in your eating environment.
- ✓ Set a timer to beep every one to three minutes.
- ✓ Take sips of water after every few bites.
- ✓ Eat something hot.
- ✓ Pay attention to your body.
- ✓ Look at the clock.

# What are you thinking?

- ST – I eat fast. That is just the way I am.

HT – Eating fast has contributed to my weight. If I want to reach my goal, I can learn to eat more slowly. I might even learn to enjoy it.

- ST – I truly don't have time to eat slowly.

HT – I need to rearrange my time so I can manage my time such that I can eat more slowly. I make time for what is a priority (review Advantages Card). If there were an emergency, I would certainly take time for that.

# Day 6

## Task: Find a Diet Coach

- Your diet coach can:
  - Encourage you
  - Build your self-confidence/ Praise you
  - Help you solve problems
  - Keep you accountable
  - Help you take a more useful perspective
- How to find a diet coach:
  - Enlist the help of a close friend or family member
  - Consider starting this program with a friend or family member
  - Join an organized group
  - Find a diet professional
  - Investigate Internet support

# What are you thinking?

- ST – I don't want to impose on someone.

HT – It could actually prove to be of benefit to the both of us. It could be a way for us to better connect and maybe I could be supportive to them in some way. They will tell me “no” if they cannot do it – which may be disappointing, but not the end!

- ST – I should be able to do this myself.

HT – Maybe I can do this myself, but it is often easier and more consistently done with support and encouragement.

# Day 7

## Task: Arrange Your Environment

- Prepare your home and work environment by putting tempting foods where you won't easily see them – and by putting wholesome foods allowed by your diet in plain view.
- “Out of sight, out of mind.”
- Changes at home
  - Remove personal temptations, rearrange dishes, consider others, get creative
- Changes at work
  - Place treats in cabinets, or move them to a less-visible location, consider a compromise

# What are you thinking?

- ST – I should not put my needs before my family.

HT – I entitled to work on a goal that is important to me. It may even eventually help my family for my to be successful.

- ST – If I start changing things at home and work, I will have to tell people what I am doing and that would be embarrassing.

HT – I don't have to be embarrassed by working toward a goal. I may not like it for people to think negative things about me or even say them, but just because someone says a thing does not make it true. People who care about me will likely understand and even help.

# Characteristic 1

## **You Confuse Hunger with the Desire to Eat**

Do you believe that you should eat whenever your stomach feels empty and you feel the urge to eat?

Or do you associate hunger

with certain times

of the day?

# Characteristic 1

## The Solution:

You must learn to tell the difference between hunger and the desire to eat so that you can make better decisions about when it's appropriate to eat and when it's not.

You'll do so by paying attention to how your stomach feels before and after meals.

# Skills for Week 2

- Time
- Exercise
- Hunger and Not Hunger - Monitor hunger level throughout the day
- Identify Cravings – practice resisting

# Session 3

## Mind and Body

# Week 2

# Day 8

## Task: Create Time and Energy

- Planning meals
- Shopping for food
- Preparing meals
- Sitting down and eating meals slowly
- Exercise
- Complete and check off tasks in your daily to-do list

# How to Find More Time

- Be Aware of time
- Know time is limited
- Cannot make time
- Prioritize (Essential,  
Highly desirable, Desirable)
- Schedule
- Reduce activities
- Know you cannot do it all

# What are you thinking?

1. ST - I am a spontaneous person. I don't like to schedule my time.

HT – If I want to reach my goal, I have to give up some spontaneity. I don't like it, but I can always be spontaneous in other areas of my life – just not with my wellness choices.

2. ST – I don't have time to do the steps in this program.

HT – I have as much time as everyone else. If this is a priority to me, I will make time. To better insure that I do, I will keep my Advantages Card fresh and frequently read.

Once I accept the fact that dieting takes time and energy and I change my schedule accordingly, dieting will be easier!

# Day 9

## Task: Select an Exercise Plan

- What does exercise do for you?
  - Helps you stick with your diet
  - Might help control appetite
  - Boosts mood and soothes stress
  - Burns calories
  - Preserves muscle tissue
  - Builds confidence
  - Makes you feel better physically
  - Improves your health and helps prevent disease

# How to Start

- Spontaneous Exercise
  - Take the stairs instead of the elevator
  - Park in the back of the parking lot
  - Walk around the mall before you start shopping
- Planned Exercise
  - Daily walk or run
  - Join a gym
  - Use a fitness DVD or video
  - Play a sport
  - Participate in an exercise or dance class

# What are you thinking?

1. ST – I don't want to exercise. I don't like to exercise.

HT – Doing what is good for me is not necessarily going to feel natural or “good” at first, but there are many types of exercise that I can try and the benefits will be worth it in the long run.

2. ST – I'm too busy to exercise and a few minutes is not really worth it.

HT – A few minutes is better than none. I am busy, but I can prioritize exercise and work it into my schedule even if that means giving up something else that is less important or that I could do differently. I cannot deny the benefits to my health that exercise would afford.

# Day 10

## Task: Set a Realistic Goal

- What is your goal?
  - To get to a certain weight
  - To fit into a particular size of clothing
  - To look the way you did when you were younger
- Start with a short-term goal – 5 pounds
  - The slower the better
  - Not long-term benefit to losing weight too quickly
  - Your goal should be about 1-2 pounds a week
  - Don't be discouraged if you lose less
- Indulge yourself (non-food-related way) each time you reach a goal.

# What are you thinking?

1. ST – I won't be satisfied until I reach my goal. I don't deserve any credit unless I fully reach my goal.

HT – Giving myself credit along the way can help me stay motivated to reach the goal, but even if my goal is not fully realized, I deserve credit for the effort and progress made. If nothing else, I can learn along the way such that I am better prepared in future endeavors.

# Beyond Hunger

- **Hunger:** You experience an empty sensation in your stomach, which is often accompanied by stomach rumblings.
- **Thirst:** You feel a dry sensation in your mouth when you have a need to take in liquid.
- **Desire:** You want to eat because of another trigger (frequently environment), even if you've just eaten.
- **Cravings:** You have a strong urge to eat a certain kind of food, which is accompanied by tension and an unpleasant yearning sensation in your mouth, throat, or body.

# Characteristic 2

## **You Have a Low Tolerance for Hunger and Cravings**

When you're hungry or having a craving you might:

- Dwell on these feelings
- Worry about when you can eat again
- Become preoccupied with thoughts of food
- Overestimate how strong your hunger and cravings will get and how long they'll last
- Try to get rid of them right away by eating

# Characteristic 2

## The Solution:

You'll discover that hunger and cravings are not emergencies, and you'll learn how to tolerate them. You'll learn many techniques to refocus your attention so that hunger and cravings lose their persuasive power.

# Characteristic 3

## You Like the Feeling of Being Full

Reasons you may feel this way:

1. You may be concerned that you'll get hungry again before the next meal.
2. You may feel deprived if you don't eat as much as you want.
3. You may have grown accustomed to eating much greater quantities than is healthy. You may label the degree of fullness you feel after an overly large meal as "normal" when you've actually eaten to the point of over-fullness.

# Characteristic 3

## You Like the Feeling of Being Full

You probably have thoughts such as:

- This tastes so good. I don't want to stop.
- It's a special occasion, so it's okay to splurge.
- I want to show my hostess that I appreciate her efforts.
- I can't resist such wonderful food.

### Mind and Body:

This program teaches you how to change your mindset so that you actually feel good about feeling reasonably full at the end of meals.

You'll say, *I'm so glad I didn't over eat.*

# Day 11

## Task: Differentiate Between Hunger and Cravings

- Monitor Your Hunger – Notice how your stomach feels:
  - Before you sit down to eat
  - Halfway through the meal
  - After you've finished eating
  - 20 minutes later

# Hunger Chart

## Jane's Hunger Monitoring Chart

<u>Time</u>	<u>How My Stomach Feels</u>	<u>Strength of Hunger</u> (0-10)
Before Dinner	Very empty, a little bit of growling	8
Midway Through Dinner	A little fuller	5
Immediately After Dinner	Mildly full, but want to eat seconds: feel an urge in my mouth and throat	2
20 Minutes After Dinner	Full, satisfied, glad I didn't eat too much	0

# What were you thinking?

- ST – I don't need to do this. I know the difference between hunger and craving.

HT – I might know the difference, but I will be more successful when I experience the difference. It is likely that I label a craving as hunger at times so I will know if I am actually hungry too much of the time (which would be a problem that needs to be addressed) or if I am craving (which is a sensation I can learn to tolerate).

- ST – This task is too much trouble – too involved – takes too much time.

HT – Any goal worth achieving is going to take effort and this is an important aspect of my reaching my goal; therefore, I need to make the effort. It will only take a few days.

# Day 12

## Task: Practice Hunger Tolerance

- You don't have to eat when you're hungry.
- Just because you want to eat doesn't mean you always should.
- Put the discomfort of hunger in perspective by reflecting on past non-hunger-related experiences that were uncomfortable.

# Going Hungry

**My Hunger Discomfort Chart**

<u>Time</u>	<u>Current Level of Discomfort</u> (0-10)	<u>Range of Discomfort in Last Hour</u>
Noon		
1:00 p.m.		
2:00 p.m.		
3:00 p.m.		
4:00 p.m.		
5:00 p.m.		
6:00 p.m.		

# What are you thinking?

- ST – I should not have to wait to eat when I am hungry. If I am hungry, there is a reason and I need to satisfy it ASAP.

HT – Most people who manage their weight do not eat every time they are hungry. They often wait until the next scheduled meal. I will not starve and I can learn the skill of tolerating the discomfort. The discomfort will likely pass, if I pay less attention to it. (Disclaimer: physical conditions that require special diet maintenance.)

- ST – Why should I deliberately make myself feel uncomfortable by skipping lunch?

HT – I need to experience hunger in order to reduce my fear of it. The sooner I realize that it is not so scary, the better. I need to exercise that “resistance” muscle!

# Day 13

## Overcome Cravings

Have you found that cravings don't usually go away by trying to satisfy them with just a taste?                      Therefore .....

People who struggle with dieting usually find that they don't limit themselves to just a small taste of the food they crave; even though they try to eat just a little, they end up eating a lot.

**To weaken the intensity of cravings and frequency of having them,  
stop giving in to them.**

# Anti-Craving Strategies

- Mindset Techniques:
  - Label it
  - Stand firm
  - Don't give yourself a choice
  - Imagine the aftermath of giving in
  - Remind yourself why you want to learn to tolerate cravings
- Behavioral Techniques:
  - Distance yourself from the food you crave
  - Drink a no- or low-calorie beverage
  - Relax
  - Distract yourself

When you experience a craving because you see or smell food, move the food to an inconvenient place to get rid of it – or remove yourself from the scene.

# Distraction Activities

- Brush your teeth
- Reread parts of *The Beck Diet Solution*
- Call a friend or your diet coach
- Surf the internet
- Play with a child or pet
- Ride your bike
- Take a bath or shower
- Work in your garden or yard
- Go to a store

# What are you thinking?

- ST – I cannot tolerate cravings.

HT – I have not yet learned how to tolerate cravings, but I am learning skills and techniques to help me. Others have learned. I can too.

- ST – I know myself. I don't want to have to control the cravings.

HT – I may not want to have to experience this discomfort, but it certainly is not unbearable. What more is, the more I resist, the less discomfort over time will I experience. I will be glad in the end, even if I have some discomfort initially. Cravings do pass.

# Day 14

## Task: Plan For Tomorrow

- Plan and Monitor Your Eating in Writing Everyday
  - Think about how you're going to get and prepare the food on your eating plan.
  - Remember what you're supposed to eat and when.
  - Eliminate spontaneous eating.
  - Tolerate occasional hunger and cravings.
  - Make decisions about eating before you encounter triggers.

# What are you thinking?

- ST – I don't want to write anything down.

HT – I realize that it does take some effort and is less convenient, but it will likely make me more aware of my wellness decisions. The benefits on my Advantages Card remind me why it is worth the effort.

- ST – Writing a food plan will not make me lose weight. I can follow a diet without writing it all down.

HT – Writing a food plan will not, but writing it can help me do a better job of following it. This is only one of many strategies that can help me reach my goals.

# Skills for Week 3

- Monitor what you eat
- Eat according to plan – no unplanned eating
- Change your definition of FULL
- Stop fooling yourself – what are you thinking
- Get back on track ASAP

# Session 4

## Mind and Body

# Week 3

# Characteristic 4

## You Fool Yourself About How Much You Eat

People who struggle with dieting often delude themselves about how much they eat. It's as if part of you believes, *If I'm not fully conscious of when I'm doing, it's ok to keep eating.*

You might tell yourself what you're eating doesn't really matter, justify eating too much because you're celebrating, or make the excuse that you should eat something because it's free.

Perhaps you've said to yourself, *Since I strayed from this diet, I may as well blow the whole day.* So you eat and eat, promising yourself you'll start again tomorrow.

**Solution: Pay attention to your thinking!**

# Day 15

## Task: Monitor Your Eating

### The Benefits:

- It helps you remain accountable for what you actually eat.
- It helps you strengthen your motivation.
- It helps you build your confidence.
- It helps you recognize and solve problems.

### How to Monitor in Writing:

- Put a check mark next to the things you ate that were on your plan.
- Cross out anything you had planned to eat but didn't.
- Circle any food that you ate too much of and write down and circle any food you ate that you hadn't planned to eat.

# What are you thinking?

- ST – This is too much work.

HT – It does take some effort, but it is not “too” much effort/ work. The effort will be worth it. I don’t have to write everything down forever, but I do need to develop new behaviors.

- ST – I can keep up with this in my head.

HT – Maybe I can keep up with what I eat in my head, but if I write it down, I will think twice about eating it and I will likely be more aware of my choices than I might otherwise be.

# Day 16

## **Task: Prevent Unplanned Eating**

Following a rule eliminates the struggle over what to eat or not eat.

Example Rules: Eat a substantial amount of protein, vegetables, and fruit at every meal. Don't eat any junk food until after dinner. Eat only raw vegetables while preparing dinner. When eating out, eat up to only 25% more than I usually do when at home.

Make a NO CHOICE Response Card

You must follow your food plan!

# Day 17

## **Task: End Overeating**

Eating any food in a greater quantity than you had planned.

If you feel full partway through your meal but continue to finish it anyway.

Exercise: Overload Your Plate – and Don't Eat It All

# What are you thinking?

- ST – I don't need to practice this skill.

HT – This is not that difficult. Maybe I won't learn much from this, but on the other hand, I might learn plenty about myself and that I can work against my general tendencies.

- ST – I hate to deliberately waste food.

HT – No matter what I may have been brought up thinking, it is not a crime or sin to toss some food. It is going to waste one way or the other. If I eat what I don't need, it will go to waste and I will suffer. If I don't eat it, it may go to waste, but I won't suffer.

# Day 18

## **Task: Change Your Definition of Full**

If you can't easily take a moderate to brisk walk after a meal, it means you've eaten too much and you might have an unrealistic definition of fullness.

# What are you thinking?

- ST – I really want to eat more. It was so good and I like feeling full.

HT – Just because I may want to eat more, that goes against my goals (read Advantages List) and I can tolerate the craving or hunger discomfort. I will get to eat again before too long (next meal).

I will be happier being healthier in the long run than if I satisfy this temporary desire to eat more.

- ST – I may be hungry before it is time to eat again. We may be so busy, I will not be able to stop later to eat.

HT – Hunger is not an emergency for me. I can tolerate the sensations of hunger or cravings. By not focusing on it, they will likely dissipate.

# Day 19

## Task: Stop Fooling Yourself

“It’s okay to eat this because...”

- It’s not a whole piece.
- I’ll make up for it by eating less later.
- It’ll go to waste.
- I’m celebrating.

Create an It’s Not Okay Response Card

“It’s not okay to eat unplanned food of any kind. I’m just trying to fool myself. Every time I eat something I’m not supposed to, I strengthen my giving-in muscle when I want to strengthen my resistance muscle.”

# Example:

## *Response Card*

*Remember, the bread will be tempting, but I can resist it. It's more important to me to lose weight. If I eat the bread, I'll get momentary pleasure, but afterwards I'll feel worse.*

*It is not uncommon to want conflicting things at one time.*

*What has the higher priority in the long run?*

# Day 20

## Task: Get Back on Track

- Acknowledge your initial slip.
- Recommit yourself to your diet.
- Draw a symbolic line.
- Give yourself credit for stopping – at a point.
- Watch out for feelings of failure and helplessness.
- Learn from your mistakes

# What are you thinking?

- ST – I can't believe I did that! I am such a loser!

HT – Okay, I did not make the best choice in that situation, but I am learning – not perfect – nothing makes me a loser unless I define myself so.

- ST – I will never get this right. I keep making poor choices. I may as well just give up.

HT – Yes, I made some poor choices. I will do better to try to learn from these situations and keep working at it or I will only make matter worse for myself (Advantages Card).

# Day 21

## Task: Get Ready to Weigh In

How weekly weigh-ins help you:

- They allow you to celebrate and build up your confidence when you've lost weight.
- They keep you honest if you've gained weight.
- They help you stay committed to the program.
- You likely will not lose weight every week so take weigh-ins for what they are – weigh-ins!

# What are you thinking?

- ST – I don't need to weigh myself. I'll feel terrible if the weight increases.

HT – It is important to use this as information only and I cannot make adjustments, if I do not have the information. I need to get over the fear of the scale. I am not a failure, if the weight goes up.

If my goal is not being realized, it is not the end of the world. It just means that I need to review my plan and potentially make adjustments.

# Skills for Week 4

Dealing with:

- Discouragement
- Unfairness
- Disappointment

**SOLUTION:**

**Pay Attention to Your Thinking**

# Session 5

## Mind and Body

# Week 4

# Characteristic 7

## You Focus on Issues of Unfairness

You might frequently reflect on how unfair it is that others can eat what they want but you can't. Truth is, not only do you underestimate how much others restrict themselves, but also you overly focus on the injustice you feel because you have to limit yourself.

**Solution:** Do not compare to others. You are not them. Most people have to restrict their eating.

# Day 22

## Task: Say, *Oh, Well*, to Disappointment

You have *freely* chosen to change eating habits/ implement wellness activities.

Now, you have another choice:

1. You can make yourself miserable by giving in to the feelings of unfairness, disappointment, resentment, etc.

or

2. You can accept the disadvantages of dieting as a necessary means to an end.

**You can't stop sabotaging thoughts from arising, but you can respond to them.**

# What are you thinking?

- ST – I don't think this will work for me. It seems to simplistic!
- HT – I can't know if it will be helpful or not, but I don't have much to lose by giving it a try. What's wrong with simple?!
- ST – This should be easier!
- HT – I have a choice: I can struggle with what I have to do and feel bad or I can accept that this is the way it is. It doesn't mean that I have to like it all. There are other things, like paying bills, that I don't particularly like; but I like the longer-term results. I will do better if I just accept the discomfort and stop struggling.

# Day 23

## **Task: Counter the Unfairness Syndrome**

Putting fairness into perspective:

- Remind yourself why you decided to diet in the first place.
- Make a mental list of the advantages in your life.
- Create a Response Card.

# What are you thinking?

- ST – It is not fair that I cannot eat normally!
- HT – Actually, I likely was not eating normally. I was likely eating more and more often with more unhealthy food choices. This way is normal for someone trying to lose weight.
- ST – I shouldn't have this problem!
- HT – It does not matter that I see it as unfair that I have this problem, because I do have the problem and it is my responsibility to choose how I am going to handle it: denial, rebelliously, or develop a plan and follow it.

# Unfairness Response Card

*Dieting might not be fair, but I have two choices: I can feel sorry for myself, stop following my plan, never reach my goal, and continue to be unhappy with myself. Or I can sympathize with myself but go ahead and do what I know I need to do. Everyone experiences some kind of unfairness in life. This is one of mine. Besides, the greatest unfairness to me would be if I let this excuse prevent me from reaching my goal I strongly want to achieve.*

# Day 24

## **Task: Deal with Discouragement**

It's normal to feel overwhelmed or discouraged at times.

It's natural to have doubts about whether you can keep doing what you know you have to do.

It's not okay to let these thoughts overwhelm you.

You can allow them to erode your motivation, give up, and abandon your goal.

Or you can vigorously respond to these sabotaging thoughts, feel better, become more motivated, and continue to work toward your goal.

# Finding Encouragement

- Read your Advantages Response Card more often:
  - Rewrite it or add new advantages you've thought of since you've started this process.
- Add up the difficult hours:
  - Figure out how many minutes or hours you actually struggled in the past week versus how many hours you actually felt neutral or positive. Think about how much time you weren't even thinking about food or dieting.
- Focus on what you can do today:
  - Every time you find yourself thinking, *I can't keep this up for a month, a year, or longer*, tell yourself, *Forget the long term... Focus on today ... I know I can continue to do what I need to do today ... If it's hard tomorrow, I'll deal with it then.*

# What are you thinking?

- ST – I feel overwhelmed. This program is way too involved and I don't have the time.
- HT - The book will help and I just need to do one day at a time. I can go back and catch things that I have missed. I may have to review to incorporate skills well.
- ST – These tasks are too hard. I don't want to keep doing these things.
- HT – It doesn't always seem this hard. I may not want to keep doing these things, but these are the things to help me realize my longer-term goals.

# Day 25

## Task: Identify Sabotaging Thoughts

It's important for you to learn to recognize your unique sabotaging thoughts and to respond to them effectively.

- Think About It:
  - If you're tempted to eat something you're not supposed to eat, ask yourself,
  - *“What was just going through my mind? or What was I just thinking?”*
- Sometimes, you'll be able to identify your thoughts easily. Other times you won't.

# Day 26

## Task: Recognize Thinking Mistakes

Thoughts are just ideas, not necessarily truths.

### Common Thinking Errors:

- All or Nothing Thinking
- Negative Fortune Telling
- Overly Positive Fortune Telling
- Emotional Reasoning
- Mind Reading
- Self-Deluding Thinking
- Unhelpful Rules
- Justification
- Exaggerated Thinking

# What are you thinking?

- ST- I must be stupid for making these thinking mistakes!
- HT – I am not stupid. Everyone has a tendency to think in both healthy and unhealthy ways. It only means I am a fallible human. I just need to learn how to recognize and challenge those unhealthy beliefs.

# Day 27

## Task: Master the Seven Question Technique

1. What kind of thinking error could I be making?
2. What evidence is there that this thought might not be true (or completely true)?
3. Is there an alternative explanation or another way of viewing this?
4. What is the most realistic outcome of this situation?
5. What is the effect of my believing this thought and what could be the effect of changing my thinking?
6. What would I tell a close friend or family member if he/she were in this situation and had this thought?
7. What should I do now?

# What are you thinking?

- ST – This is a lot of work. It might not even help.
- HT – It is true that I cannot be guaranteed of results, but it is more likely to be helpful than not and if I do not try, I certainly will not be successful.
  
- ST – I have always thought this way. I don't think I can change.
- HT – This is a learned skill. I have learned things in the past (riding a bike, driving a car, etc.). I can learn to think differently, too.

# Day 28

**Task: Get Ready to Weigh In**

**What are you thinking?**

# Skills for Week 5

- Resist food pushers
- Decide about alcohol
- Eating out/ traveling
- Eliminate/ Minimize emotional eating

# Session 6

## Mind and Body

# Week 5

# Characteristic 6

## You Feel Helpless and Hopeless When You Gain Weight

What goes through your mind when you see on the scale a higher number than you'd expected?

- *I can't believe it!*
- *This is terrible!*
- *I'll never lose weight!*

**Mind and Body** teaches you how to learn from your eating mistakes and to recommit yourself to your diet right away. When you do so, your confidence grows. You'll know you can immediately recover from slips and control your eating and weight.

# Day 29

## **Task: Resist Food Pushers**

Some people feel that they “have to eat” to avoid hurting someone’s feelings.

You’re entitled to work toward your goal of losing weight as long as you’re not maliciously trying to make someone feel bad.

It’s okay for others to be disappointed. Disappointment is a normal part of life. Their disappointment most likely will be mild and fleeting.

People who give you a hard time are the ones who are being unreasonable, not you.

# How to Say No

- Create a list of entitlements about turning down requests to eat.
- Prepare your initial response.
- Visualize your plan in action.

# What are you thinking?

- ST – If I don't eat Amelia's food, she is going to be insulted and angry. I have to do everything possible to please others.
- HT – If others are angry/ upset about what I do or do not eat, that is their problem, not mine. I don't have to please them or justify myself. I don't want to let their desires/ feelings thwart my goals. If I were allergic to something in their dish, they would not be upset about that and I would not think of eating it, if I were allergic. Pleasing others is fine, but not at all costs!

# Day 30

## **Task: Stay in Control When Eating Out by Planning**

- Choose a suitable day and place.
- Go with a friend.
- Plan in advance how much you're going to eat.
- Plan what you're going to eat.
- Anticipate the sabotaging thoughts you might have.
- Plan how you'll tolerate cravings.
- When your food arrives, portion off the food you can eat.
- Work on sabotaging thoughts if they arise.
- Assess your success.

# What are you thinking?

- ST – I cannot afford to eat healthy. The food costs too much.
- HT – I am worth it. I will likely save more in the long run being healthier.
- ST – I wish I could eat like everyone else.
- HT – I also wish to be healthier/ thinner. The long-term benefit of my health is of higher priority than indulging this short-term pleasure.
- ST - I could not ask for any special accommodations from the waitress/ waiter. They might annoyed.
- HT – They get asked to make accommodations all the time. If they get annoyed, that is on them. I am paying for the service.

# Day 31

## Task: Decide About Drinking

The facts about alcohol:

- One mixed drink can contain easily 400 calories
- Alcohol tends to lower your inhibitions, making you more likely to eat something you hadn't planned

Just as you've learned to eliminate spontaneous eating, you have to learn to eliminate spontaneous drinking.

How Much, How Often?

# Day 32

## Task: Prepare for Travel

### Making a Travel Plan

- Allow yourself a few hundred extra calories every day.
- Follow your usual plan every day but add minor splurges on a few occasions.
- Follow your diet every day except for a splurge on the last day.

**This may not work for your particular plan! You may need to stick with following the rule to keep from getting derailed. Someone with a drinking problem, for instance would not do well to choose to splurge. Someone with an overeating problem may not do well to splurge.**

# More travel tips

- Exercise more: Do your regular exercises or recreational activities.
- Eat brunch instead of breakfast and lunch: If you sleep in combine these two meals.
- Carry food with you: Take along some of your favorite foods on your diet plan, but be careful not to snack out of boredom.
- Use the strategies you've already learned: Take this book with you. Reread how to differentiate hunger from cravings and how to tolerate them; anti-cravings techniques; preparing for unplanned eating and overeating; and especially how to prepare for eating out and drinking alcohol.

# What are you thinking?

- ST – I have done well. I should be able to eat whatever I want when I am on vacation. I won't have fun otherwise.
- HT – I can still have fun and even feel good about staying close to my diet/ wellness plan while on vacation. I will surely be glad that I did when I get home.

# Day 33

## **Task: Eliminate Emotional Eating**

People eat to soothe themselves when they feel anxious, sad, overwhelmed, lonely, bored, and/or angry.

Food can be an effective distractor – temporarily.

But eating doesn't solve the problems that led to your distress in the first place.

# How to Calm Down

- Use Mindset Techniques
  - Label how you're feeling.
  - Stand firm.
  - Don't give yourself a choice.
  - Imagine the aftermath of giving in.
  - Read your Advantages Response Card.
- Use Behavioral Techniques
  - Distract yourself.
  - Drink a soothing no- or low-calorie beverage.
  - Relax.

# Characteristic 5

## You Comfort Yourself with Food

Eating can distract you from your negative feelings and soothe you. There are certain foods that even contain substances that release “feel good” chemicals in your brain. However, you only feel better momentarily.

You still have to deal with the problem that made you upset. And, on top of that, you feel bad that you strayed from your diet. You become self-critical, undermine your confidence, *and feel even worse than you did at the start.*

**Mind and Body** teaches you to calm down in other ways: by using distraction and relaxation techniques, by countering your sabotaging thoughts, and by solving the problems that were associated with your negative emotions in the first place.

# Day 34

## Task: Solve Problems

### Identify the Problem

1. What kind of thinking error could I be making?
2. What evidence is there that is this thought might not be true?
3. Is there an alternative explanation or another way of viewing this?
4. What is the most realistic outcome of this situation?
5. What is the effect of my believing this negative thought?
6. What would I tell my friend in this situation?
7. What should I do now?

# What are you thinking?

- ST – I can't do this. I cannot stand this problem, so I may as well eat!
- HT – Most problems can be at least partially solved. Those that cannot can be accepted and accommodated while finding other avenues to enjoy life. I can stand it. Eating is not going to make it better!
- ST – This is so bad, I don't even want to think about it. I had rather just eat.
- HT – Eating is just a short-term fix for which I will feel worse in the long run.

# Day 35

## Task: Get Ready to Weight In

If you've been following all the steps in this book, chances are good that you'll see a lower weight tomorrow.

Remember, whatever number you see on the scale is just information.

After you weigh yourself, calculate the change in your weight, place a dot on the weight-loss graph, and connect the dots.

Consider carrying your weight-loss graph around with you to look at every so often to remind you of your progress.

# Skills for Week 6

- Keep practicing skills already learned  
– don't give up
- What have you been waiting to do after you lose weight?

# Session 7

## Mind and Body

# Week 6

# Characteristic 8

## **You Stop Dieting Once You Lose Weight**

People who maintain their new weight do so because they've changed what they do and how they think about food and eating.

If you think that you'll be able eat how you used to after you lose weight, you'll gain the excess weight back.

# Day 36

## Task: Believe It

Before you started this program:

- How often did you eat standing up?
- How often did you eat mindlessly?
- How often did you eat too quickly?
- How often did you plan ahead what you were going to eat?
- How often did you overeat?
- How often did you criticize yourself for what you ate?

# Problem Solving

1. Identify the problem.
2. Brainstorm possible solutions without judging whether or not they are likely to work.
3. Prioritize top couple of possibilities.
4. Take action.
5. Evaluate the effect. If satisfied, “problem solved”! If not, review other identified options or begin again.

# Day 37

## Task: Steps to Reduce Stress

Step 1: Solve the Problem

Step 2: Relax

Step 3: Change Your Mindset

Step 4: Reduce your obligations

# Day 38

## Task: Deal with a Plateau

1. Examine whether or not there are areas where you have been trying to fool yourself.
2. Continue to do what you're doing and see if you start to lose weight again.
3. Call this your goal weight and move into maintenance.
4. Reevaluate your plan. Sometimes the plan needs to be altered as things change. Exercise programs work better when varied.
5. Reevaluate your definitions of success.

# What are you thinking?

- ST – It is terrible that I've hit a plateau.
- HT – Reaching a plateau is a normal part of losing weight. Persistence will render results even if those results are not just as I might have imagined.
- ST – This just isn't fair! I have worked hard and have been doing well. I should be losing weight!
- HT – I have a choice. I can dwell on how unfair it seems that the scale is moving lower or I can focus the progress I have made and give myself credit. These wellness behaviors are beneficial, even if the results are just what I might have wanted at this point in time.

# Day 39

## Task: Keep Up with Exercise

- Make sure you're doing a type of exercise you like.
- Focus on how you'll feel after you finish exercising.
- Put exercise in the NO CHOICE category.
- Meet a friend or trainer.
- Give yourself lots of credit.
- Focus on your progress.
- End your session with something positive.
- *This is a lifestyle change!*

# Day 40

## Task: Enrich Your Life

Do It *NOW*:

- Make a list of goals you'd like to accomplish before or after your lose weight.
- See which “after weight loss goals” you can actually work on now.
- Take one goal and write down the steps needed to complete it.
- Mark on a calendar when you'll do at least the first step.
- As you put activities on your calendar, watch for sabotaging thoughts.

# Day 41

## **Task: Make a New To-Do List**

Do these activities daily:

- Eat a healthy diet.
- Think about what you're eating before you actually put it in your mouth.
- Sit down whenever you eat and then eat slowly and mindfully.
- Eat only to mild fullness.
- Monitor your eating throughout the day.
- Give yourself credit.
- Do spontaneous exercise.
- Respond to sabotaging thoughts.

# Day 41

Do these activities between once a day and once a week:

- Weigh yourself at least once a week.
- Discuss your weight change and dieting experiences with your diet coach at least once a week.
- Do planned exercise at least three times a week.
- Continue to make sure that you have enough time and energy.
- Read your Advantages Response Card as needed.
- Use anti-craving techniques.
- Use the Seven Question Technique when you're upset.
- Prepare yourself psychologically for special-occasion eating.
- Take steps to enrich your life.

# What are you thinking?

- ST – It's too much trouble to track all these things. I know what I'm supposed to do. I don't need to keep a list.
- HT – It is really not that much trouble. I am actually more efficient when I track things and I do not have to keep trying to remember when I have things written down and a plan for completing them. The effort is worth the benefit!

# Day 42

## **Task: Practice, Practice, Practice**

Congratulations! You've learned the Cognitive Therapy skills you need to think like a thin person.

The longer you use new thinking skills, the more automatic they'll become.

Dieting will continue to get easier and easier.