

Sabotaging Thoughts and Helpful Responses

Assignment

A sabotaging thought is any thought that gives you permission to not eat optimally or not exercise. These thoughts can not only be mentally exhausting but, if we decide to act on these thoughts with our behaviors, they're going to keep you from reaching your health and weight-loss goals. Anytime you have a "sabotaging thought" enter it below even if you don't follow through with that thought.

The "trick" is to be able to talk back to these thoughts with a more powerful response that's proactive in helping you reach your weight goals so you *act* on that more helpful responses instead. We call these more powerful responses to sabotaging thoughts "helpful responses" (HR). You want to create a helpful response to every sabotaging thought you have, especially the ones you act on.

Examples of sabotaging thoughts:

"Oh my God the scale went up again... what the hell!?"

"That's a new food that I've never had before so I have to eat it."

"I don't feel like exercising."

"I ate like crap already today so I'll just start tomorrow which means I can eat this cake right now."

"I don't want to hurt their feelings so I'll eat whatever food is prepared for me, even if I don't really want to."

ST: "Omg here we go again. I'm not losing weight and it's not working."

HR: "It's okay. Today is just today. Sometimes when I do great things for my body, the scale goes up the next day which isn't bad. The scale is always going to go up and down on a daily basis. The scale is not supposed to go down everyday. If I think it is, then I'm setting myself up for failure and I don't deserve to. I've already lost 15 pounds in Trisha's program, I'm fitting into smaller clothes already, my sinuses aren't as stuffy, I don't have as many headaches and my knees feel better which is absolutely more important to me than one number on the scale and that's what I'm focusing on."

ST: "It's just one time so I'll eat this _____."

HR: "Losing 80 pounds is more important to me than eating _____ and I deserve to lose that weight. That's my number goal in life right now and these _____ aren't going to stop me. If I want a treat, I will intentionally plan a treat vs. saying screw it. I can eat something optimally that tastes great instead."

