

Week 11: Take Charge of Your Thoughts

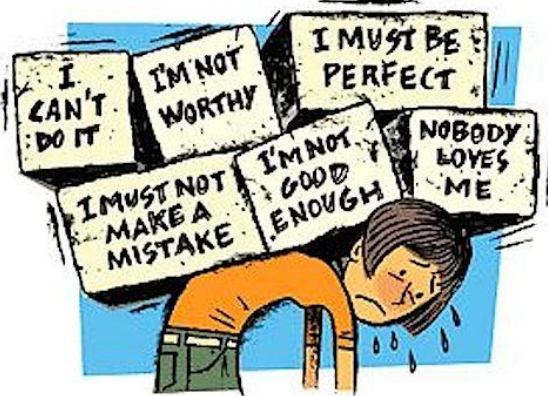
Replace Harmful Thoughts with Helpful Thoughts

Type of harmful thinking	Instead of thinking ...	Tell yourself ...
All or Nothing You see only the extremes. You don't see anything in between.	<ul style="list-style-type: none"> I can't eat ice cream ever again. 	<ul style="list-style-type: none"> I can have ice cream once in a while. When I do have ice cream, I'll measure it. That way, I won't have too much.
	<ul style="list-style-type: none"> Exercise is boring. 	<ul style="list-style-type: none"> I haven't found an activity that I enjoy yet. I'll keep trying new activities until I find one that I like.
Making Excuses You blame situations or other people for your mistakes.	<ul style="list-style-type: none"> It's too cold/hot outside to go for a walk. 	<ul style="list-style-type: none"> I will dress for the weather and walk anyway. I will work out indoors.
	<ul style="list-style-type: none"> I can't meet my eating goals because my mom keeps making cookies. 	<ul style="list-style-type: none"> I find the cookies tempting. I will ask my mom to make something healthier instead.
Filtering You ignore the good and focus on the bad.	<ul style="list-style-type: none"> No one else supports my healthy lifestyle. 	<ul style="list-style-type: none"> My friend Shelly supports it. I will ask for more support.
	<ul style="list-style-type: none"> I haven't stuck to my diet at all this week. 	<ul style="list-style-type: none"> I stuck to my diet four out of seven days. I have a plan for how to stay on track in the future.
Self-Labeling You call yourself something bad.	<ul style="list-style-type: none"> I'm such a weakling. 	<ul style="list-style-type: none"> I can climb the stairs without getting out of breath now. I'll be a little more active each week.
	<ul style="list-style-type: none"> I'm the world's worst cook. 	<ul style="list-style-type: none"> My brother liked the stir-fry I made last night. I'll keep learning more about cooking.
Comparing You compare yourself with other people and find yourself lacking.	<ul style="list-style-type: none"> Teo has lost so much more weight than I have. 	<ul style="list-style-type: none"> My weight loss has slowed down. I'll ask Teo for some tips.
	<ul style="list-style-type: none"> Stella is so much stronger than I am. 	<ul style="list-style-type: none"> I'd like to be stronger. I'll try using a resistance band.
Gloom and Doom Thinking You assume the worst.	<ul style="list-style-type: none"> I just know I'm going to get hurt. Then I won't be able to work out. 	<ul style="list-style-type: none"> I'll take steps to work out safely. If I do get hurt, I'll find a different way to be active.
	<ul style="list-style-type: none"> I just know I'm going to get type 2 diabetes, since both of my parents had it. 	<ul style="list-style-type: none"> I know a lot more about how to prevent type 2 diabetes than my parents did. I'll do what I can to prevent type 2 diabetes.

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Identify your harmful thoughts.



What helpful thoughts could you replace your harmful thoughts with?

