

SABOTAGING THOUGHTS



*The brain is
an excuse making
machine*



WHAT DRIVES OUR EMOTIONS?

- What makes you
 - sad, angry, bored, stressed?
- What makes you feel inadequate?



WHAT DRIVES OUR BEHAVIOUR?

What makes you overeat?

What makes you not exercise?

What makes you exercise?

What makes you eat healthy?

What you think, influences what you do and how you feel

Humans function in a way that your thoughts, feelings and behaviours are all linked and cannot exist in isolation.

When it comes to changing behavior, depends largely on what you tell yourself:
that is, on your *thinking (cognition)*

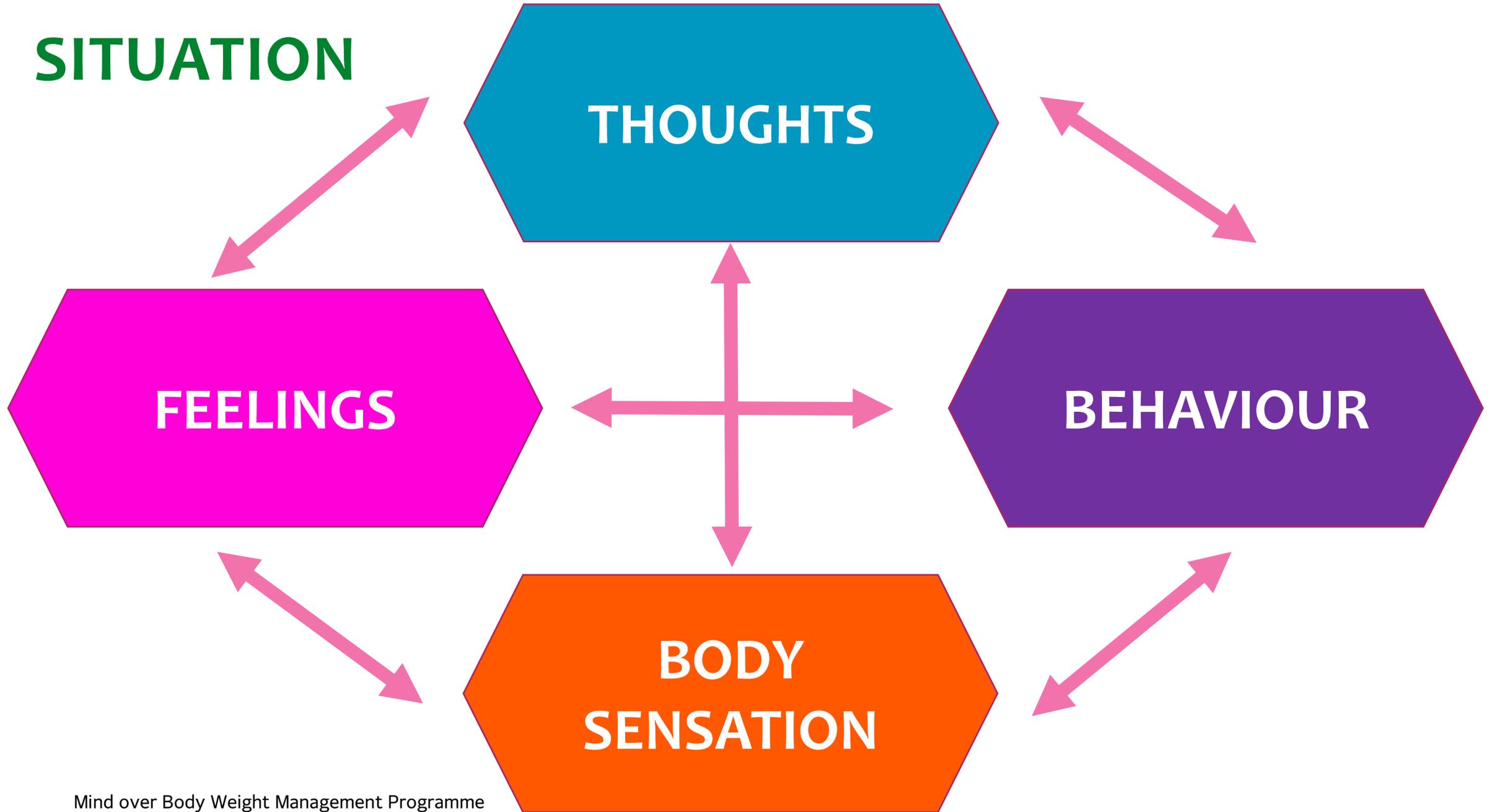
SITUATION

THOUGHTS

FEELINGS

BEHAVIOUR

**BODY
SENSATION**





Mind over Body Weight Management Programme

MENTAL SKILLS

Changing your body and improving your health requires mental skills that help you stay focused and motivated to achieve your weight loss and fitness goals.

SITUATION

Friday night
after work

THOUGHTS

*I have been good all
week...
I deserve.....
I am too tired to cook...*

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FEELINGS

Tired, stressed

BEHAVIOUR

*Eat unhealthy,
unplanned
order take away*

BODY

SENSATION

*Headache, tense
shoulders*

SITUATION

Friday night
after work

THOUGHTS

*I have a look what's in fridge,
make a quick meal
Ordering the take away always
make me feel bloated
order healthy TA and share*

FEELINGS

Tired, stressed

BEHAVIOUR

*Prep a meal
order a healthy
version and share*

BODY

SENSATION

*Headache, tense
shoulders*

Sabotaging thoughts undermine your healthy eating and fitness plans

They encourage you to eat - those are the permission giving thoughts

Undermine your confidence

They make you disregard everything that you know about losing weight

They increase your general level of stress

SABOTAGING THOUGHTS



- **All or Nothing (Black & White) Thinking**
- **Disqualifying the positive**
- **Overly Positive Fortune Telling**
- **Emotional Reasoning**
- **Catastrophising**
- **Mind Reading**
- **Should / must statements**
- **The Reward Fallacy**

INDEX CARDS

*I am bored watching TV, I'll see
what's in the fridge*

RESPONSE:

*Food is not going to make me less
bored. When I am bored with TV I
will take my book and read.*

*(or any other activity I have
planned)*



INDEX CARDS

Response Card

It's hard but that doesn't mean I can't do it.
I've done other hard things in my life and I can
do this, too.

Besides, it feels really, really hard right now but
that hardness won't last forever. As soon as I
get really involved with something else, I'll
forget about that food entirely and everything
will feel fine again. This is temporary!