Mind Over Body
WEIGHT MANAGEMENT

EMOTIONS

Stress
Anger
Hurt
Sadness
Happiness
Anxious
Bored

THOUGHTS

It's Friday, I worked hard all week.
It's wine O'clock
It's not fair, why can't I…..
I need some chocolate, I'm stressed

What's the point?
I'll start again on Monday

Emotional distress

inner voice

Give up on weightloss plans

BEHAVIOURS & HABITS

Eat food for comfort

Food or alcohol

You feel guilty, worthless, ashamed

Feel worse emotional distress increases

I'm useless.
I will never lose weight.

Thinking that you will just have a bit

I just have 1 glass.
I will make up for it later and go for a walk.
I just have a small piece.

Tell yourself you should stop.

You have some more

uncontrol able eating

Feel better for a short period of time

I might as well finish it

THOUGHTS

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