do it anyway

Even if I don't feel like using a diet skill, I have to do it anyway. If I do only what I feel like doing, I won't be able to lose weight and keep it off.

it's okay to disappoint people

I'm entitled to do what I have to do to lose weight, as long as I am nicely assertive.

give myself credit

I deserve credit EVERY TIME I exercise. I deserve credit EVERY TIME I practice a dieting skill. I deserve credit EVERY TIME I stick to my plan.

say no to extra food

Get rid of extra food. It'll be wasted in the trash can or in my body. Either way, it's wasted.

eat mindfully

I need to eat slowly and mindfully while sitting down—EVERY SINGLE TIME.

put dieting first

I have to plan my life around exercise and dieting activities, not vice versa. I deserve to put myself first.
exercise no matter what

If I don’t feel like exercising, remember: 5 minutes is better than 0 minutes. Say NO CHOICE. The hardest part is getting started; then it gets easier.

tolerate it!

Hunger and cravings aren’t emergencies. I can tolerate them. They’re mild compared to ____________________________.

I’m going to eat again in ____ hours, anyway.

distraction techniques

When I want to eat something I shouldn’t, do these things instead:

__________________________________________

__________________________________________

__________________________________________

if I’m hungry after a meal

Don’t worry! It may take 20 minutes to feel full.

no excuses

Just because I want to eat, doesn’t mean I should.

resistance habit

EVERY TIME I eat something I’m not supposed to, I strengthen my giving-in habit. EVERY TIME I give in, I strengthen my resistance habit.
can’t have it both ways

I can be loose with my eating
OR
I can be thinner.
I can’t be both.

I’d rather be thinner

Being thinner is SO much more important to me than eating this food.

it’s not okay

It’s NOT OKAY to eat this.
I’m going to be very sorry if I do.

NO CHOICE
NO CHOICE
NO CHOICE

I’ll care later

I may not care right now, but I will care a LOT when I get on the scale.

get back on track

If I eat something I shouldn’t have, I haven’t blo
It’s not the end of the world. It’s just a mistake. G
on track this minute! Don’t keep on eating! That no sense. It’s a million times better to stop now to allow myself to eat more.
celebrate!
I should celebrate each half-pound loss!

be realistic
I shouldn't expect to lose weight every single week.

oh, well
I don't like this, but I'm going to accept it and move on.

don't comfort myself with food
If I'm upset, don't eat to seek comfort! It won't solve the problem, and I'll just feel worse.

advice to a friend
If my best friend were discouraged, disappointed, or dismayed, what would I tell him/her?

enrich my life today
I need to work toward developing a rich and rewarding life—right now.