

Taking Charge of Your Attitude

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OPTIFAST® Lifestyle Education Series™

Taking charge of your attitude



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What's Thinking Got To Do With It?

- Our attitudes and the way we think about things influence our emotions, behaviors, and actions
- This module will illustrate how constructive thinking can help us change our eating and exercise behaviors

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The A-B-C Model of Emotions and Behavior

- A is the Activating Event
- B is the Belief/Attitude
- C is the Consequence (feelings/behavior)
 - Example:
 - A: Poor weather prevents a planned picnic
 - B: "I hate this! I'm so disappointed. This is really unfair!"
 - C: Feeling sad, stay home, low activity, frequent trips to refrigerator.

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The A-B-C Model of Emotions and Behavior

- What if the Belief/Attitude changed?
 - Example:
 - A: Poor weather prevents a planned picnic
 - B: "Too bad about the weather. But I've been looking for an opportunity to try my new exercise video!"
 - C: Use the new video, feel good physically and mentally, no unplanned eating episodes

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Making the A-B-C Model Work for You

- Identify the activating event (A) and then the belief or attitude (B) that prompted your behavior leading to the consequence/result (C)
- If your beliefs (B) are getting in the way of your healthy goals, work to change them by coming up with more constructive alternatives

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Beyond the A-B-C Model

- Start with the A-B-C Model and add on to it
- D: Disputing thought (constructive thought)
- E: Effective new philosophy

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Beyond the A-B-C Model

- Activating Event: extensive travel, very low activity on business trips
- Belief/attitude (destructive thought): “I can’t stick with my exercise plan. It’s just too hard with my travel schedule.”
- Consequence (feelings/behavior): Discouraged, give up trying to manage weight
- Disputing thought (constructive thought): “That’s not true! I follow my exercise plan when I’m at home and sometimes when I travel. With better planning, I can be active anywhere!”
- Effective new philosophy: “It may not always be easy to stick to my plans but sometimes life isn’t always easy. I’m going to focus more on solutions instead of all my obstacles.”

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Mastering the A-B-C-D-E Model

- Recognize when you’re thinking destructively or irrationally
- Determine if activating events (A) can be changed through constructive action on your part
- Identify any destructive beliefs (B) that might be contributing to your feelings
 - Ask yourself if those beliefs are both true and helpful to you
 - If not, identify why they are either not true and/ or not helpful
- Restate your effective new philosophy which will support your goals

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Common Thinking Errors: All or Nothing

- When we judge ourselves or our experiences in terms of extremes—all one way or the other
- We may think of ourselves as being 100% on track or “totally lost” with no hope of getting back on track
- We may view ourselves, other people, or situations as “perfect” or “hopeless”

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Common Thinking Errors: Overgeneralization

- When we use only one aspect of ourselves, other people, or situations to sum up or “pigeon hole” everything about them

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Common Thinking Errors: Magnification

- The significance of an event is blown out of proportion to what we might normally consider its true size or importance

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Common Thinking Errors: Minimization

- This is the opposite of magnification
- Reducing the significance of an event which is much more important than the person realizes or fully understands

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What Could Betty Do Next Time?

- Betty has a group of friends who meet regularly to try new restaurants. At their last get together it was agreed they would go to the new "all you can eat" buffet.
- Betty was worried it would be hard for her to stay on her meal plan if she went, but she didn't want to ask them to change their plans for her.
- Betty went to the restaurant with the intention of just ordering coffee, but watching everyone eating all that food made her feel sad about not being able to join in, so she ended up eating too.
- When she got home she was angry with herself for not talking to her friends and "giving in" to the peer pressure of eating off her plan. She told herself she was hopeless and thought about dropping out of the program.

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