

SABOTAGING THOUGHTS

Sabotaging thoughts are what you tell yourself to make your behavior OK in the moment. We do it with every aspect of life.

I need to clean up the kitchen. *Those dishes will be there in the morning.*

I need to go for a walk. *It looks like it may rain.*

I need to call my mother. *It's Saturday night. She's probably busy.*

Overweight people are a master at justifying their behavior in the moment when eating or drinking. The cornerstone of the 12 week weight loss and willpower program involves identifying these thoughts and changing your reaction to them. Let's start by identifying your common thoughts.

Highlight or check each thought that resonates with you.

101 sabotaging thoughts

Around exercise

I exercised extra long today so I can afford to eat this.

I will eat it but I promise I will exercise it off later.

I'm going to exercise later today. Better fuel up so I have the energy.

I just exercised. Gotta refuel what I just depleted.

I have no control – it's not my fault – I have no other options.

I have to eat it or it will spoil.

I have company in town. Gotta cook something for them, not me.

I'm at the game – I have to eat concession stand food.

If I don't eat it the person who made it will be offended.

Everyone else wants pizza, I can't be difficult – better go with the flow.

It's a company dinner. I have no control over what is served.

I'm at a wedding reception. I have no control over what is served.

I can't inconvenience everyone and ask them to make me special food. I have to eat what they prepare.

I'm craving it and eating this is all that will make the craving go away.

I can't waste food.

I can't stop eating it.

I can't say no. I'm addicted to it.

But my family member won't eat what I need to eat.

This food was a gift. I can't be rude and say no thanks.

My lunch break is now. I have to eat.

If I bring it in the house I can't say no.

Around the scale

I am near my goal weight. I can afford to eat this.

I don't weigh in for 5 more days. I can afford to eat this and I will make up for it later in the week.

I was good last week and still gained weight so what does it matter?

I just weighed in and I'm doing better than expected. I can afford to eat this.

Triggered by sight, smell, taste, emotion, event

But it tastes so good. I can't stop.
But it looks so good. I have to have it.
But it smells so good.
My friend says it's the best she's ever had. I can't miss out.
I'm sad and this food will make me feel better.
I'm anxious and this food will calm me.
I'm depressed and this food will make me feel better.
I'm bored.
I'm tired and this food/drink will help.
I'm sleepy and this coffee will wake me up.
It's snowing.
It's raining.
There's a hurricane coming.
It's my birthday. Today I eat what I want with no guilt!
It's a holiday. Nobody diets on a holiday.
I'm on vacation so I should be able to eat what I want.
It's Thanksgiving. I can eat whatever and as much as I want
I'm sick.
I just had surgery. I can eat what I want.
Powers (electricity) is off.
I have so many events this December. I'll start January 1.

At a restaurant

I only eat at this restaurant a few times a year so this is my only chance
It's on sale.
It's just one meal.
I don't know when I will be able to eat again so I better eat it all now.
It's a buffet. Gotta get my money's worth.
I haven't had this food in forever.
I'm full but the amount left is not worth leaving (too little) so I'll just finish it up.
I can't take any leftovers home with me.
It's just one bite.
It's free! (Bread on the table.)
It's lowfat, low calorie, healthy so it's OK.
I've never tried that food before.
There is nothing healthy on the menu.
It's not as bad as what _____ is ordering.
I paid a lot of money for this. I need to get my money's worth.
I have barely eaten today. I can spare the calories.
OK, I will order the fried chicken but instead of getting the potatoes which I want I'll be good and get broccoli.

Cooking at home

I don't feel like cooking.

I'm too tired to cook.

I'm missing _____ so I guess I can't make that.

I need to cook _____ so it won't spoil.

I'm hungry now. I don't have time to cook a healthy meal.

I can't serve food I haven't tasted.

My family won't eat my healthy food and I don't want to make 2 dinners tonight.

I don't want to waste this last bite off my child's plate so I'll eat it.

I can't cook healthy for company. Gotta fix what they will eat.

It won't taste as good tomorrow.

My daughter asked me to make _____. I can't disappoint her.

Acting like a baby

I'm tired of thinking about it today. Can't I just take one day and not think about what I eat?

Life isn't fair. I should be able to eat what I want.

I deserve to eat what I want after the crappy day I've had.

I'll always be fat so this one meal doesn't matter.

It doesn't matter what I eat, I gain weight.

Everyone else is eating it.

I just don't care.

I give up.

Bargaining with yourself

I can't expect myself to be perfect

I'm drunk/drinking. Gotta eat to absorb the alcohol and broccoli won't do it.

I'm smoking. Who cares what I eat?

All foods in moderation.

I've been doing so great lately, I can afford one meal.

I've been doing so great lately, I deserve one day to eat what I want.

I will start my diet tomorrow.

It's just one weekend.

I've already blown it today so it doesn't matter.

This food won't last until later today. It's now or never.

I am so hungry.

I deserve this.

It's not as bad as what I would have eaten a month ago.

I better eat the last piece or someone else will.

I don't know when I'll get to eat again.

Live for today. YOLO. I could drop dead of a heart attack tonight.

I'm ravenous. I can't go another minute without food.

This is my cheat meal.

I think my meal plan is too restrictive. I can eat a little more.

I don't want these people to know I'm on a diet so I will eat what they are eating.

