Medically Supervised Weight Management Program:
Full or Modified Meal Replacement
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Revised as of: 9/16/2019
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WELCOME TO THE WAY IN

The Way In Guidebook is for you to use as you progress through the Positive Choice Integrative Wellness Center Weight Management Program and thereafter as you continue to explore the issues that affect your weight loss and weight maintenance. The A Way In Guidebook is organized into the following sections:

- **Looking Back** — Explore childhood issues that affect you today.
- **Looking In** — Examine adult emotions and behaviors that keep you from your ideal health.
- **At the Threshold** — Develop strategies to manage your behaviors and weight issues.
- **Keeping Watch** — Create food diaries, weight graphs, the meal replacement supplement planners, exercise strategies.
- **Looking Out** — Investigate resources that aid you in dealing with specific issues.

Each section above is divided into individual topics, such as *Family Rules and Messages*, *Exploring Anger*, or *Adding Joy to Your Life*. In each individual topic, you will find a variety of helpful information, including:

- **Focus** — Information that helps you focus on and understand the purpose of the topic.
- **Read** — Reading material that expands your knowledge of the topic.
- **Journal** — Suggested journaling prompts.
- **Do** — Activities to take you further into the topic.
- **Think** — Ideas to get you thinking more in-depth about a topic.
- **There’s More** — A listing of books and articles that offer a more extensive look at the topic.

All the information you need should be in each individual topic. The more time and effort you put into each topic, the more you will get out of it. Take time to read through the material, practice the various techniques suggested, and reflect on what you have done or learned at the completion of the topic.

Take time to journal each week. There is a journaling sheet in each topic, but don’t stop journaling when the paper in this Guidebook runs out. Some things to keep in mind while journaling:

- **Don’t worry** about grammar or spelling. Just write to get the information and feelings out.
- **Write regularly** and in a relaxed way.
- **Watch** what occurs as you write.
- **Don’t judge** yourself or your work.
- **Be patient**.
- **Recognize** that writing might not make you feel good. It might bring up powerful emotions in the short term that make you feel bad; but in the long term, you will feel better for having faced the emotions.
- **Link** feelings to events.
- **Use positive and negative** words to describe emotions.
- **To write positively** about a negative event, think about what sustained you.
- **Be specific and concrete**. Use details to answer what, where, when, who.
• **Write in first person:** “I wish, I like, I see, I want, I know, I can, I can’t, I hope for, I would like to know if, I would like to do, I would like for you to.”

There are more individual topics in your Guidebook than your counselor will cover in the 20 weeks of your program. Feel free to go through topics at your own pace and to explore topics your counselor doesn’t have time to cover. Also please explore the list of Community Resources that are listed in the Guidebook as well as the information about other programs offered here at Positive Choice for you.
Congratulations on the POSITIVE CHOICE You’ve Made!

FOCUS
1. Getting to know your group—building the support bond.
2. Identifying the advantages and disadvantages of being overweight.
3. Understanding the relationship between eating and emotions.

READ
2. Read *Discomfort* on pg. 7.
3. **PATIENT WEIGHT GRAPH:** Some people find that graphically tracking their weight loss is reinforcing and motivating. A weight graph has been provided for you on page 3. This can be a tool for tracking your weekly weight progress.
4. **REQUEST FOR SUPPORT:** This letter, on pp. 21 and 22, can be given to family, friends, or co-workers to assist you in building a strong support system. Feel free to make as many copies of this as you need.
5. **POSITIVE CHOICE MEAL REPLACEMENT PROGRAM RESPONSIBILITIES SHEET:** On pp. 31 and 32, read, sign and return to counselor.
6. **REVIEW:** If you are doing the Full Meal Replacement read *Answers to Frequently Asked Medical Questions About the meal replacement supplement*, on pp. 27 and 28 and *Meal Replacement Guidelines*, on page 23 before Week 2. Bring any questions you have regarding this information to Week 2.
7. **REVIEW:** the pages titled *Program Overview, Program Research, People Use Food To, The Goals of Our Program Are, and Things to Know When Checking in Week Two*.
   - All the activities in *The Way In Guidebook* have been designed to assist you in acquiring the necessary tools for long-term success. We recommend you complete the assignments as you make your way through the program. **Your completion of seven Daily Behavior Records (DBRs) is mandatory.** The DBRs must be submitted by Week 2 in order for you to begin using the OPTIFAST supplement.
   - Our exercise room is open to all program participants who complete an Exercise Membership appointment. You can schedule this appointment at the front desk.

JOURNAL
People are less likely to turn to food if they take the time to write out their feelings or write about situations that have an emotional impact. Throughout this 20-week program you will be given a weekly journaling topic. The length of your weekly journal entry is up to you. Some weeks you may have a lot to write in your journal and other weeks you may only write one or two sentences. Don't worry about your grammar. Use your journal to get in touch with the thoughts and feelings you are experiencing. **This week's journal topic is to write a description of life events that have impacted you in such a way that you have either turned to food or wanted to turn to food.**
DO

DAILY BEHAVIOR RECORDS: During this week we would like you to get a clear picture of your eating habits. You can do this by recording your eating behaviors on the Daily Behavior Record (DBR). To learn how to do this, read pp. 12 and 13. Complete one DBR for each day of the week. Start recording your eating behaviors at your next meal. You must complete seven DBRs and bring them to Week 2 to begin the meal replacement supplement.

WAIST TO HIP RATIO: Calculate your waist-to-hip ratio based on the instructions on pg. 41.
PATIENT WEIGHT GRAPH

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PROGRAM OVERVIEW

Weight Loss Phase

• Twenty weekly groups and weekly check-ins with medical staff.
• Begin the meal replacement supplement Week 2.
• Blood work done every other week beginning Week 3.
  (Discontinue blood work when you discontinue all meal replacement supplement.)
• If you haven’t reached your goal by the time your first phase ends (approximately 20 weeks), you have
  the option of continuing in another weight group until you reach your goal weight. (This does not
  obligate you to another full 20 weeks.)

At Goal Weight or within 5 lbs of Maintenance Weight Range

• While still in your weight loss group, consult your counselor and begin Progressive Food Encounters (PFEs).
• Complete PFEs.
• Talk to your counselor about signing up for Maintenance.
• Get PFE card from your counselor—stop buying the meal replacement supplement (fee reduced) when
  you no longer need it.

FIRST YEAR MAINTENANCE

8 Weekly Groups

• Begin new Maintenance group.
• Schedule Body Assessment Retest appointment.
• Up to 11 free Booster groups can be earned based on group attendance, participation, and completion
  of assignments.

Additional Support Options

See Looking Out section at the end of this book.
PROGRAM RESEARCH

Dr. Vincent J. Felitti, the original Medical Director for the Positive Choice Weight Management Program, was very committed to finding out what the Program could do to enhance your long-term success. In the past, he met hundreds of overweight people in an attempt to determine what the root cause of obesity is. Below is a summary of what his research has revealed:

What Does Not Appear to Cause Obesity

1. Being born overweight.
2. Poor metabolism.
3. Love of food.
4. Lack of nutrition-related knowledge.

What Appears to Cause Obesity

1. People's need to make themselves feel better with food.
2. People's need to feel safe: excess weight provides a protective benefit.

As a result of an extensive study comparing obese and slender middle-aged adults, Dr. Felitti found there were major differences in life experiences. People who have had chronic problems with their weight were:

1. More likely to have experienced the loss of a parent in early childhood.
2. More likely to have grown up with an alcoholic parent.
3. More likely to have experienced sexual abuse.
4. More likely to have experienced physical abuse.
5. More likely to have suffered from chronic depression.
6. More likely to experience rage.
7. More likely to have sleep disturbances.
8. More likely to have experienced marital dysfunction,
9. More likely to feel fat is protective than someone who has always been thin.

A review of the comparison statistics can be found below:

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<th>Chronically Overweight</th>
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<tbody>
<tr>
<td>1. Early parental loss</td>
<td>48%</td>
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<td>2. Parental alcohol use</td>
<td>40%</td>
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<td>3. Sexual Abuse (mostly girls)</td>
<td>25%</td>
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<td>4. Non-sexual Abuse (mostly boys)</td>
<td>29%</td>
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<td>5. Chronic depression</td>
<td>57%</td>
<td>22%</td>
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<td>6. Rage reaction</td>
<td>12%</td>
<td>3%</td>
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<td>7. Sleep disturbance</td>
<td>46%</td>
<td>23%</td>
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<tr>
<td>8. Fat is protective</td>
<td>25%</td>
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<tr>
<td>9. Marital dysfunction</td>
<td>54%</td>
<td>16%</td>
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Do you feel yourself turning to the refrigerator even when you are not hungry? Or, at times, eating completely out of control? The majority of people who struggle with their weight use food to relieve stress, to meet emotional needs, or to avoid uncomfortable feelings. The following continuum has been useful in helping people recognize some of their reasons for overeating.

The following books are recommended as good places to start to learn how to make peace with food: *When Food is Love* and *Feeding the Hungry Heart* by Geneen Roth, *Mothering Ourselves* by Evelyn S. Bassoff, and *The Family and Family Secrets* by John Bradshaw.
DISCOMFORT

Few of the Program activities in which you will participate are designed to make you feel comfortable. Even the ones that are supposed to cause comfort, many find uncomfortable. "I was uncomfortable in all that comfort," as the poet said.

The activities performed in group are, in fact, designed to move you beyond the comfort zone to the place of adventure, creativity, learning and growth. They are designed to expand your comfort zone so that adventure, creativity, learning, and growth become more and more a natural, everyday part of life.

So while participating in our program expect at times to feel uncomfortable. Plan on it. Count on it. Look forward to it. Welcome it. Welcome, too, the growth that stems from discomfort.
THE GOALS OF OUR PROGRAM ARE...

- To help you lose a significant amount of weight.
- To explore the reasons why you overeat and to help you understand the role food plays in your life.
- To help you get your weight off and determine what changes you need to make and actions you need to take to keep the weight off.
- To assist you in connecting with long-term support options in addition to your weekly group.

This Program will assist you in the process of... **Awareness and the Initiation of Action.**

**EXPECTATIONS FOR GROUP**

1. Our meetings will be highly interactive...you will be strongly encouraged to participate.
2. Many meetings will include a roundtable discussion.
3. Some meetings will include training in self-relaxation.
4. We recommend sitting in a different seat each week to give yourself the opportunity to get to know and work with all of your group members.
5. All meetings will focus on helping you understand how you use food to change the way you feel. (The book *When Food Is Love* by Geneen Roth is an excellent beginning resource. You can purchase this at the Positive Choice Reception desk.)
6. Emotions are welcome ... it's o.k. to express sadness by crying or happiness by laughing, etc.
7. It is our intention to create a safe meeting place for you where you can express yourself freely, develop close bonds with your fellow group members, and be accepted.
WEEKLY DISCUSSION TOPICS FOR 20-WEEK PROGRAM

The following topics will likely be covered in your weekly group meetings. All of the topics have been specifically chosen for their ability to help you discover the reasons behind why you may be using food to change the way you feel. Your counselor will determine the order in which you explore the topics based on the needs of your individual group. In some cases, a few of the topics may not be covered but feel free to explore that information on your own. Also, topics not on the list may be introduced if your group's needs can be better met in a different way.

Welcome to the Program
Connecting Personal Life Histories
Feelings—Identifying, Labeling, and Allowing Them
Self-Relaxation
Boundaries
Identifying and Communicating Needs
Power of Thoughts
Body Image
Connecting With Your Child Self
Regrets, Mistakes, and Missed Opportunities
Family Rules and Messages
Respect and Self Esteem
Good Grief
Adding Joy to Your Life
Choices and Taking Responsibility
Managing Stress
Secrets
No Free Lunch
Masks: Getting to Know Your Inner Self
Coping Strategies
Exploring Anger
Changing Self-identity
Communication Skills I and II
Sexuality
Enhancing Intimacy
Creating Satisfying Relationships
Relationship with Food
Creating Dreams, Goals, and Exploring Possibilities
Change, Loss, and Positive Transition
**DAILY BEHAVIOR RECORD INFORMATION SHEET**

Gathering information about your personal behavior patterns is an important part of preparing for a successful experience in the Positive Choice Weight Management Program. You will use the Daily Behavior Record (DBR) to help you identify personal behavior patterns. Please read the following information to understand why the DBR is an important tool and how to fill out the DBR form.

**Why the DBR...**

In order to observe behavior, you must collect data systematically. Write down everything you eat and all the possible things that might trigger your eating.

**How to fill out the DBR...**

The Daily Behavior Records begin on page 12. Fill them out before Week 1 or Week 2. Put your name and date at the top of each page. Be sure to include:

1. The time of day you eat (column 1).
2. Whether it is a meal or a snack (note “M” for meal or “S” for snack, column 2).
3. The food eaten and its quantity and calorie count (columns 3 and 4).
4. Hunger rating (0=not hungry, 1=slightly hungry, 2=hungry, 3=very hungry; column 5).
5. How long it took you to eat the meal or snack (column 6).
6. Whether you were in the kitchen, living room, car, etc. (column 7).
7. What else you were doing while you were eating, such as reading or watching TV (column 8)?
8. What you were thinking or what feelings you were having just before eating and while eating (columns 9 and 10)?
9. What did you learn from the experience (column 11)?

The Daily Behavior Record provides a space for all of this information. Fill out one record for each day and indicate which day by circling its letter.

**DAILY BEHAVIOR RECORD FOR: M T W Th F Sa S (Circle One)**
Helpful hints for filling out your DBRs...

The following are some suggestions for observing behavior systematically:

1. **Be specific**—include details about thoughts, feelings, people, things, or events.
2. **Be prompt**—record eating behavior immediately after eating or, better yet, just before eating.
3. **Be honest**—you only cheat yourself.
4. **Be complete**—record all information. Though there may not be many emotions associated with meals, the thoughts and feelings that occur before, during, or after unplanned or impulsive snacking are often part of a pattern contributing to a weight problem.

Keep in mind that these records are not tests. There are no right or wrong answers—only information. With detailed and accurate information, you can discover patterns in your behavior.

Watch out for the resistance traps...

You may find it difficult to develop the habit of regular record keeping. It does take a considerable amount of time, but it’s time you have already committed yourself to spending. If the time involved is a problem for you now, ask yourself whether you are actually spending more time worrying about the time than you would spend in actually keeping the records.

Other things can also cause resistance to record keeping. For example, a person named Terry told her group at one meeting that she had kept great records all week until she had a bad day. “Then I let the records go,” she said, “because I couldn’t bear to see what I had done.” The bad days are when you especially need complete records; then you can begin to discover the patterns that lead up to those bad days. Like Terry, the judgment you make about yourself is usually harsher than any judgment you’ll get from your counselor or people in the group. Remember your records are just information, not damning evidence. You need to find out where you are right now before you can determine where to start your weight management efforts.

You also might resist writing down everything because admitting on paper that you actually eat so much can say a lot about other problems in your life. Some eating may be the result of bad habits, but some of it may also reflect a means of coping with problems in your life that you don’t want to recognize or deal with at this point. That is all right. You have made managing your weight your first priority right now. Other problems can wait until you are in a position to face them and deal with them. Realizing that you might have other problems does not mean you have to take care of them immediately.

**REMEMBER TO BRING YOUR COMPLETED DBRs TO YOUR SECOND GROUP.**
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Name: ___________________________  Date: ___________________________

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<thead>
<tr>
<th>What did you learn about why you eat?</th>
<th>[ ] Breakfast</th>
<th>[ ] Snack</th>
<th>[ ] Lunch</th>
<th>[ ] Snack</th>
<th>[ ] Dinner</th>
<th>[ ] Snack</th>
</tr>
</thead>
</table>

If you need more writing space, please use the back of this page.

*H.R. = Hunger Rating: 0=no hunger, 1=slightly hungry, 2=hungry, 3=very hungry
REQUEST FOR SUPPORT

Dear ____________________,

I am in the medically-supervised Positive Choice Weight Management Program learning how to change my actions, thoughts, and feelings as they relate to food and eating. I would like to have your encouragement and support while I work towards reaching my goal of taking charge of my weight.

The best way you can support me through this process is by acknowledging whenever I make positive choices towards my goals, such as exercising, keeping records of my eating, using different strategies to manage my emotions, or drinking the meal replacement supplement.

You can also support me by not finding fault with or criticizing my program. While I appreciate your care and concern, judgement and criticism usually cause more harm than good. Please don’t make negative comments such as “You’ve been doing so good; you deserve to have a bite” or “That stuff must be terrible to drink,” or “A green salad can’t hurt; just have a bite.” If you have any questions about what types of comments I will find supportive or not, please ask me!

I need experience with using the new behaviors I am learning, so please include me in social activities while I am in a meal replacement.

Thank you for your support and encouragement!

Sincerely,
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I need experience with using the new behaviors I am learning, so please include me in social activities while I am in a meal replacement.

Thank you for your support and encouragement!

Sincerely,
MEAL REPLACEMENT PROGRAM GUIDELINES

Congratulations on beginning the meal replacement phase of your program at Positive Choice! We hope this will be a very invigorating, rewarding and revitalizing experience for you. In order for you to experience an optimal sense of well being, please read the following carefully to be sure your meal replacement experience is as positive as it can be.

**BE SURE TO REVIEW YOUR PERSONAL MEDICATION INSTRUCTION LETTER GIVEN TO YOU AT THE TIME YOU START THE OPTIFAST® SUPPLEMENT**

How to Use the Meal Replacement Supplement

1. The meal replacement supplement is available in chocolate, vanilla, mocha, wildberry, and creamy tomato and chicken soup. There is also Fulfill Bouillon Chicken Flavored soup available at an extra cost. If you are taking OPTIFAST 800®, the flavors are chocolate, vanilla, strawberry, creamy tomato soup, and creamy chicken soup.

2. The meal replacement supplement provides the protein, vitamins, and minerals needed daily while allowing you a safe and rapid weight loss. It is important that each time you have a meal replacement supplement, you think of the supplement as a meal or as a planned snack.

3. In order to experience a good energy level and avoid fatigue during the meal replacement supplement phase, it is important to use five packets of the supplement daily at regular three to four hour intervals. You could jeopardize your health by using less than five packets each day.

4. The package instructions suggest mixing one package of the supplement with six to eight ounces of cold water. You may also use other low-calorie fluids such as diet soda, black coffee, Nutra-Sweet beverages and ice. (All fluids must have five or less calories per serving. Please read labels carefully.)

5. Mix the supplement and liquid in a blender or a shaker for best results. Open your shaker carefully if using a carbonated beverage; they can explode.

6. To warm up mixed supplement, do so slowly. Excessive heat causes coagulation. Do not add the supplement to a hot liquid; instead slowly add a hot liquid into the supplement.

7. To prevent spoilage, store boxes with unmixed packets at room temperature or colder. Overheating (i.e. being in a car) will change consistency and taste. To prevent spoilage of mixed meal replacement supplement, store in a Thermos™, refrigerator, or ice cooler. It can be frozen and defrosted.

8. You may have up to two servings per day of the Fulfill Bouillon Chicken Flavored soup. This soup should not be counted as one of your five supplements. It should be taken in addition to your five servings.

9. Drink a total of 120-150 ounces of liquid daily. This may include water, black coffee, tea, or other low-calorie liquids. The three to five quarts includes the liquids used to mix the meal replacement supplements.

10. Always carry a few extra packets of the supplement with you in case you get stuck somewhere without your regular supply. Also, always carry liquid and a way to mix the supplement.

11. In case of an unforeseen emergency where the supplement is not available, refer to your Medical Identification Card for a list of emergency replacement foods.
Potassium Supplement
Potassium supplements are required for all people on the meal replacement supplement. You will receive a prescription when you begin your meal replacement. Potassium is best taken with the supplement and should not be chewed. Failure to consume all the fluids and the supplement each day or taking a diuretic may cause low blood potassium levels or deficiencies in other key nutrients. Low potassium levels can cause serious heart irregularities.

Lab Work
If you are in meal replacement program, you must have blood work done on a regular basis. The medical assistants in our Nursing station are available to draw your blood. If you prefer, you may go to any Kaiser Permanente Medical facility the day before group, the day of group, or the day after group.

Exercise
Physical activity will be an important component of your weight loss program. Mild to moderate aerobic exercise and firming and toning with light weights are good choices. Heavy weight lifting with the goal of bulking up is not recommended while in meal replacement. You will need to progress slowly, understanding that exercise tolerance while in meal replacement will vary from person to person. Warm-up and cool-down periods that include stretching are especially important to avoid muscle cramping. Most people find that consuming the supplement about 30 minutes prior to exercise helps avoid fatigue. Experiment to find which feeding schedule works best for you and your exercise regimen.

Weight Loss
The first week on the meal replacement supplement usually results in diuresis (water loss). Your pattern of weight loss can most accurately be projected by observing your losses between Week 5 and Week 9. It is recommended that you put away your scale at home and record your weekly weight losses only in the clinic. This will encourage you to pay attention to other forms of positive feedback on your progress during the week.

Going Out of Town?
It is important that we be able to reach you at any time while you are on the meal replacement supplement in the event we need to address any medical issues. A form is available to provide us with phone numbers where you can be reached, or phone numbers of family members who can reach you if you will be away from home. You can also call or inform your counselor or the medical staff of this information.

General Medical Instructions
Be sure to review your personalized medication instruction letter.

Dizziness/Fatigue
You may experience occasional dizziness, a lightheaded feeling, or fatigue as a result of salt and fluid loss. In order to avoid exacerbating these symptoms, if you are in a meal replacement, you must avoid whirlpools, saunas, steam baths, and prolonged baths or showers. Certain activities may be dangerous and include, but are not restricted to: swimming alone, piloting a plane (flying in a plane is fine), motorcycle or bicycle riding, regular or scuba diving, and hang-gliding. If you do experience dizziness, lightheadedness, or fatigue, closely monitor fluid intake, making sure your daily intake is at least three quarts but no more than five quarts a day. Increase sodium (salt) intake by adding one or two servings of the Fulfill Bouillon Chicken Flavored soup each day, in addition to your five supplements. Symptoms that are severe, particularly if you fall or faint, suggest problems other than the side effects of meal replacement. Kaiser Permanente members should seek immediate medical attention from their medical provider, the Urgent Care clinic, or the Emergency Room by calling 1(800) 290-5000, 24-hours a day, seven days a week. Private patients should contact their medical provider or an Emergency Room.
Dental Health/Bad Breath
Many people experience bad breath when on a meal replacement. We recommend frequent brushing of teeth, tongue, and gums. Consuming a glass of water after each meal replacement supplement can reduce coating. You may use mouthwash, breath spray, and a product called Breath Assure™, which is available at drug stores, Trader Joe’s, Costco, etc. Also, you may chew one packet of sugar-free gum OR one packet of sugar-free breath mints daily, being careful not to use the gum or mints as a food substitute.

Dry Skin
Avoid prolonged showers or baths. Apply lotion to affected areas once or twice a day; doing this while still damp from your shower or bath is especially effective. Other helpful measures, particularly if your skin is itchy, include: using laundry detergent and fabric softeners that have no perfumes or dyes (these can irritate dry skin), using mild body soaps and keeping a humidifier running in your home and/or bedroom.

Pain/Headaches
You may use aspirin or non-steroidal anti-inflammatories (Ibuprofen, Motrin™, Naprosyn™, Advil™, Nurprin™, etc.), acetaminophen (Tylenol™), your prescription pain killers, headache, and migraine medicine (as directed) with the meal replacement supplement.

Colds/Sore Throat
Treat symptoms with pain medications listed above, over-the-counter cold preparations, antihistamines, or decongestants, as your medical history allows. Salt water gargles and sugar-free cough drops are often helpful. Avoid syrups (e.g., Nyquil™) as they often contain significant amounts of alcohol and sugar.

Indigestion/Heartburn
Try liquid antacids including Maalox™, Mylanta™, other brand names, or generic versions: two tablespoons up to four times a day. You may also add over-the-counter products such as Tagamet™, Axid™, or Pepcid AC™, taken according to the instructions on the package.

Nausea/Vomiting
Contact the medical staff at Positive Choice, your own medical provider, the Urgent Care clinic, or the Emergency Room. You may try the medications listed under Indigestion, but this is a symptom that should be further evaluated.

Constipation/Diarrhea
You will receive a handout in your group session from the Physician Assistant.

REMEMBER: The medications and suggestions listed above are provided to ease or resolve common, mild symptoms. Problems that persist or are severe should be evaluated by the medical staff at Positive Choice, your medical provider, the Urgent Care Clinic, or the Emergency Room. Kaiser Permanente members can call 1-800-290-5000, from 7 A.M. to 7 P.M., seven days a week for appointments. Non-Kaiser Permanente members should follow their own medical protocol.
IMPORTANT PHONE NUMBERS:
Positive Choice Integrative Wellness Center
Monday - Friday
(858) 616-5600

Medical Staff
Celia Mariscal, Physician Assistant
Edit Zelkind, Physician Assistant
Heather Wood-Scott, Nurse Practitioner
Karen Banuelos, Nurse Practitioner
Lisa Cook, Nurse Practitioner
Lisa Mager, Nurse Practitioner
Samantha Noonan, Physician Assistant

For appointments with your primary care provider or Urgent Appointment Clinic (evening, weekend, and holiday appointments):

1-800-290-5000, from 7 A.M. to 7 P.M., seven days a week

Kaiser Permanente Emergency Room
(619) 528-5700

Private patients should contact their medical providers or any available emergency room.
ANSWERS TO FREQUENTLY ASKED MEDICAL QUESTIONS ABOUT THE MEAL REPLACEMENT SUPPLEMENT

The meal replacement supplement is an extremely safe substance for prolonged use if medical monitoring is appropriately carried out and if the full five packets of the supplement are taken each day. People with many chronic illnesses and taking many medications can safely be on the supplement if advance medical planning is done. Here are some questions that are frequently asked and the answers.

IS IT SAFE TO GO WITHOUT FOOD (ON SO FEW CALORIES) FOR SUCH A LONG TIME?
Yes, if you are medically monitored. This answer is based on our experience with 25,000 patients in San Diego. Hundreds of thousands of patients have safely been treated nation-wide. You should realize, however, your body will be using the same number of calories it always does. The only difference is that those calories will now come from your own fat deposits rather than from food.

WHAT WILL HAPPEN TO MY BOWEL MOVEMENTS ON THE SUPPLEMENT?
They will appropriately reduce in frequency and size; they may also darken.

WHY SHOULD I NOT FLY A PLANE OR DIVE WHILE ON THE SUPPLEMENT?
Because a few people initially and periodically get lightheaded and that might make these activities more dangerous. The same advice applies to hang-gliding and other precarious activities.

WHY DO SOME PEOPLE GET LIGHTHEADED ON THE SUPPLEMENT?
Some, because they get nervous without food and hyperventilate; others, because they may require several weeks to accommodate their circulation to the removal of excess salt and water from their body.

WHY DO I NEED POTASSIUM IF EVERYTHING NEEDED IS IN THE MEAL REPLACEMENT SUPPLEMENT?
Because the ability to retain potassium varies among people and the replacement amount needs to be individualized. Additionally, low potassium levels can cause serious heart irregularities.

IS IT TRUE THAT PEOPLE SOMETIMES LOSE THEIR HAIR ON THE SUPPLEMENT?
Partly. No one ever goes bald, but some people do temporarily increase the amount of daily hair shedding we all have. Like the increased hair shedding that sometimes occurs pregnancy, this clears up spontaneously in several months and does not require treatment. No one really knows why it occurs either in pregnancy or while people are taking the supplement, but it is only temporary.

I'VE HEARD SOME PEOPLE HAVE GALLBLADDER PROBLEMS WHILE ON THE MEAL REPLACEMENT SUPPLEMENT. IS THAT TRUE?
Yes, but it is quite infrequent. The real association is between gallstones and obesity, not between gallstones and the treatment of obesity. Overweight people develop gallstones at a higher rate than normal weight individuals. Pancreatitis, an infection in the bile ducts, may be associated with the presence of gallstones. If you notice fever, nausea and a pain in the upper right or the upper left abdominal area, contact your primary care physician to check for the presence of gallstones or pancreatitis.

WHAT ABOUT THE MEDICINES I TAKE?
Just be sure you tell us about all of them in advance so adjustments can be made.
WITH WHOM DO I TALK WHEN I HAVE MEDICAL PROBLEMS?
If they obviously are not related to being on the supplement then talk to your regular doctor. If you think they are related to being on the supplement, talk to the Positive Choice medical staff.

DO I NEED TO RESTRICT MY PHYSICAL ACTIVITY ON THE SUPPLEMENT?
For most people, no; you will need to increase it. The rare person in the program who is a weight lifter should discuss this with the medical or fitness staff.

MAY I TRAVEL ON THE MEAL REPLACEMENT SUPPLEMENT?
Not if you want to stay in the Program. The problem is not being on the supplement, it lies in missing the weekly sessions and the blood tests.

HOW WILL I KNOW IF I NEED LAB TESTS OR IF SOMETHING IS WRONG?
We will call you regarding any abnormality.

WILL MY METABOLIC RATE BE SLOWED DOWN?
Yes, but to an inconsequential amount that has no effect on weight loss or on regain. Your metabolic rate will correct within a few weeks after the end of the program.

WILL A SLOW METABOLIC RATE CAUSE WEIGHT GAIN?
Apart from what was mentioned in the previous question, the only cause of slow metabolism is untreated hypothyroidism, and even this can only cause minor weight gain. Everyone was checked for this condition in their medical assessment. Treated hypothyroidism has no bearing on weight, whatsoever. The concept of slow metabolism causing obesity has no basis in medical fact. Obesity is caused by eating more than your body requires. The reasons for this are sometimes obvious, sometimes complex. The purpose of the program is to help you discover them. You can lose weight without this knowledge, but you are not likely to keep it off. The magic is what you accomplish in the program, not in the supplement.

HOW OFTEN DO I NEED TO TAKE MY BLOOD PRESSURE?
Not at all if you don't have high blood pressure. If you do, the weekly measurements are all you need.

WHAT DO I DO IF I RUN OUT OF THE MEAL REPLACEMENT SUPPLEMENT?
First, consider why you let this happen. Then borrow a few packets from someone in your group until you can contact your counselor about getting more. An emergency diet card is provided in the packet from your counselor. Use this if all else fails.
FULL & MODIFIED Meal Replacement Program
Things to Know When Checking at Session #2

MEAL REPLACEMENTS

- It will be helpful if you have an idea of what meal replacement flavors you want at your Check-in appointment. Here are the flavors you may choose from:

  **NutriMed**: vanilla, chocolate, mocha, and wild berry shakes, creamy tomato and chicken soup.

  **OPTIFAST 800**: chocolate, vanilla, and strawberry shakes, and tomato and chicken soup. Bars are available in chocolate, peanut butter chocolate, and apple cinnamon flavors.

- You will be purchasing between 5 to 10 boxes of meal replacements at your clinic-check-in. Each box contains seven meal replacements. (Five boxes = 1-weeks, 10 boxes = 2-weeks.)

- Three of every five boxes must be shakes. The remaining two boxes can be a combination of shakes, creamy soup, (or bars if you are on OPTIFAST 800).

- The first and second week on meal replacements you have the option of purchasing an extra box of meal replacements. It’s a good idea to have extras in case of an emergency.

- **Chicken Bouillon Broth**: You have the option of having a chicken bouillon broth in addition to your five, daily meal replacements. For some people the soup will be required for medical reasons.

- The meal replacements are balanced to provide a controlled level of sodium. Because the bars and soups are higher in sodium than the shakes, we require that three of your daily meal replacements be a shake and two or less be a soup and/or bars.

- Due to strict sodium guidelines, you may **ONLY consume up to two servings of soup or broth per day**. For this reason, there will be some restrictions on how many boxes of soup/broth or bars you may purchase at your bi-weekly clinic visits. The below chart highlights the combinations of product that may be purchased.

<table>
<thead>
<tr>
<th>Meal Replacements</th>
<th>Broth</th>
<th>Product Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 boxes Shakes</td>
<td>1 or 2 boxes of broth</td>
<td>Total purchase 6 or 7 boxes</td>
</tr>
<tr>
<td>4 boxes Shakes + 1 box of Soup</td>
<td>Can buy 1 broth</td>
<td>Total purchase 6 boxes</td>
</tr>
<tr>
<td>3 boxes Shakes + 2 boxes of Soup</td>
<td>CANNOT buy broth</td>
<td>Total purchase 5 boxes</td>
</tr>
</tbody>
</table>

- Be sure to check your purchase of meal replacements before you leave the clinic to verify you received the right flavors and brand as meal replacements **cannot** be returned.

FIBER

- We require everyone on meal replacements to supplement their plan with fiber. The medical team will discuss options for purchase commercially. Positive Choice sells NutriSOURCE® Fiber.
FULL & MODIFIED Meal Replacement Program
Things to Know When Checking at Session #2

- NutriSOURCE, a soluble dietary fiber, that is made to easily mix with beverages and provide 3 grams of fiber per Tsp.

CLINIC VISITS
- Blood lab work is required every other week to ensure medical safety while you in the medically supervised meal replacement program.
- You will be scheduled a clinic-visit appointment. At this appointment you will complete your lab work, have a medical check-in and may purchase meal replacements. These appointments may be completed at Garfield, Otay Mesa, San Marcos, and Bostonia KP locations. Nonmembers must have lab work done at the Positive Choice Integrative Wellness Center at Garfield.

PREPAID MAINTENANCE FEE REMINDER
- The payment of the Maintenance fee will be split into four payments due at weeks three, five, seven, and nine.
- The Maintenance fee is $400.

IF YOU HAVE ANY QUESTIONS, PLEASE ASK YOUR COUNSELOR!
POSITIVE CHOICE MEAL REPLACEMENT PROGRAM RESPONSIBILITIES

Responsibilities of Positive Choice Clinic and Staff for all Programs:
1. Begin weekly groups on time.
2. Provide 30 minutes before group begins and 30 minutes after group ends for counselor consultations.
3. Offer a consistent day and time for weekly meetings provided the group maintains at least 10 group members.
4. Provide product and medical supervision as indicated by individual program protocol.
5. Establish guidelines and teach methods for behavioral changes that will support a healthy lifestyle.
6. Provide informative educational materials.
7. Explain all assignments, answer questions, and offer positive feedback and encouragement for participants.
8. Offer weight maintenance groups after weight loss phase.
9. Provide information and literature on additional support opportunities.
10. Create and maintain a safe and supportive environment conducive to personal exploration, self-disclosure, and expression of feelings.
11. Facilitate and moderate group discussions, maintaining the best interests of the participants.

All information between you and your counselor is held to be strictly confidential unless:
1. You authorize a release of information by signed consent;
2. You present physical danger to yourself or others; or
3. Child or elderly person abuse is suspected.

Your counselor is required by law to inform potential victims and/or the authorities if he/she believes that you are in danger of hurting yourself or someone else and/or if there is reasonable suspicion that a child or an elderly person has been or is being abused or neglected.
POSITIVE CHOICE MEAL REPLACEMENT PROGRAM AGREEMENT

As a Member of this Group, I agree to:

1. Participate! It is always up to me how much and what I share about myself. I will be a conscious contributor
   and be sensitive to the needs of others in the group.
2. Respect the group’s confidentiality. I understand that I may not bring anyone to class with me. Children are not
   to be left unsupervised when I attend Positive Choice classes or appointments.
3. Communicate with my counselor any needs or concerns I have about my group. My input and feedback are
   important.
4. Attend class 2 and 3. If I miss either class for any reason, I must to speak with my counselor and possibly the
   medical staff. I may need to restart in a different class.
5. Attend class regularly, missing no more than four classes every 20 weeks. I will leave my counselor
   a message if I will be absent, or if I decide to withdraw from the program. If I miss 3 consecutive classes, I
   automatically will be withdrawn from the program. If I wish to return to the program, I will call the Positive
   Choice front desk to schedule a Re-entry Appointment, for which there is a fee. At this appointment, I will be
   enrolled in a new class.
6. PAY WEEKLY FEE FOR CURRENT AND MISSED CLASSES.
7. Pay for any missed class, pick up product, and do lab work if needed. I can go to the Positive Choice
   Clairemont Mesa facility during business hours. Or, I can pay when I return to class the next session. (NOTE:
   Missed classes cannot be made up as all groups are closed and confidential.)
8. Stay home if I have a potentially contagious illness so that I can take care of myself and protect my classmates.
9. Notify Positive Choice medical staff of any changes in medical status, medications, and any medical or surgical
   procedures. If I am placed on a Medical Leave of Absence (MLOA) from the program, then I will need
   medical clearance if I choose to return.
10. Notify the Positive Choice medical staff if I travel out of the country while on product.
11. Pay non-refundable Maintenance fee in full by class 9, due date: ________.
12. Arrive 30 minutes before class for check-in and lab work, and stay for the duration of class.
13. Complete assigned Daily Behavior Records to raise my awareness of habits, patterns and triggers
   of my healthy and unhealthy eating. I will turn these in class 2 as a requirement for starting the meal
   replacement.
14. Complete lab work and follow all instructions given by the Positive Choice medical staff.
15. Consider additional support and/or psychotherapy which may be beneficial as I deal with my weight and
   overeating issues. Although we will discuss many personal and emotional life issues, this is not group therapy.
16. Establish and maintain a regular exercise program. I understand that I will be doing some exercise/movement
   in my weekly classes.
17. ABSTAIN FROM ALL ALCOHOL AND STREET DRUGS WHILE ON PRODUCT. Use of ANY alcohol
   or street drugs while in the program is grounds for expulsion.
18. Notify a Positive Choice receptionist of telephone number or address changes.
19. Be aware that if my group drops below 10 members, the class length will be 90 minutes.
20. Be respectful of the class electronics policy. Sometimes using gadgets or devices can be a distraction,
   avoidance, or way to disengage from the group. If I need to use my phone, I will step outside of the classroom.
21. Check that the product I receive is the product I ordered. The meal replacement supplements are prescriptions.
   Once the product leaves the clinic, it cannot be returned or exchanged.
22. Keep all my receipts – see page A-33 for details.

Date ___________________________ Participant’s Signature ___________________________
Participant’s Name Printed
KEEP ALL YOUR RECEIPTS

The IRS recognizes obesity as a disease and allows people who meet the IRS qualifications to claim weight-loss expenses as a medical deduction. In order to claim the deduction, you have to participate in a weight loss program for a medically valid reason. In order to take the deduction, you must also itemize your deductions and the deductions must represent a specified percentage of your income. This percentage changes from time to time, so check with qualified tax preparer to see if you may take the deduction.

Positive Choice items that may be considered for a medical deduction or for reimbursement through an employer’s flexible healthcare spending account include:

- Your Medical Clearance/Enrollment Consult appointments.
- Your program fee (but not meal replacements).
- Your Maintenance fee.

In order to claim the deduction, you must be certain to keep all of your receipts for the above items (that means keeping your receipt every time you check in for a group meeting or an appointment). Positive Choice will not provide any additional copies of receipts once they have issued the original receipt to you.
HOW CAN I BE REACHED IN CASE OF AN EMERGENCY DURING EVENING GROUP TIME HOURS?

We realize that any time you leave home it is comforting to be able to leave a phone number where you can be reached in case of an emergency. Because our phone systems turn off at 5 P.M., we have made special arrangements with the main Kaiser Permanente phone operator and the Clairemont Medical Center security officer to be able to locate you in case of an emergency. All you need to do is follow these guidelines.

1. Ask family member or person trying to contact you to call the main Kaiser Permanente Operator at Zion at this number (619) 528-5000.

2. The phone operator will ask the caller for three pieces of information so please leave this information with family members or child caretakers, who might need to reach you for an emergency during group time.

   Information needed: your name, your counselor’s name, and your room number.

3. The phone operator will then page our security officer who will locate you in your room so that you can take the emergency phone call.

We are committed to meeting the needs of our program participants and are currently exploring alternative options to increase our ability to provide evening phone access.
YOU COULD BE IN THE
POSITIVE CHOICE HALL OF FAME!

The Positive Choice Hall of Fame
Positive Choice has a long-standing tradition of honoring active Weight Program participants that have maintained their weight loss and demonstrated weight maintenance skills. Each individual that is awarded Hall of Fame status receives a Hall of Fame card that allows them to attend an unlimited number of free Booster Groups at Positive Choice for one year. The Hall of Fame card is renewed each year that weight maintenance is demonstrated and Hall of Fame guidelines are met.

Nomination
Weight Program participants can be nominated for The Positive Choice Hall of Fame by any Positive Choice employee or they can nominate themselves by telling their Booster Group counselor. Guidelines used to decide Hall of Fame eligibility are on the next page. Questions and nominations should be directed to the Hall of Fame Coordinator, (858) 616-5600.
GUIDELINES FOR HALL OF FAME ELIGIBILITY

• Maintain good attendance and participation in a Positive Choice Weight Management Program. Good attendance is considered attending a minimum of 16 out of every 20 group meetings.

• Purchase, actively participate, and have good attendance in The Positive Choice Weight Maintenance Program. Good attendance is considered attending a minimum of six out of the eight weekly Maintenance Group meetings.

• Achieve your healthy goal weight as determined by a BMI (Body Mass Index) of 29 or less and maintain this goal weight for at least one year.

• Upon completion of a Positive Choice Maintenance Program, remain active in monthly Booster classes at Positive Choice for the remainder of your first maintenance year and turn in body weight measurements when attending each Booster class.

In the event that you are unable to come to the Positive Choice Clinic—you may send in one week’s worth of food records plus a weigh-in. This will count as a support option; however, this option may only be used two non-consecutive months each maintenance year.

Hall of Fame Benefit
• You may attend one free year of Booster sessions, attending as many sessions as you like.
## FITNESS

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- Exercise ............................................................................................................................... B-3
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EXERCISE GUIDELINES

A sound exercise program is crucial to maximizing fat loss and minimizing muscle loss during any very low-calorie program. Unless told otherwise by your doctor, you can safely engage in an exercise program while taking the meal replacement supplements. However, if you engage in too much exercise you can cause a soft tissue injury, or experience symptoms of nausea and lightheadedness. By following a few simple guidelines, you can exercise your way to a healthier body.

- **Frequency:** Three to five days per week.
- **Intensity:** Moderate intensity aerobic activities, moderate resistance training (see Type below for suggestions).
- **Time:** 20 to 30 minutes per session, not including warm-up or cool-down activities.
- **Type:** Aerobic Activities *(Cardio)*: these forms of exercise burn fat and include continuous movement such as walking, running, swimming, elliptical and cycling. Resistance Training *(Strength)*: these forms of exercise spare muscle from being lost during the program and include free weights, stretch bands, body weight exercise, and weight machines.
  
  Use moderate resistance and a higher repetition range (12 to 15) for strength training workouts.
- Be sure to drink extra fluids on workout days. Consult the medical staff about the possibility of consuming an extra shake or adding chicken soup to your normal food plan.
- Seek the advice of an exercise physiologist if you have questions or concerns. Positive Choice offers individual exercise consultations for an extra fee. Please contact the front desk at 858-616-5600 for more information or to schedule an appointment.
EXERCISE I

FOCUS
1. Increasing physical activity through movement and activities of daily living.

READ
2. *The Ultimate Fit or Fat* by Covert Bailey.

JOURNAL
Write for 15 minutes about how you feel during and after your exercise. What sensations do you notice in your body?

DO
1. *Regular* physical activity is an important component of weight loss and good health. Start slow and think about movement, not exercise. Think of a typical day. Write down at least five ways that you could add more physical activity into your life. (Examples: walk around the house while talking on a cordless phone; get up to change the TV channel instead of using a remote control; park farther away at the grocery store and walk the extra distance.)

2. *Accumulating* 30 minutes of physical activity on a daily basis is necessary for good health. Common activities such as vacuuming, grocery shopping, or yard work all count. Now that you have identified ways to increase your activity level, it’s time to get moving. Keep a written tally of all the minutes you spend engaged in physical activity for three days. Remember, your goal is 30 minutes (or more).
EXERCISE II

FOCUS
2. Establishing the habit of exercise.

READ
Maximize Your Body Potential, Chapter 26, Getting and Staying Motivated for Exercise, pp. 320–328.

JOURNAL
Write about how you will look and feel after six months, one year and five years of your exercise activities. Be specific. Describe both your physical features and the sensations you will have.

DO
1. If you are beginning an exercise program, keep it *simple and fun*. Spend some time thinking about activities you used to enjoy as a kid, or a new activity you would like to try. Write it down. Now, picture yourself engaging in this new activity. Write down how you will get started.

2. Once you become more physically active, the thought of exercising will not sound so difficult. Choose an activity that is easy. Walking is an excellent choice and is safe for most people. If walking is difficult, try swimming or stationary cycling. Regardless of your choice, make it fun! Do not hold yourself to a rigorous workout schedule. Instead, set short-term goals that focus on the habit of exercise. Begin with 10 minutes of exercise for three days per week. Add one to two minutes per week to each exercise session until you reach 30 minutes of *continuous* activity.

Note: This routine should be maintained consistently for three to six months before attempting anything more vigorous. If you have questions or concerns, consult an exercise physiologist.

THINK
Review Using Exercise to Maintain Your Weight Loss on pg. 4.
USING EXERCISE TO MAINTAIN YOUR WEIGHT LOSS

Exercise/Physical Activity
Planned physical activity is a vital component of weight management. Research and the experience here at Positive Choice show that it is extremely difficult to maintain one’s weight after losing, without incorporating a planned, regular exercise program into your habit system. The goal is to have exercising become as automatic as brushing your teeth.

Types of Exercise
There are three general categories of exercise:

1. **Cardiovascular/Aerobic** — The purpose of cardiovascular exercise is to train your body to burn fat as fuel. It is done by continuously moving the large muscle groups (lower body) for a sustained period of time. This also increases the heart’s ability to transport oxygen and the muscles’ ability to utilize it. Because cardiovascular exercise increases a person's metabolic rate, more calories are burned both during and after exercising. Also, the appetite is suppressed by this type of exercise and stress hormones are burned off, thereby, reducing the chances of responding to food cues by eating.

Cardiovascular exercise is rhythmic, continuous exercise (e.g. walk, swim, run, bicycle, etc.). To maximize the benefits from aerobic exercise:

- It should be done a minimum of three times per week.
- It must be done at an intensity that challenges the heart and muscles, which corresponds to 60% to 80% of maximum heart rate. Subjectively, you should be able to talk, but not sing during the session.
- This intensity should be maintained for a minimum of twenty minutes. This is a goal to work towards. If you can’t exercise continuously for twenty minutes right now, start with what you can do comfortably. If you are able to exercise for twenty minutes, work toward increasing the time to thirty minutes, then to forty-five minutes.

2. **Strength/Resistance** — The goal of this type of exercise is to build muscle strength and tone. This is accomplished by progressively overloading the muscles with resistance. Over time, the body adapts by increasing muscle fiber number, density and volume. Muscle tissue is calorically expensive, so the more you have, the more calories you burn in every movement you make. This is also the reason why the body will get rid of muscle tissue during very low calorie diets if it isn’t convinced it needs it. Resistance training is a way of “convincing” your body that it needs muscle. Furthermore, strength/resistance training can also strengthen bone tissue, which is crucial in warding off loss of bone mineral density in later years (which leads to osteopenia and osteoporosis).

Effective forms of strength/resistance training include free weights, machines, stretch bands, and body weight exercises such as squats and push-ups.

- It should be done two to three times per week, on non-consecutive days.
- A moderate resistance should be used for each exercise, leading to muscle fatigue/failure between the 12th and 15th repetition.
- Perform two to three sets per exercise, with about 30-60 seconds rest between sets.
- Soreness the next day represents an inflammatory response and is completely normal. It is a sign you used a resistance level that successfully overloaded the muscle and you are now in “repair” mode. Often times the first bout causes a great amount of soreness, but stick with it, and you won’t be this sore again.

3. **Flexibility/Stretching**—This form of exercise is meant to increase the range of motion of a muscle and joint, which can decrease the risk of injury. They should be done after a proper *warm-up*, which involves 5-10 minutes of light movement to get the blood flowing and raise the temperature of the working muscles, or after a workout session. It is not advised to stretch “cold” muscles, as this can actually increase the risk for injury.

Your personal exercise program is a vital part of the lifestyle change that you will be making. It has been found that a successful weight maintainer is a person is embraces physical activity and movement. They understand that to maintain a weight there must be a balance between calories taken in and energy expended. The more active people are, the greater their caloric expenditures.

**Key Ideas**
When starting an exercise program remember to:

1. Choose activities you enjoy.
2. Aim for a variety in your exercise routine.
3. Start out slowly.
4. Increase accountability and social enjoyment by joining an exercise class or group.
5. Reinforce yourself each time you exercise.
6. Have fun!
THE RIGHT EXERCISE PROGRAM FOR YOU STARTS HERE

WHAT DO YOU WANT TO GET OUT OF AN EXERCISE PROGRAM?

What you want to get out of an exercise program has everything to do with the kind of program that will work best for you in the long run. Ask yourself, “What do I want to accomplish?” Do you want to lose weight? Get in shape and stay in shape? Maybe you’d like to reduce some of the stress in your life. Or perhaps you’re serious about improving your overall health or increasing your muscular strength.

The good news is every one of those goals can be accomplished. Each one can be the start of a fun exercise program you can enjoy and benefit from.

Is your goal weight control? Then start with a low-impact or no-impact aerobic activity and work up to at least 30 minutes almost everyday. If your goal is strengthening your muscles, there are plenty of strength-conditioning programs that include the use of free weights, weight machines, exercise tubing or calisthenics. Or if what you hope to gain from exercise is improved flexibility, you could try yoga or a simple stretching routine that covers all your major muscle groups.

Maybe you know what you want to accomplish, but don’t know how to get started. That’s where we can help. The American Council on Exercise has more than 50,000 certified group fitness instructors and personal trainers all over the world who can help you get started with the program that best meets your goal. Call us toll-free, and we’ll help you find one near your home.

But before you take that step, check with your doctor, especially if you’re over 40, or if you have any health problems, like high blood pressure, high cholesterol, diabetes, a family history of heart disease, or even if you smoke. It’s a good idea to have your personal physician give the idea of an exercise program a thumbs-up before you begin.

WHERE’S THE BEST PLACE TO EXERCISE?

What’s better: your home or a health club? Actually, one place isn’t better than another. The choice really comes down to where you can be most comfortable and best able to accomplish your exercise goals. Here are some things to consider when you’re making your decision.

HOME EXERCISE ECONOMICS

Exercising at home can be more economical than exercising at a health club. Invest in a good pair of running or walking shoes, some adjustable dumbbells and an exercise mat, and you’re ready to go. For some people, the best part of home exercise is the privacy. If you’re the kind of person who can stick with an exercise program alone at home, that’s your answer. But if you do better with the stimulation of others, or if you enjoy being with a group who shares your interests, consider a full-service club.

MORE EQUIPMENT AND PROFESSIONAL GUIDANCE AT A CLUB

For some people, a health or fitness club works a lot better than home. Clubs have a variety of exercise options, professional fitness instructors to keep you working in the right direction, and other people who share a common interest.

One of the nice things about a club is that you can work it into your schedule. Go early in the morning before work. Or stop off on your way home.

The only drawback could be the cost of health club membership. You’ll have to weigh the expense with what you can afford and what you want to accomplish.

ONE MORE OPTION: A WORKDAY ROUTINE

There is still another direction you can go, and that’s to get together with co-workers during lunch to walk or jog. Many people have a good chance of sticking with a regularly scheduled lunch-time exercise program. You just might be one of them.

Deciding where to exercise comes down to picking the place that offers you the greatest comfort, and the one that works best with your lifestyle.

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MAKING TIME FOR EXERCISE IS EASY

By now you know that exercise is good for you, and that you should do something on a regular basis. What’s the best time for you to exercise? Anytime. Honestly. For example, when you’re sitting and watching TV, stretch your muscles. Never stretch so hard it hurts. Rather, stretch to the point of mild tension and hold the stretch for 10 to 30 seconds.

A healthy exercise program includes three kinds of exercise: aerobic activity, muscular strengthening and flexibility exercise. You can start your exercise program without investing in any elaborate equipment. For example, you can do simple exercises at home or at your desk at work, including sit-ups, push-ups and pull-ups. For basic body weight exercises, weight-lifting equipment isn’t required. Head for the kitchen and pick up the soup cans you have in the cupboard.

AEROBIC ACTIVITY CAN BE FUN

Aerobic activity is defined as prolonged continuous movement of large muscle groups. Translated, that means do something that keeps you moving. Ideally, do it for 20 minutes straight. If you don’t have that much time, two 10-minute aerobic activity sessions will benefit you almost as much.

The good thing about aerobic activity is that it includes many of the sports you probably already enjoy. Walking, biking, hiking, dancing, swimming, even basketball are all examples of aerobic exercise.

Another good thing is that you can easily accomplish those two 10-minute sessions with things like taking the stairs instead of the elevator, walking around the neighborhood after work or parking your car farther away. You could even turn shopping into an aerobic activity. Shopping is walking, so don’t stop for 10 minutes straight and you’ve worked in one of your daily sessions! Check with your local mall for mall walker programs, and you’ll have company.

Aerobic exercise is definitely good for cardiovascular health and fitness. And here’s something else you’ll like: Aerobic activity can help you lose fat weight.

PLENTY OF GOOD EXERCISE ALL AROUND THE HOUSE

If you do housework or yard work, you’re doing yourself a favor. The stretching and lifting housework entails is good exercise. So is work you do outside. Yard work uses many muscle groups, especially activities like planting and working in the garden. Raking uses your arm and back muscles. Digging gives your arms and legs a workout. And gardening provides a bonus: You’ll have more fresh vegetables and fruits to add to your diet.

IS ONE TIME BETTER THAN ANOTHER TO EXERCISE?

It’s really up to you. You can exercise in the morning, afternoon or evening. Lunch breaks offer an excellent opportunity to get out of the office and exercise. Use your coffee break to take a short walk around the office. Get rid of the day’s stress by fitting in an exercise session after work.

Whatever time you choose, make sure you stick with it. For some people, it’s easier to stay with an exercise program when you do it with a friend or co-worker.

MAKE TIME TO STAY HEALTHY

Exercise is one of the best things you can do for yourself. If you’re basically healthy, get going right now. If you’re 40+ or have any health problems, consult your physician first. Your local recreation and fitness centers should have exercise information and instruction. Or call ACE at (800) 529-8227, and we’ll help you locate an ACE-certified Aerobics Instructor or Personal Trainer in your area.

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EXERCISE CAN HELP CONTROL STRESS

HOW IT WORKS

People who exercise regularly will tell you they feel better. Some will say it’s because chemicals called neurotransmitters, produced in the brain, are stimulated during exercise. Since it’s believed that neurotransmitters mediate our moods and emotions, they can make us feel better and less stressed.

While there’s no scientific evidence to conclusively support the neurotransmitter theory, there is plenty to show that exercise provides stress-relieving benefits.

FOUR WAYS EXERCISE CONTROLS STRESS

Exercise can help you feel less anxious. Exercise is being prescribed in clinical settings to help treat nervous tension. Following a session of exercise, clinicians have measured a decrease in electrical activity of tensed muscles. People have been less jittery and hyperactive after an exercise session.

Exercise can relax you. One exercise session generates 90 to 120 minutes of relaxation response. Some people call this post-exercise euphoria or endorphin response. We now know that many neurotransmitters, not just endorphins, are involved. The important thing though is not what they’re called, but what they do: They improve your mood and leave you relaxed.

Exercise can make you feel better about yourself. Think about those times when you’ve been physically active. Haven’t you felt better about yourself? That feeling of self-worth contributes to stress relief. Exercise can make you eat better. People who exercise regularly tend to eat more nutritious food. And it’s no secret that good nutrition helps your body manage stress better.

IT’S TIME TO GET STARTED

Now that you know exercise can make a big difference in controlling stress, make some time for regular physical activity. We’ll help you get started by listing three activities you can choose from:

1. Aerobic activity. All it takes is 20 min utes’ worth, six to seven days a week. Twenty minutes won’t carve a big chunk out of your day, but it will improve your ability to control stress significantly.

2. Yoga. In yoga or yoga-type activities, your mind relaxes progressively as your body increases its amount of muscular work. Recent studies have shown that when large muscle groups repeatedly contract and relax, the brain receives a signal to release specific neurotransmitters, which in turn make you feel relaxed and more alert.

3. Recreational sports. Play tennis, racquetball, volleyball or squash. These games require the kind of vigorous activity that rids your body of stress-causing adrenaline and other hormones.

NOT JUST ANY EXERCISE WILL DO

Don’t try exercising in your office. Outdoors or away from the office is the best place to find a stress-free environment. Even a corporate fitness center can have too many work-related thoughts for some people.

Stay away from overcrowded classes. If you work surrounded by people, a big exercise class may be counterproductive. Solo exercise may be more relaxing for you. If, however, you work alone, you may enjoy the social benefit of exercising in a group. A lot depends on your personality and what causes stress for you.

Don’t skip a chance to exercise. Take a break every 90 minutes and you’ll be doing yourself a favor. Ninety-minute intervals are a natural work-break period. And four 10-minute exercise breaks at this time will burn about as many calories as a solid 40-minute session. Work-break exercises can be as simple as walking or climbing stairs, stretching or doing calisthenics.

Controlling stress comes down to making the time to exercise. You’re worth it!

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SUCCESSFUL WEIGHT CONTROL

IT’S NOT JUST CUTTING CALORIES
Eating less, or cutting back on fat in your diet, won’t keep the weight off. What you really need to do is strike a good balance between the number of calories you consume and the number you burn. And the only way to do that is to exercise.

Don’t groan! By exercising, you can lose weight while you eat more calories than if you simply went on a diet. Regular physical activity is much more effective at keeping the weight off in the long run than any diet.

ONE CHOICE IS AEROBIC EXERCISE
With aerobic exercise, you can lose weight without drastically reducing the calories you consume or sacrificing important nutritional needs. One reason for this is because aerobic exercise not only elevates your metabolism while you’re exercising, it can also keep it elevated even after you’re done, depending of course on how long and how strong you exercise.

You’ve probably heard about exercise programs that actually turn your body into a “fat-burning machine.” Aerobics can do that. An aerobic program you stick with can help you lose weight easier because it can stimulate your body and make it burn calories.

If weight control is your goal, some types of aerobic activity will work better than others. Low-impact aerobics, like walking, step aerobics and low-impact aerobic dance are your best bets. Some good no-impact aerobic activities you can benefit from include swimming, bicycling and rowing. If you’re just getting started, begin with as little as 15 minutes of low-impact aerobics three times a week. Gradually increase to 30 minutes of moderate aerobic activity four times a week.

STRENGTH TRAINING = WEIGHT MANAGEMENT
Your muscles burn calories during physical activity. What you may not know is your muscles also burn calories when your body is at rest. Increase your muscle mass, and you’ll be increasing your body’s capacity to burn calories both during activity and at rest.

Add to that the research that shows diets that restrict calories substantially can cause the loss of lean muscle mass, along with the loss of fat. By incorporating strength training into your activity program, as well as following a moderate diet, you’ll be able to maintain lean muscle mass while you lose fat.

Start any strength-training program with one set of exercises and a weight that allows you to complete eight to 12 repetitions. Your program should exercise your legs, arms, chest and upper back. If you want to strengthen your stomach and lower back, increase the number of repetitions with weights that offer less resistance.

SUCCESS MEANS GOOD EATING AND GOOD EXERCISE
Follow a moderate low-fat diet and an exercise program that combines aerobic activity and strength training. That’s the key to losing weight – and keeping it off.

Begin slowly with exercises you find comfortable and build as your body becomes accustomed to the activity level. Don’t start out too hard or too fast. Chances are you may injure yourself or quit before you’ve done yourself much good.

And remember, you can’t lose weight overnight. Set a realistic weight-loss goal for yourself – like one to two pounds a week – eat healthy, get going on a program of regular physical activity, and you’ll be delighted by what you accomplish.

Maintaining a lower, healthier body weight is something you can accomplish. So start now and keep on going!

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CALORIE BURNERS: ACTIVITIES THAT TURN UP THE HEAT

When it comes to burning calories, most of us want to get as much mileage out of our exercise as possible. For many, the more calories we burn, the better we feel about our workout. While energy expenditure should not be the only measure of a good workout (remember, it’s good for you and makes you feel pretty good, too), it is helpful to know what a given activity might be costing you in terms of calories.

A word of caution, though, about counting calories. Simply burning more calories will take you only so far down the road to better health. A well-balanced, low-fat diet, plenty of rest and a healthy attitude are also essential. And, of course, all things in moderation—even exercise.

READING THE CHART

The numbers on this chart correspond to how many calories individuals of various weights burn per minute during different activities. Simply multiply this number by how many minutes you perform a given activity. For example, a 160-pound man jogging will burn about 12.4 calories per minute, or 372 calories during a 30-minute jog.

There are a few things you should keep in mind as you review this chart. With exercise, it really is true that you get out of it what you put into it. Simply showing up for class and going through the motions isn’t going to do you much good. To get the most out of your exercise session, give it your all, even if your all is less than what others might be doing.

And don’t forget to look for little ways to increase the number of calories you burn each day. You might be surprised to learn that it is possible to burn more calories simply by becoming more active in your daily life. Doing things like taking the stairs, walking to the mailbox instead of driving, and doing chores around the house are great ways to burn additional calories.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories/min.</th>
<th>120 lb.</th>
<th>140 lb.</th>
<th>160 lb.</th>
<th>180 lb.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>7.5</td>
<td>8.8</td>
<td>10.0</td>
<td>11.3</td>
<td></td>
</tr>
<tr>
<td>Bowling</td>
<td>1.2</td>
<td>1.4</td>
<td>1.6</td>
<td>1.9</td>
<td></td>
</tr>
<tr>
<td>Cycling (10 MPH)</td>
<td>5.5</td>
<td>6.4</td>
<td>7.3</td>
<td>8.2</td>
<td></td>
</tr>
<tr>
<td>Dancing (aerobic)</td>
<td>7.4</td>
<td>8.6</td>
<td>9.8</td>
<td>11.1</td>
<td></td>
</tr>
<tr>
<td>Dancing (social)</td>
<td>2.9</td>
<td>3.3</td>
<td>3.7</td>
<td>4.2</td>
<td></td>
</tr>
<tr>
<td>Gardening</td>
<td>5.0</td>
<td>5.9</td>
<td>6.7</td>
<td>7.5</td>
<td></td>
</tr>
<tr>
<td>Golf (pull/carry clubs)</td>
<td>4.6</td>
<td>5.4</td>
<td>6.2</td>
<td>7.0</td>
<td></td>
</tr>
<tr>
<td>Golf (power cart)</td>
<td>2.1</td>
<td>2.5</td>
<td>2.8</td>
<td>3.2</td>
<td></td>
</tr>
<tr>
<td>Hiking</td>
<td>4.5</td>
<td>5.2</td>
<td>6.0</td>
<td>6.7</td>
<td></td>
</tr>
<tr>
<td>Jogging</td>
<td>9.3</td>
<td>10.8</td>
<td>12.4</td>
<td>13.9</td>
<td></td>
</tr>
<tr>
<td>Running</td>
<td>11.4</td>
<td>13.2</td>
<td>15.1</td>
<td>17.0</td>
<td></td>
</tr>
<tr>
<td>Sitting, quietly</td>
<td>1.2</td>
<td>1.3</td>
<td>1.5</td>
<td>1.7</td>
<td></td>
</tr>
<tr>
<td>Skating (ice and roller)</td>
<td>5.9</td>
<td>6.9</td>
<td>7.9</td>
<td>8.8</td>
<td></td>
</tr>
<tr>
<td>Skiing (cross country)</td>
<td>7.5</td>
<td>8.8</td>
<td>10.0</td>
<td>11.3</td>
<td></td>
</tr>
<tr>
<td>Skiing (water and downhill)</td>
<td>5.7</td>
<td>6.6</td>
<td>7.6</td>
<td>8.5</td>
<td></td>
</tr>
<tr>
<td>Swimming (crawl, moderate pace)</td>
<td>7.8</td>
<td>9.0</td>
<td>10.3</td>
<td>11.6</td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td>6.0</td>
<td>6.9</td>
<td>7.9</td>
<td>8.9</td>
<td></td>
</tr>
<tr>
<td>Walking</td>
<td>6.5</td>
<td>7.6</td>
<td>8.7</td>
<td>9.7</td>
<td></td>
</tr>
<tr>
<td>Weight Training</td>
<td>6.6</td>
<td>7.6</td>
<td>8.7</td>
<td>9.8</td>
<td></td>
</tr>
</tbody>
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**HOW TO CHOOSE A HEALTH CLUB**

**CLASSES:** If classes are what keep you motivated, make sure the club offers an eclectic mix you like and that they are offered at a time of day that fits your schedule.

**STAFF:** Personal trainers and group fitness instructors should be certified through a nationally recognized certification organization like the American Council on Exercise (ACE). Credible certification can assure you the instructor meets the guidelines to provide a safe and efficient workout. ACE offers referrals to certified fitness professionals via its Website, www.acefitness.org.

**HOURS:** Lots of health clubs open early and stay open late. Before you join, though, make sure your club is open when you plan to go. Then visit the club at the times you intend to work out. Check whether the club is too crowded or if there are long lines for equipment at that time.

**TRY IT BEFORE YOU BUY IT:**
Sales people are trained to hype the benefits of their health club, but you need to actually try out some of the equipment and get a feel for the club’s atmosphere before you sign up. Request a day pass or a trial membership - this is a good way to “test drive” the health club’s services.

**PAYMENTS:** Many clubs have a variety of payment options. Find a payment schedule that meets your budget needs, and take advantage of any sign-up specials. Find out exactly what the membership fee is and what it includes. Will you have to pay extra for childcare and towels? Don’t forget to ask if they require an initiation fee; and if you are joining a new club that hasn’t opened yet, make sure that any deposits or payments are held in an escrow account until they officially open.

**LOCATION:** For your fitness routine to be successful, exercise has to be convenient. You’re more likely to use a club if it is close to either your home or workplace. You also don’t want to choose a health club just because it is close to your home or work, but if you join a club that isn’t convenient, you are more likely to find an excuse to stop going.

**REPUTATION:** Before you join, talk to current members about their experiences with the club. The Better Business Bureau can tell you if the club is a member or if any complaints have been registered against it. Added security comes if the club is a member of the International Health, Racquet, and Sportsclub Association (IHRSA). IHRSA clubs must obligie by a code of ethics that protects the health and safety of their members, as well as protects consumers from unscrupulous business practices. To find an IHRSA club in your area, call (800) 766-1278, or visit www.healthclubs.com.

**LITTLE DETAILS:** As you tour the club, pay attention to details. How clean is the facility? Is the music too loud? Is most of the equipment in working order? Too many “out of order” signs may indicate poor maintenance. Are new members provided with a club orientation and instruction on how to use equipment? Make sure the club is a place where you would enjoy spending time.

With a little research and patience, you will be rewarded with a membership at a health club you can call “home.” More importantly, you will be reaping the long-term benefits of a structured exercise program that perfectly suits your lifestyle.

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HOW TO CHOOSE AN EXERCISE VIDEO

THERE IS NO SHORTAGE OF EXERCISE options. Walking, running, biking, strength training, group fitness classes—the list goes on. But what if you have time constraints caused by a busy home and work life? Or you live in a rural area and the closest gym is 100 miles away? What if you are too shy to ask about the fitness classes at your local gym, let alone actually walk into one?

Luckily, another option is available to people who want to enjoy the benefits of exercise but prefer to do it from the comfort of their home. Exercise videos are a good alternative to gym membership when there are monetary or logistic concerns. While some videos are boring or hard to follow, there are many that are well produced and have the marks of a seasoned, professional fitness instructor. Before you warm up the VCR, however, you should make sure that the video you choose is right for you.

Are you a 'video person'? 
Exercise tapes are like running shoes; one size does not fit all. You might get claustrophobic just thinking about doing a step routine in a 3 ft. by 5 ft living room space. You may be the type of person for whom the act of driving to the gym and wanting into a room full of people is the only way to get you motivated. Conversely you may like the idea of dancing to the beat of a different drummer in your pajamas and aerobic shoes. And if you need a little variety, or reside in inclement weather, this may be the perfect mode of exercise for you.

Keep goals in perspective
While videos can motivate and inspire you, understand that they can’t shut your kitchen cabinet door or magically melt away 40 pounds in three weeks. It’s very important not to give in to all the hyped marketing surrounding many videos that may make unsubstantiated promises. In fact, any video that promises quick weight loss or instant results is probably unsafe and should be avoided.

If you are really interested in purchasing a video, do some research and find out if one of your friends has the same video, or if your local video store carries it. That way you can by it before you buy it. When starting out, look for boxes that indicate the video is for beginners. Choosing an intermediate or advanced tape could be frustrating and lead to discontinuation of the program.

Find an inspiring instructor
Ideally, you should shop for a video that features a certified, experienced instructor who includes a warm-up and a cool-down in the workout. Avoid videos that feature a celebrity as the main selling point, especially if they try to teach the routine themselves without support from a trained fitness professional. Also, it is important that the instructor offers alternatives to the main program if it is too difficult for you. These are usually referred to as "modifications." Modifications are included in good videos for a reason, and you shouldn’t feel out of shape or otherwise embarrassed if you have done a combination on the floor instead of an 8-inch step.

Strike a balance
No matter what style exercise video you choose—such as funk, ultimate step, or yoga—work toward building a collection that fosters balance and overall conditioning. This includes aerobics, strength, and stretching. Many tapes combine all of these factors. Perhaps most importantly, dedicate yourself to whatever style or method gets your blood flowing and your body moving.
The popularity of walking as a fitness activity has grown by leaps and bounds. Low-risk and easy to start, walking has proven its health benefits in numerous studies.

An eight-year study of 13,000 people found that those who walked 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised. In addition, research has shown that regular walking can decrease total and intra-abdominal fat and reduce your risk of developing diabetes or breast cancer.

A regular walking program can also:
- Improve your cholesterol profile
- Lower blood pressure
- Increase your energy and stamina
- Boost “couch potato” bone strength
- Prevent weight gain

Experts at the CDC and National Institute of Health recommend that every American adult engage in 30 minutes or more of moderate-intensity physical activity just about every day of the week. One way to meet this standard is to walk 2 miles briskly (about 4 miles/hr). If this is too fast, choose a more comfortable pace.

Get ready
A walking program is simple to start. All you need are comfortable clothes and supportive shoes. Layer loose clothing, keeping in mind that brisk exercise elevates the body’s temperature. Shoes specifically designed for walking or running are best. Make sure you have a little wiggle room between your longest toe (½”) and the end of the shoe. Avoid cotton socks since they retain moisture and can promote blisters. To warm up, walk at an easy tempo for the first several minutes. Then gradually adopt a more purposeful pace.

Get moving
- **Begin with short distances.** Start with a stroll that feels comfortable to you (perhaps 5 to 10 minutes) and gradually increase your time or distance each week by 10 to 20% (add just a few minutes or blocks). If it’s easier on your joints and your schedule to take a couple shorter walks (10 to 20 minutes) instead of one long walk (30 to 40 minutes) each day, do it!
- **Focus on Posture.** Keep your head lifted, tummy pulled in and shoulders relaxed. Swing your arms naturally. Avoid carrying hand weights since these put excessive stress on the elbows and shoulders. Don’t overstride. Select a comfortable, natural step length. If you want to move faster, pull your back leg through more quickly.

Breathe deeply. If you can’t converse or catch your breath while walking, slow down. Initially, forget about walking speed. Just get out there on a regular basis and establish a habit of activity.

Listen to your body.
If you experience foot, knee, hip or back pain when walking, STOP and check with your doctor to find out the cause. You may need special exercises or better shoes. If you have osteoarthritis and experience increased joint pain lasting an hour or two after walking, consider an alternate activity like stationary cycling or water exercise. Don’t stop exercising altogether!

Get fit!
When you can walk 30 to 40 minutes easily, incorporate some brisk intervals into your walk. For example, walk one block fast, two blocks slow and repeat several times. Gradually add more fast intervals with shorter recovery periods. Concentrate on increasing your speed while maintaining good posture. Walking hills is a great way to tone the legs. The use of Nordic walking poles can boost the calorie-burning value of your walk while promoting good posture and overall muscle endurance. Treadmill walking, while not as scenic, can be a convenient option during inclement weather.

The end of your walk is an ideal time to stretch since your body is warmed up. Stretch your hamstrings and calves (important walking muscles) as well as your chest, shoulders and back. Hold each stretch for 15 to 30 seconds.

Listening to lively music while you walk is a great way to energize your workout. But if you wear headphones, keep the volume down and watch out for traffic that you may not hear. Find a pleasant place to walk: a beautiful park, neighborhood or shopping mall (without your wallet!). Get a friend, co-worker or family member to join you and get in shape together.

Track your progress. Although experts recommend that you walk a minimum of 30 minutes a day, there are no hard and fast rules. If walking is part of your weight loss plan, more is better. Walking 60 minutes/day and brisk intervals will help you burn more calories. Fit walking into your schedule whenever you can. That may mean three 10-minute walks over the course of a day.

The best schedule is one that keeps you walking and keeps you fit!

Set a goal of participating in an organized walking event. You’ll help many worthy causes and can celebrate your walking lifestyle with others. For suggestions try:
- American Volkssport Association
  www.ava.org
- AHA Start walking program
  www.mystartonline.org
- The Walking Site
  www.thewalkingsite.com
WARM UP TO WORK OUT

Suppose you were told that you only had to add an extra five to 10 minutes to each of your workouts in order to prevent injury and lessen fatigue. Would you do it? Most people would say yes. Then they might be surprised to learn that they already know about those few minutes called a warm-up. If done correctly, a pre-exercise warm-up can have a multitude of beneficial effects on a person’s workout and, consequently, their overall health.

WHAT HAPPENS IN YOUR BODY?
When you begin to exercise, your cardiorespiratory and neuromuscular systems and metabolic energy pathways are stimulated. Muscles contract and, to meet their increasing demands for oxygen, your heart rate, blood flow, cardiac output and breathing rate increase. Blood moves faster through your arteries and veins, and is gradually routed to working muscles. Your blood temperature rises and oxygen is released more quickly, raising the temperature of the muscles. This allows the muscles to use glucose and fatty acids to burn calories and gives you better muscle control by speeding up your neural message pathways to the muscles.

- allows you to work out comfortably longer because all your energy systems are able to adjust to exercise, preventing the buildup of lactic acid in the blood
- improves joint range of motion
- psychologically prepares you for higher intensities by increasing your arousal and focus on exercise
- improves joint range of motion
- psychologically prepares you for higher intensities by increasing your arousal and focus on exercise

WHERE TO BEGIN
Your warm-up should consist of two phases: 1) progressive aerobic activity that utilizes the muscles you will be using during your workout, and 2) flexibility exercises. Choosing which warm-up activity to use is as easy as slowing down what you will be doing during your workout. For example, if you will be running, warm up with a slow jog, or if you will be cycling outdoors, begin in lower gears.

WHERE TO BEGIN
Your warm-up should consist of two phases: 1) progressive aerobic activity that utilizes the muscles you will be using during your workout, and 2) flexibility exercises. Choosing which warm-up activity to use is as easy as slowing down what you will be doing during your workout. For example, if you will be running, warm up with a slow jog, or if you will be cycling outdoors, begin in lower gears.

- An ideal intensity for an aerobic warm-up has yet to be established, but a basic guideline is to work at a level that produces a small amount of perspiration, but doesn’t leave you feeling fatigued. The duration of the warm-up activity will depend on the intensity of your workout as well as your own fitness level.

- After the aerobic warm-up activity you should incorporate flexibility/stretching exercises. Stretching muscles after warming them up with low-intensity aerobic activity will produce a better stretch since the rise in muscle temperature and circulation increases muscle elasticity, making them more pliable.

- Be sure to choose flexibility exercises that stretch the primary muscles you will be using during your workout.

MAKE THE TIME
In order to fully reap the benefits of the time you are spending exercising, you must warm up. Taking those extra few minutes to adjust to increased activity will ensure a better performance from your body and, in turn, will make your workout more efficient, productive and, best of all, enjoyable.

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FLEXIBLE BENEFITS

We take part in aerobic activity to improve our cardiovascular endurance and burn fat. We weight train to maintain lean muscle tissue and build strength. Those are the two most important elements of a fitness program, right?

Actually, there are three important elements. Often neglected is flexibility training. That neglect is regrettable, because flexibility training:

- allows greater freedom of movement and improved posture
- increases physical and mental relaxation
- releases muscle tension and soreness reduces risk of injury

Some people are naturally more flexible. Flexibility is primarily due to one’s genetics, gender, age and level of physical activity. As we grow older, we tend to lose flexibility, usually as a result of inactivity rather than the aging process itself. The less active we are, the less flexible we are likely to be. As with cardiovascular endurance and muscle strength, flexibility will improve with regular training.

STRETCH FOR SUCCESS

Before stretching, take a few minutes to warm up as stretching cold muscles can cause injury. Begin with a simple, low-intensity warm-up, such as easy walking while swinging the arms in a wide circle. Spend at least 5 to 10 minutes warming up prior to stretching.

When performing any stretch:

- Start each stretch slowly, exhaling as you gently stretch the muscle.
- Try to hold each stretch for at least 10 to 30 seconds.
- Avoid these stretching mistakes:
- Don’t bounce a stretch. Holding a stretch is more effective and there is less risk of injury.
- Don’t stretch a muscle that is not warmed up.
- Don’t strain or push a muscle too far. If a stretch hurts, ease up.
- Don’t hold your breath.

FITTING STRETCHING INTO A COMPRESSED SCHEDULE

Time constraints keep many people from stretching. Some complain they just don’t have time to stretch; others hurry out of their fitness classes before the cool-down exercises are completed. Ideally, at least 30 minutes, three times per week, should be spent on flexibility training. But even a mere five minutes of stretching at the end of an exercise session is better than nothing. And all aerobic activity should be followed by at least a few minutes of stretching.

Here are some tips for fitting stretching into an overstuffed schedule:

1. If you don’t have time to sufficiently warm up before stretching, try doing a few stretches immediately after a shower or while soaking in a hot tub. The hot water elevates muscle temperature enough to make them more pliable and receptive to stretching.

2. Try a few simple stretches before getting out of bed in the morning. Wake yourself up with a few full-body stretches by pointing the toes and reaching the arms above your head. This can clear your mind and help jump-start your morning.

3. Take a stretching class such as yoga or tai chi. Scheduling a class will help you to stick with a regular stretching program.

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HAVE YOU WONDERED WHICH method of strength training is better, free weights or strength-training equipment? The truth is, each has its advantages and disadvantages. The choice depends on your level of experience and your exercise goals, and to some extent, your personal preference.

An understanding of these factors will help you decide if free weights or machines—or a combination of both—will help you reach your goals.

The Free-weight Advantage
- Free weights incorporate the stabilizing muscles that enable you to perform the movements you choose to make and may be more effective in producing overall muscular strength and power gains.
- Free-weight exercises tend to more closely match the movement patterns you’re likely to need for specific sports.
- Free weights are more versatile—you can do a wide variety of exercises with a simple set of dumbbells. You can, for example, hold the weights with palms facing forward, facing your body, or facing the wall behind you. In doing so, you can do three different exercises that will work your muscles in different ways.
- Free weights tend to be inexpensive, are portable and take up little space.

The Free-weight Disadvantage
- You must learn to balance the weight while exerting force. This can be difficult—and potentially dangerous—if you are lifting weights overhead.
- The isolation of specific muscles can be difficult. To target the muscle you want, you must use very precise technique.
- Free weights can be swung for momentum rather than lifted slowly and steadily, which works the muscles better.
- Training alone can lead to injury if you don’t use proper technique.

The Machine Advantage
- Machines are generally safer and easier to use, an advantage for beginners learning a specific movement.
- Some machines are more efficient than free weights at isolating a specific muscle or muscle group. This is important when you’re strengthening a specific body part or rehabilitating an injury.
- Machines ensure correct movements for a lift, which helps prevent cheating when muscle fatigue sets in.
- Machine workouts can take less time because you can move easily from machine to machine. Changing the resistance is easy; you just insert a pin or enter a code.

The Machine Disadvantage
- Most machines involve moving a weight along a predetermined path, making it difficult to strengthen the stabilizer muscles.
- Machines are much more limited, with most devices allowing only one exercise.
- Most machines are geared to the average-sized person, so if you’re shorter or taller than average, you may find it difficult to use some machines. However, some companies have developed equipment that is scaled down to suit many smaller men and women.

Generally speaking, if you are beginning a strength-training program for the first time, or have been away from your program for months or even years, then it’s a good idea to try the resistance-training machines for the first 10 to 12 weeks of your program. Doing so will give your body the time it requires to adjust without putting undue stress on your muscles and joints. Using machines may also be easier and less discouraging if you’re a novice, because free weights require some coordination to use.

Experienced exercisers may want to use free weights because of the additional training benefits they offer. That said, the combination of both free weights and machines can add variety to your workout.

If you are a health club member, be sure to ask the fitness instructor to show you how to use the free weights and machines properly. If you forget how, ask until you feel confident that you are using the proper technique to complete each exercise.

If you are exercising at home, be sure to purchase an exercise tape that outlines the proper technique to follow. Good technique is essential if you want to reach your strength-training goals, while avoiding injury.

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STRENGTH TRAINING 101

Much has been written about the benefits of cardiovascular training. Until recently, however, little attention has been given to strength training, an important component of a balanced fitness program.

You do not need to be a body builder to benefit from strength training. A well-designed strength-training program can provide the following benefits:

- **Increased strength of bones, muscles and connective tissue** (the tendons and ligaments), decreasing the risk of injury.
- **Increased muscle mass**. Most adults lose about one-half pound of muscle per year after the age of 20. This is largely due to decreased activity. Muscle tissue is partly responsible for the number of calories burned at rest (the basal metabolic rate or BMR). As muscle mass increases, BMR increases, making it easier to maintain a healthy body weight.
- **Enhanced quality of life**. As general strength increases, the effort required to perform daily routines (carrying groceries, working in the garden) will be less taxing.

THE CORE CURRICULUM

The box to the right includes exercises to work all the major muscle groups. Neglecting certain groups can lead to strength imbalances and postural difficulties. You may wish to consult with a certified fitness professional to learn safe technique before beginning a strength-training program.

One set of 8 to 12 repetitions, working the muscle to the point of fatigue, is usually sufficient. Breathe normally throughout the exercise. Lower the resistance with a slow, controlled cadence throughout the full range of motion. Lifting the weight to a count of two and lowering it to a count of three or four is effective. When you are able to perform 12 repetitions of an exercise correctly (without cheating), increase the amount of resistance by 5 percent to 10 percent to continue safe progress.

### STAYING MOTIVATED

An encouraging aspect of strength training is the fact that you’ll likely experience rapid improvements in strength and muscle tone right from the start of your program. Don’t be discouraged, however, if visible improvements begin to taper off after a few weeks. It’s only natural that, as your fitness level improves, improvements in strength and appearance will follow at a slightly slower pace. To help keep your motivation up, find a partner to train with you.

Aim to exercise each muscle group at least two times per week, with a minimum of two days of rest between workouts. Training more frequently or adding more sets may lead to slightly greater gains, but the small added benefit may not be worth the extra time and effort (not to mention the added risk of injury).

### VARY YOUR PROGRAM

Machines and free weights are effective tools for strength training, and a combination of the two is generally recommended. Utilizing both machines and free weights provides exercise variety, which is important for both psychological and physiological reasons. Variety not only reduces boredom, but also provides subtle exercise differences that will enhance progress.

The benefits of strength training are no longer in question. Research continues to demonstrate that strength training increases both muscle and bone strength and reduces the risk of osteoporosis. A safe strength-training program combined with cardiovascular and flexibility training will give you the benefits of a total fitness program.

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If you are interested in information on other health and fitness topics, contact: American Council on Exercise, 4851 Paramount Drive, San Diego, CA 92123, 800-825-3636; or, go online at http://www.acefitness.org and access the complete list of ACE Fit Facts.
STRENGTHEN YOUR ABDOMINALS WITH STABILITY BALLS

ONE OF TODAY’S MOST VERSATILE
pieces of exercise equipment looks more like an overgrown beach ball than a useful fitness tool. The stability ball—an extra-large, inflatable orb designed to improve balance while targeting specific muscle groups—has grown in popularity since its mainstream introduction in the late ’80s and early ’90s.

The stability ball can be adapted for many uses, including developing core strength, improving posture, and facilitating stretching. Its application is particularly widespread in the physical therapy industry, where it was first put to use nearly 30 years ago. Thanks to fitness professionals’ interest in the stability ball and its numerous benefits, there have been several exercise programs developed over the past few years for just about every need, desire and body part.

The stability ball and your core

So much of the exercise we do, such as running and cycling, focuses on the lower body. Not much attention is paid to the trunk, or core, of the body. It is the muscles of the core—the abdomen, chest and back—that stabilize the rest of the body. Think of your core as a strong column that links the upper and lower body together. Having a solid core creates a foundation for all activities, and is especially important when you add a heavy load, such as weights, to your workout.

It is important when you are strengthening the core that you create balance between the muscles of the abdomen and the back. Many people will naturally have an imbalance between the strength of their abdominal muscles and the lower back muscles. Exercising with stability balls helps to develop and strengthen those muscles.

Supine Trunk Curl

Start with the top of the ball beneath the center of the back. Press the lower back into the ball and tighten the abdominals as you curl the rib cage toward the pelvis. Slowly return to the starting position.

Supine Oblique Curl

Start with the top of the ball beneath the center of the back, then stagger feet and rotate hips to one side. Anchor the lower hip to the ball and move the rib cage at a diagonal direction toward the legs (for example, right elbow to left inner thigh). Make sure your neck and pelvis are stable.

Forward Transverse Roll

Kneel on the floor and place your forearms on the ball, making sure your hips and arms form a 90-degree angle. From this starting position, roll the ball forward as you extend your arms and legs simultaneously. Contract your abdominals to help support your lower back, which should not be strained. Roll as far forward as possible without compressing the spine, drooping the shoulders, or rounding the torso. Return to starting position.

The benefits of balls

Besides providing balance training, stability balls work the trunk in almost every exercise that is performed. By concentrating on the abdominal section, your posture will improve and you will find that you are generally more balanced and aware of your body movements. Your core will be more prepared to support the rest of your body in whatever activity you choose to do.

How to choose a ball

It is important to buy the right size including developing and maintaining the proper air pressure. The firmer the ball, the more difficult the exercise will be. The softer the ball, the less difficult the exercise will be. If you are just beginning, overweight, or an older adult, or you are generally deconditioned, you may want to consider using a larger, softer ball.

When sitting on the ball, your knees and hips should align at a 90-degree angle. Following are general guidelines for buying the right size stability ball:

<table>
<thead>
<tr>
<th>Height</th>
<th>Ball Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 4’6” (137 cm)</td>
<td>30 cm (12 inches)</td>
</tr>
<tr>
<td>4’6” – 5’0” (137-152 cm)</td>
<td>45 cm (18 inches)</td>
</tr>
<tr>
<td>5’1”-5’7” (155-170 cm)</td>
<td>55 cm (22 inches)</td>
</tr>
<tr>
<td>5’8”-6’2” (173-188 cm)</td>
<td>65 cm (26 inches)</td>
</tr>
<tr>
<td>Over 6’2” (188 cm)</td>
<td>75 cm (30 inches)</td>
</tr>
</tbody>
</table>

Procedures for Inflating Your ACE Stability Ball

1. Attach enclosed adaptor to a standard air pump and insert into ball.
2. For the 55” ball: inflate until the ball reaches 21” in height; for the 65” ball: inflate until ball reaches 25” in height.
3. Insert enclosed cap to seal.
RESISTANCE TUBING WORKOUT

FOR THOSE TIMES WHEN YOU JUST can't make it to the gym, resistance tubing offers an inexpensive and portable way to get a full-body strength-training workout at home or on the road.

As with all exercise, it is important to warm up for five to 10 minutes and gently stretch the muscles you will be working. For beginners, it is best to do one set of 12 to 15 repetitions.

Immediate exercisers (i.e., those that have been lifting weights for up to three months) can perform one to two sets of each exercise.

More advanced strength trainers (i.e., those that have been lifting weights for more than three months) should try to complete two or three sets of 12 to 15 repetitions.

Stretch each muscle group after each set and at the end of the entire workout to improve flexibility.

Perform the following exercises for a quick full-body workout:

Seated row (back): Sit on the floor and grasp one handle. Wrap the tubing around a bedpost or some type of anchor dose to the ground and grab the other handle. Sit back so that there is tension on the elastic when your arms are extended forward. Extend your legs in front of you with your knees slightly bent. Pull the handles so that your elbows form right angles as you squeeze your shoulder blades together. Bring your elbows back as far as you can, keeping your spine neutral. Slowly let your arms extend back to the starting position and begin your second repetition. Be sure not to slouch.

Bench press (chest): Secure the center of the tubing at chest level and face away from the anchor, grabbing the handles in each hand. Begin with your thumbs at your armpits and step far enough away from the anchor that at this starting position the tube is not gapping. Fully extend your arms in front of your body. Slowly release to the starting position and repeat.

Military press (shoulders): Stand on the center of the band with feet shoulder-width apart. With your palms facing forward and hands by your shoulders, extend your arms straight up while keeping your back straight (do not arch your back) and abdominal muscles tight. Slowly lower and repeat.

Triceps extension (triceps): Step on the tubing and pull one handle up behind your head. Bring your elbow up close to your ear and, beginning with your arm bent behind you, extend straight up until your arm is straight. You may use your other arm to hold your elbow in close to your head. Slowly lower back to the starting position and switch arms.

Biceps curl (biceps): Step on one end of the exercise band and grab the handle with the same hand. Be sure that when your arm is extended down by your side, there is some tension on the tubing. With your palm facing forward, bend your elbow, bringing your hand up toward your shoulder. Keep your wrist straight and bend only at the elbow. Slowly release and repeat. If you are using light resistance you may be able to stand on the center of the tube and work both arms simultaneously.

Squats (quadriceps, hamstrings, glutes): Stand on the tubing so that you are centered. Grab the handles with both hands and stand with your feet about shoulder-width apart. Hold the handles up by your shoulders and bend as if you are going to sit in a chair. Return to standing and repeat. Be sure to keep a flat back and contract your abdominal muscles.

Kneeling crunches (abdominals): Anchor the tubing above your head and let the handles drop down. Kneel on the floor with the anchor behind you. Hold the handles with your hands up by your ears and elbows in. Bending from the waist, curl down, bringing your head toward your knees and keeping the handles locked by your ears. Slowly return to the starting position and repeat.

Pulling on exercise tubing isn't exactly a risky activity. Still, to keep the tube from snapping into your face— and to give your muscles the best chance— follow these important guidelines:

- Check for holes or worn spots in the tubing. Replace the tube if you see any tears.
- Do your workout on carpeting, wood floors or grass— anywhere but asphalt and cement. Abrasive surfaces can tear your tube.
- Wear comfortable, supportive athletic shoes, not sandals or dress shoes.
- Make sure the tubing is secured underfoot or on an anchor before you begin each exercise.
- Maintain good posture throughout each exercise: Keep your knees slightly bent, your abdominal muscles pulled in and your chest expanded.
- Perform the exercises in a slow and controlled manner, to work against resistance both when you pull on the tube and when you return to the starting position.

If you've tried to buy a pair of athletic shoes recently, you probably realize that the canvas sneakers of the past have been replaced by high-tech, state-of-the-art athletic gear. Consumers are faced with so many options that the task of choosing a pair of shoes has become increasingly complicated and confusing, not to mention expensive. By attaining a good working knowledge of athletic footwear, you will be less likely to fall for the latest gimmick or be coerced into spending above your budget.

Know What You Need
When shopping for athletic shoes, the first step is deciding what type you need. If you engage in a specific activity 2 to 3 times/week, such as running, walking, tennis, basketball, or aerobics, you’ll want a shoe designed specifically for that sport. Multi-purpose shoes such as cross trainers may be a good alternative for those who want to combine several sports or activities, such as cardio and weight training, in a single workout. The next step is getting a good fit. Remember, no matter how popular a shoe is or how good it may look, it won’t do you any good if it doesn’t support your unique foot or causes blisters.

Guidelines for Buying Shoes
Ideally you should look for a specialty athletic shoe store with a good reputation in your community. Their sales staff are more likely to be knowledgeable.

When purchasing shoes for a specific sport or fitness activity, consider your foot type. People with high-arched feet tend to require greater shock absorption than those with average feet. High-arched (cavus) feet also suffer from lateral instability and are more prone to ankle sprains. Conversely, people with low-arched (“flat”) feet require shoes with less cushioning but greater support and heel control.

Test the shoes for basic stability:
1. Grab the shoe at the ball and heel. Bend the shoe from front to back. The shoe should bend right near the ball of the foot, because that’s your foot’s natural hinge point.
2. At the heel of the shoe, find the “heel counter” a stiff cup sewn into the back of the shoe to provide heel support. Squeeze this cup into the shoe. It should be very stiff and not collapse inward easily.

FIT TIPS
1. Get fitted for footwear at the end of the day, when foot size is at its maximum. It’s not unusual for an individual’s foot to increase one-half a shoe size during the course of a single day.
2. Allow ½ inch, or the width of your index finger, between the end of your longest toe and the end of the shoe. If one foot is larger than the other, buy the larger size.
3. The ball of the foot should match the widest part of the shoe and you should have plenty of room for your toes to wiggle without experiencing slippage in the heel. (Hint: Women tend to have a narrower heel in relation to their foot size than men, so try on several models to find the right style).
4. Wear the same weight of socks that you intend to use during activity. Socks with a high cotton content retain moisture and cause blisters more easily. Look for socks that are made with synthetic fibers such as acrylic, polyester or Coolmax.

Some final considerations
Athletic shoes no longer require a break-in period. However, they will lose their cushioning after three to six months of regular use (or 350 to 500 miles of running). It is important to be aware of when your shoes need to be replaced because, if they are no longer absorbing the pounding and jarring action of the sport, you are more likely to sustain knee and ankle injuries.

A final consideration when buying athletic shoes is price. It is possible to spend anywhere from $19.99 for no-name brands to more than $170 for Reebok’s or Nike’s latest technological wonder. A high price doesn’t always guarantee the right fit or features. You can find a pair that provides excellent support, cushioning and fit in the middle price range.

Finally, just because a friend says that a certain model is great doesn’t mean it’s a great shoe for YOU. Try out several pairs and simulate your activity on a hard surface to determine the kind of support and cushioning provided. Then you and your feet will be ready to go!

I NEED MORE ENERGY!

YOU'RE IN THE MIDDLE OF A LONG workout and you're wondering how in the world you're going to muster up enough energy to finish. We've all been there. It's as though someone has unscrewed the cap and let all the fuel out of our tank. So what should you reach for to help you comfortably finish your workout? Sports-product manufacturers have come up with all sorts of new items to help you do just that. But are they really any better than the old standards: water, a banana or a bagel?

Before we answer that question, a caveat: There is no single solution that works for everyone. Once you explore your options, you can determine which is the best for your body's particular needs.

Choices, Choices, Choices

There are few things more essential to maintaining performance than staying hydrated throughout your workout. Water is an obvious first choice, but you may need extra energy in the form of carbohydrates to get through a particularly long or strenuous exercise session. If this is the case, energy bars or gels and sports drinks may be the answer to your depleted energy supply. What follows is a breakdown of the pros and cons of each.

Water

Water is a calorie-free source of the fluid your body needs to keep going. There is no better way to compromise performance than to exercise while you're dehydrated. Research shows that your heart rate increases eight beats per minute for every liter of sweat lost during exercise. This can occur in as little as 30 minutes of exercise depending upon the environment and your intensity. This increased heart rate, combined with inefficient cooling, causes your temperature to elevate. This not only compromises performance, but can lead to heat illness as well.

Most experts recommend drinking at least a cup (4 to 10 ounces) of water every 15 minutes of exercise.

Sports Drinks

Activities lasting longer than one hour can leave your body wanting more than just water. Sports drinks, which typically contain about 50 to 70 calories, plus vitamins and minerals, are an easy answer to both the fluid and carbohydrate drain that comes from prolonged activity.

Research shows that runners and cyclists who consume a sports drink during races not only finish more quickly, but rate their exertion levels lower than those who consumed a placebo beverage. It is important to realize, however, that this was true only during longer-duration activities. You should be able to complete your 30-minute run or 45-minute step class without the aid of additional carbohydrates.

Energy Gels and Bars

Energy gels are a relatively new alternative to traditional sports drinks or bars. They feel similar in texture to pudding and are easy to eat and easy for your stomach to digest. They typically contain about 70 to 100 calories and may also include caffeine and other ergogenic aids.

Energy bars have been around forever and are eaten more often as a snack than as an energy replacement during exercise. Today, the market is saturated with numerous flavors and types, each with a different ratio of fats, carbohydrates and protein. The key is to find one that tastes good and doesn't upset your stomach. At 110 to 250 (or more) calories each, energy bars also provide extra vitamins, minerals and fiber, which ups their nutritional value considerably. But eating an energy gel or bar is not enough. You must consume enough fluid to replace what's been lost as well as to help speed digestion.

How you choose to refuel during a workout depends on your body's reaction to what you put in it. For sessions lasting less than an hour, water is sufficient so long as you consume at least 4 to 10 ounces every 15 minutes.

Compliments of:
Positive Choice Wellness Center
#18

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LOOKING BACK

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Connecting Personal Life Histories.................................................................C-1
Connecting with Your Child Self........................................................................C-24
Family Rules ......................................................................................................C-33
CONNECTING PERSONAL LIFE HISTORIES TO CURRENT WEIGHT PROBLEMS

FOCUS
1. Exploring how you use food to change your feelings.
2. Reviewing personal histories and how they impact your eating.
3. Getting started on supplement.

READ

JOURNAL
This week, as a result of not being able to use food, you may find yourself experiencing feelings and thoughts you are not accustomed to feeling. This week identify and write about:

1. Your needs, e.g., *I need to be told that I’m loved/appreciated...I need to be listened to.*
2. The things you deserve, e.g., *I deserve to be able to get out of the house one night a week to do something for myself...I deserve to be talked to in a decent tone of voice.*
3. How it feels on a day-to-day basis to do something that is self-caring or that makes you a priority.

DO
1. Choose one thing you can do on a daily basis that will be self-nurturing or that involves making you a priority.
2. See Meal Replacement Supplement Planner on page 3. At the beginning of each day this week, use the Meal Replacement Supplement Planners on pp. 3–9 to plan *when* and *where* you will have your supplement packets. You may want to give yourself an hour time range if your schedule is unpredictable. By the end of the week you will have a record of what type of pattern fits your lifestyle and allows for *all* supplement packets at regular intervals. Each time you consume your supplement, write down the time in the space provided. If you do *not* eat according to your plan, make note of that and use the information to plan your next day. Finally, check off, in the appropriate places, each time you take potassium or drink water or non-caloric beverages.

Note: Our exercise room is open to all program participants who complete an Exercise Membership appointment. You can schedule this appointment and pay for this membership at the front desk.

THINK (See following pages.)
1. *Lessons from the Geese.*
3. *Using Artificial Sweeteners, Extracts, Caffeine, and Products Containing Sodium.*

THERE’S MORE
*Bradshaw On: The Family* by John Bradshaw.
PERSONAL WEIGHT HISTORY GRAPH

WEIGHT

Ideal Weight

YEAR OR AGE

Birth

Present Age

©2019 Kaiser Permanente. All rights reserved SCPMG Positive Choice Integrative Wellness Center, San Diego
## MEAL REPLACEMENT SUPPLEMENT PLANNER

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Potassium*  

My observations and comments:

*As prescribed.

### LESSONS FROM THE GEESE
We live in an area where geese are very common. We see them coming in the Fall and leaving in the Spring. Their migration is an awesome sight.

There is an interdependence in the way geese function.

1. **FACT:** As each bird flaps its wings, it creates an *up lift* for the bird following. By flying in a *V* formation, the whole flock adds 71% greater flying range than if each bird flew alone.

   **LESSON:** People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

2. **FACT:** Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone. It quickly gets back into formation to take advantage of the *lifting power* of the bird immediately in front.

   **LESSON:** If we have as much sense as a goose, we will stay in formation with those who are headed where we want to go.

3. **FACT:** When the lead goose gets tired, it rotates back into the formation and another goose flies at the point position.

   **LESSON:** It pays to take turns doing the hard tasks and sharing leadership—people, as with geese, are interdependent with each other.

4. **FACT:** The geese in formation honk from behind to encourage those up front to keep up their speed.

   **LESSON:** We need to make sure our *honking* from behind is encouraging, not something less helpful.

5. **FACT:** When a goose gets sick or wounded or shot down, two geese drop out of formation to follow him down to help and protect him. They stay with him until he is either able to fly again or dies. Then they launch out on their own with another formation or catch up with the flock.

   **LESSON:** If we have as much sense as the geese, we will stand by each other.
WHAT YOU SHOULD KNOW ABOUT SUCCESSFUL LONG-TERM MAINTENANCE

1. The meal replacement supplement is a tool to assist in taking off the weight. It has nothing to do with keeping the weight off.

2. The program (the weekly two-hour groups and the work you do in here) is what will assist you in keeping the weight off.

3. Your journey throughout this program will not always be easy. You may identify some areas in your life other than your weight that need changing (e.g., relationships, job situations, etc.) and this may cause you some discomfort.

4. If you are willing to experience the discomfort, work with the program and other suggested support to:
   • gain access to emotional experiences rather than repress them with food,
   • communicate your needs,
   • and make creative life choices for yourself
   you will strengthen your ability to maintain your weight loss for a lifetime.

5. Successful long-term weight loss is not about dieting. It’s about understanding why you overeat, finding new ways other than with food to meet your needs, creating support for yourself, making different choices and, most of all, it's about dealing with all aspects of your life.
USING ARTIFICIAL SWEETENERS, FLAVORINGS, CAFFEINE AND PRODUCTS CONTAINING SODIUM

Recommendations

1. Diet drinks and artificial sweeteners should be limited to five servings per day. Too many sweeteners may increase your desire for sweet tastes (similar to salt use).

Examples of servings are as follows:

   One 12 oz. can of diet soda.
   One 8 oz. serving of artificially sweetened beverage with zero calories.
   One individual packet of Splenda™, or Equal™, Sweet ‘N’ Low, stevia, etc…
   One serving (1-2 tbsp.) of sugar-free Italian soda syrup.

2. Limit your intake of caffeinated beverages to no more than 12-16 ounces daily. Caffeine stimulates insulin and irritates the stomach. It can also lead to feelings of tension or nervousness.

3. Sugar-free chewing gums and breath mints use sorbitol or other similar sweeteners which may cause painful gas and severe diarrhea. Limit yourself to a total of 3 to 5 pieces per day.

4. Use of flavorings and spices, such as extracts, Tabasco™, nutmeg, cinnamon, etc., may trigger your desire to eat. Use at your own risk.
GUIDELINES FOR STOPPING THE SUPPLEMENT IN AN EMERGENCY OR BEFORE PROGRAM COMPLETION

In case of an unforeseen emergency where the supplement is unavailable, refer to your Medical Identification Card for a list of emergency replacement foods.

In the case of stopping the supplement before program completion, consult with your counselor or the Positive Choice medical staff or follow these guidelines:

1. Gradually add food into your diet. See Adding Food in the PFE section for specific guidelines of foods to be added into your diet at designated intervals.

2. Continue to drink 64–96 fluid ounces (8–12 cups) of water or non-caloric fluids a day. Once you graduate into eating food without using the supplement, maintain drinking 64 ounces of fluids a day.

3. Choose low-fat foods. After a weight loss of any amount, low-fat foods are a good choice for two reasons: First, low-fat foods help the body maintain a weight loss by not adding fat back into the fat cells. Secondly, low-fat foods help prevent gallbladder attacks. For an idea of what foods are considered low-fat, attend the free Ask the Dietitian, on Monday thru Thursday from 5–5:30 P.M., and Tuesday from 11:45 A.M.–12:15 P.M. Or schedule an individual appointment with a staff dietitian or your counselor, or refer to the PFE section. As a guideline, keep your total number of fat grams for the day at 30 grams or less.

4. Choose high fiber foods. High fiber foods aid in weight control by providing a feeling of fullness when eaten. Include high fiber foods at every meal. A list of high fiber foods is provided in the PFE section. As a guideline, keep your total number of fiber grams for the day at 30 grams of fiber or more.

5. Remember to take vitamins. A vitamin/mineral supplement is recommended when consuming less than 1,200 calories per day. While consuming full supplement all the vitamins and minerals were provided. As the meal replacement supplement is decreased and food increased, vitamin/mineral supplements will help give your body the necessary nutrients required during the transition.

6. Exercise. Research shows that exercising helps to reduce appetite and control hunger. Exercise also helps the body to use up stored fat and build or maintain lean body mass. See an exercise physiologist or your counselor for recommended exercises, or talk to your doctor before engaging in an exercise program.

7. Find support. Positive Choice offers various programs and support options. Consult with your counselor for a list of programs available.
STOOL TIME OR THE SCOOP ON POOP

The change you are about to make in your diet by starting the meal replacement supplement will probably mean a change in your bowel movements. The supplement has a low volume and high supplement content, often causing stools to be smaller and darker brown. (Black, shiny, tar-like stools should be reported to the medical staff.) You should monitor your bowel movements, consider some preventive steps, and most importantly, take appropriate measures if problems arise.

Constipation

In terms of bowel movements, constipation is the most common reaction to meal replacement program. We strongly recommend that you add a small amount of fiber to your daily regimen. You may choose the form of fiber you prefer, but be careful to avoid products that contain sugar.

Some fiber options include:

**Bran:** One tablespoon added to the supplement twice a day.

**Psyllium Husk:** Brand names include Metamucil™, Citracel™, and many generic versions. You may select any of these as long as they are sugar-free. Mix 1–2 teaspoons in water, sugar-free beverage, or the supplement twice a day.

**Fiber Tablets:** Brand names include Fibercon™ or Fibertabs™. Take one or two tablets twice a day with a glass of fluid or the supplement.

**NutriSOURCE® Fiber:** This form of fiber is sold here in the clinic and is made by the same company that makes the supplement. NutriSOURCE Fiber is formulated to make your shake thicker without adding taste or lumps. Mix 1 scoop in appropriate fluids or the supplement 2 to 5 times a day.

*If you become constipated, use a laxative! Common brand names include Ex-Lax™, Milk of Magnesia™, and Correctol™. Don’t wait! Constipation when you are on meal replacement can go from bad to worse very quickly. If you need to use a laxative more than twice a month, or if you are having any other problems, contact the Positive Choice Integrative Wellness Center medical staff.*

Diarrhea

Sometimes your bowels will respond with the opposite extreme—diarrhea. *If there is blood in your stool, if you are experiencing severe cramping, if you wake out of deep sleep with cramping, or if you have a fever, contact the Positive Choice medical staff or your primary medical provider.* If none of these conditions are present, treat the diarrhea with an over-the-counter, anti-diarrhea product; Imodium™ is a good choice. Follow the directions on the box. Also, if you have not already done so, add fiber as indicated above. (Fiber can help get rid of diarrhea just as well as it prevents constipation.) Your bowels should be normal within three days. Contact Positive Choice medical staff if they are not.

**ALSO:** Don’t worry if you see your potassium pills in your stools. The pill coverings are made of wax, so even after the potassium has been absorbed from them, they will often pass through and look undissolved.
DAILY URGE BEHAVIOR RECORD

On the following pages are seven Daily Urge Behavior Records. These are used in the same way as the Daily Behavior Records you completed prior to starting the supplement. Use these Urge Behavior Records to keep track of when you feel urges to eat while you are on the supplement. These will help provide you with good information about when and why you want to eat.

How to fill out the Daily Urge Behavior Record...
The Daily Urge Behavior Records begin on page 17. Fill them out any time you feel an urge to eat.

1. The time of day you eat. (Column 1)
2. Whether you were in the kitchen, living room, car, etc. (Column 2)
3. What else you were doing while you were eating, such as reading or watching TV? (Column 3)
4. What you were thinking or what feelings you were having just before eating and while eating? (Column 4)
5. What did you learn from the experience? (Column 5)
6. Did you eat and if so, what? (Column 6)
7. How you felt after eating. (Column 7)

The Daily Urge Behavior Record provides a space for all of this information. Fill out one record for each day and indicate which day by circling its letter.

Helpful hints for filling out your Daily Urge Behavior Records...
The following are some suggestions for observing behavior systematically:

1. Be specific—include details about thoughts, feelings, people, things, or events.
2. Be prompt—record eating urges immediately after eating or, better yet, just before eating.
3. Be honest—don’t cheat yourself.
4. Be complete—record all information.

Keep in mind that these records are not tests. There are no right or wrong answers—only information. With detailed and accurate information, you can discover patterns in your behavior.
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CONNECTING WITH YOUR CHILD-SELF

FOCUS
1. Connecting childhood experiences to adult behaviors, overeating and weight gain.
2. Understanding what may be preventing you from expressing your true needs and getting those needs met.

READ

JOURNAL
Review your childhood memories (those shared in group and any others that might come up). Think about the discussions you had in this week’s group about childhood experiences, your role in your family and how they affect your thoughts, feelings, and beliefs as an adult. Write about your current thoughts, feelings, and beliefs and how your childhood experiences have an affect on you as an adult.

DO
Draw or write about four positive memories from your childhood.
1. Your first positive memory.
2. At approximately age eight.
3. In junior high school.
4. In late teens.

NURTURING THE INNER CHILD:
Many aspects of children's behaviors are similar to those behaviors necessary for maintaining weight loss. For example, children at play are very free spirited; they do things that make them happy. ADULTS tend to do things that are right and make little time for activities that make them happy. Instead they turn to food for entertainment. It is good to have a balance between behaviors that are necessary and right and non-food behaviors that make you happy. Practice bringing out your child self by selecting one of the "Nurturing Your Inner Child" activities from the next page.

THINK
On the following pages, read and think about:
1. Think: It’s Not Easy But Everyone Deserves to Heal
2. Breaking Your Behavior Chains
3. The Three R’s of Relaxation

THERE’S MORE
The Courage to Heal by Ellen Bass and Laura Davis.
NU RTURING YOUR INNER CHILD
(Adapted from John Bradshaw’s book, *Homecoming*)

It will work, if you will work.

The best news is that since the child was wounded through neglect and learning deficits, we can learn to get the child's needs met as an adult. We can develop skills in all areas of human interaction. It's not a question of unlearning; it's a question of learning things for the first time.

Kip Flock

**EXERCISES FOR GETTING YOUR INFANCY NEEDS MET**

In infancy we needed to be secure enough to *just be*. Most of our wounded inner kids were taught that it was **not** okay to just *be*—that we could matter and have significance only if we were *doing* something. This led to the loss of our sense of **I AMness**. Now we need to learn how to do nothing and just *be*.

The following exercises will aid you in just being who you are at any given moment. Choose the ones that appeal to you.

- Get into a hot tub and spend time focusing on your bodily sensations. Take time just being there.
- Treat yourself to regular massages.
- Let someone give you a manicure and fix your hair.
- Sit quietly wrapped up in a comforter or blanket. In winter, wrap up by a warm fire.
- Spend lots of time in sensual touching with your lover.
- Have your lover gently bathe you.
- Give yourself a bubble bath or lounge in a tub of warm water and bath oils.
- Block out periods of time for doing nothing; make no plans, have no commitments.
- Spend thirty minutes to an hour floating in a swimming pool on a warm summer day.
- Hang in a hammock for a long time.
- Listen to soft lullaby music. (Try Steven Halpern's, *Lullaby Suite* or *Lullabies and Sweet Dreams*.)
- Change your eating habits. Instead of *three squares*, eat a number of small nutritious meals throughout the day.
- Walk barefoot through a field or around the house. Feel the different textures of things: grass, dirt, fur, cardboard, newspapers, rugs, pillows, towels, wood, metal, tile, and so on.
- Have a conversation with your partner without talking—just through gestures and touching.
- Write out a list of sensation words and then see what comes to mind when you say each one aloud. Some words might be *bumpy, prickly, tingly, feathery, slippery, hard, soft, thin, fat, dark, bright*, and so on.
- Rediscover the gift of sight by staring at things. For example, walk past a bus stop and see the people there as if you were a camera taking a picture. Sit down and describe in writing what you saw in detail.
• Sit in front of a flower, a tree, or an apple in a kind of meditative state. Allow yourself to become one with the object. See the object in all its wonder. Allow your hand to follow what your eyes see and draw what you see.

• Have a conversation in gibberish with a friend. See if you can figure out what the other is saying.

• Play a mystery sound game with a friend. Turn your back or cover your eyes while your friend makes a sound by pouring water, beating a drum, tapping a pencil, scratching his/her head, and so on. Then change places.

• Get a gang of people together to sing songs. Try open-ended songs like "I wish I were an apple on a tree" and make up new verses. Have the whole gang listen to children's songs, especially folk music.
EXERCISES FOR RECONNECTING
WITH YOUR CHILDHOOD DESIRES

The most important exercise you can do is to help your inner child reconnect with his/her desires. The most vulnerable part of our inner child is his/her will. The will is desire raised to the level of action. Desire flows from a connection with our needs. As a child in our family, there may have been no way our inner child could pay attention to his/her own internal signals because he/she was so busy dealing with family distress. Early on he/she lost contact with his/her own needs and desires. For example, I knew what my mom and dad wanted before they knew what they wanted. By becoming expert at knowing what they wanted, I lost connection with what I wanted. I literally learned to ignore what I wanted, and after a while I stopped wanting altogether. Your adult self must help your inner child recognize his/her own desires and protect him/her while he/she risks attaining what he/she wants.

One of the simplest ways to identify your desires is to make a list of your substitute behaviors. Then confront yourself with the question, "What am I really needing or desiring when I behave this way?"
Certificate of the Right to Play

By this certificate know ye that

__________________________________________
is a lifetime member in good standing in
The Society of Childlike Persons
and is hereby and forever entitled to

walk in the rain, jump in mud puddles, collect rainbows, smell flowers, blow bubbles, stop along the way, build sandcastles, watch the moon and stars come out, say hello to everyone, go barefoot, go on adventures, sing in the shower, have a merry heart, read children’s books, act silly, take bubble baths, get new sneakers, hold hands and hug and kiss, dance, fly kites, laugh and cry for the health of it, wander around, feel scared, feel sad, feel mad, feel happy, give up worry and guilt and shame, stay innocent, say yes, say no, say the magic words, ask lots of questions, ride bicycles, draw and paint, see things differently, fall down and get up again, talk with animals, look at the sky, trust the universe, stay up late, climb trees, take naps, do nothing, daydream, play with toys, play under the covers, have pillow fights, learn new stuff, get excited about everything, be a clown, enjoy having a body, listen to music, find out how things work, make up new rules, tell stories, save the world, make friends with the other kids on the block, and do anything else that brings more happiness, celebration, relaxation, communication, health, love, joy, creativity, pleasure, abundance, grace, self-esteem, courage, balance, spontaneity, passion, beauty, peace, and life energy to the above named member and to other humans and beings on this planet.

Further, the above named member hereby is officially authorized to frequent amusement parks, beaches, meadows, mountaintops, swimming pools, forests, playgrounds, picnic areas, summer camps, birthday parties, circuses, theaters, aquariums, zoos, museums, planetariums, toy stores, festivals, and other places where children of all ages come to play, and is encouraged to always remember the motto of The Society of Childlike Persons:

It’s Never Too Late to Have a Happy Childhood!

__________________________________________
Chairperson, Committee on How to Keep Growing Young
THINK: IT'S NOT EASY... BUT EVERYONE DESERVES TO HEAL
Excerpts adapted from the book *The Courage to Heal* by Ellen Bass and Laura Davis

While it is always worth it, healing is rarely easy. Choosing to work through issues will raise questions you never planned to ask and will give answers you didn't expect. Once you commit yourself, your life won't be the same. Often the decision to heal wreaks havoc with marriages and intimate relationships, dealings with parents, other relatives, sometimes even your children. It can be hard to function, to go to work, to study, to think, to smile, to perform. It can even be hard to sleep, to eat, or simply to stop crying. One woman had this to say about her decision to heal:

“Sometimes I want to crawl into a dark place and hide from reality. Other times I want to give up completely. I don't know where this “healing” will lead me. I live on other people's hopes.

I live on other people's faith that life will get better. I continue to wonder whether it is worth it, but I go on.”

There are certain major decisions we make not really knowing what we're getting into. You may wonder if it's worth it to take the risk. But as one person simply put it, “Taking that risk was the most promising choice I had.” Deciding to actively heal is terrifying because it means opening up to hope. For many people, hope has brought only disappointment. Although it is terrifying to say yes to yourself, it is also a tremendous relief when you finally stop and face your own demons. There is something about looking terror in the face, and seeing your own reflection, that is strangely relieving. There is comfort in knowing that you don't have to pretend anymore, that you are going to do everything within your power to heal. As one person put it, “I know now that every time I accept my past and respect where I am in the present, I am giving myself a future.”
BREAKING YOUR BEHAVIOR CHAINS

Behavior Chains
Behaviors do not happen in isolation from each other, but can be thought of as Event to Result Sequences that link together forming Behavior Chains.

Example:

<table>
<thead>
<tr>
<th>Action</th>
<th>Thought</th>
<th>Sensation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watch TV Food Ad</td>
<td>Food looks good.</td>
<td>Tempted, Eating urge</td>
</tr>
<tr>
<td>Walk to Kitchen</td>
<td>I’m hungry.</td>
<td>Hungry</td>
</tr>
<tr>
<td>Look in Fridge</td>
<td>What can I eat?</td>
<td>Anticipation</td>
</tr>
<tr>
<td>Take Piece of Cake</td>
<td>My favorite, looks delicious.</td>
<td>Excited</td>
</tr>
<tr>
<td>Eat Cake</td>
<td>Yum!</td>
<td>Guilty</td>
</tr>
</tbody>
</table>

This chain will continue on with the behaviors and their results combining to form a cue for the next behavior sequence.

In this case, the behavior of eating the piece of cake and thinking, “Yum!” will combine with the consequence of feeling satisfied but guilty to form the cue for the next behavior which may very well be to eat more.

In addition, there is a strong probability that you will eat again in response to a food ad on TV because you experienced the positive consequence of the cake tasting good and of feeling satisfied.

Although a behavior chain seems to be self-propelling, you are in charge and responsible for the direction it takes.

If a negative behavior chain gets started, you can change its course by using Positive Alternative Thoughts (PATs) and Positive Alternative Responses (PARSs). For a description of PATs and PARs, see the next page. This is called chain breaking. The earlier you break the chain, the more likely you are to be successful. In the above example, it is easier to break the chain by not walking to the kitchen (walk to the bathroom and wash your face, for example) than to try to break the chain after you have opened the refrigerator and seen the cake.

Thoughts vs. Sensations
The difference between thoughts and sensations is that thoughts involve only your mental processes and sensations/feelings involve your whole physiology and physical processes.

Sensations such as increased blood pressure or butterflies in the stomach are indicators of what is happening to you physically or bio-chemically.

You label your sensations based on what you tell yourself about the situation. In the previous example, the thought that the food looks good caused the person to label a sensation of hunger.
A different kind of example follows:

Sensation — headache
Thoughts — “It's been too long since I ate.”
          — “It's giving me a headache.”
Label — hungry

OR

Sensation — headache
Thoughts — “This has been a hectic day, and I need to relax.”
Label — tension

The example demonstrates that the same sensation may be labeled in more than one way. It's up to us to interpret the meaning of a sensation. An inaccurate interpretation will lead to inappropriate behavior. If a person labels the headache as feeling hungry, but in reality the headache is information about the person's level of tension, then eating will not alleviate the headache. Spending fifteen minutes relaxing would be a more appropriate and useful response.

Positive Alternative Thoughts (PATs)

PATs are any thoughts that lead to positive feelings and actions. They are very important to shaping your new self-image as a weight maintainer. Remember, what you tell yourself about yourself will definitely affect how you feel and what you do.

If you are experiencing a negative or tempting thought and want to give yourself a PAT:

1. Say “Stop!” out loud or to yourself.
2. Replace the negative thought with a PAT.
3. Think about inconveniences and annoyances of being overweight.
4. Remind yourself of the benefits and pleasures of being a weight maintainer.
5. Focus on an activity that will strengthen your self-image of a weight maintainer.
6. Reinforce yourself for your positive thoughts and actions.

The most effective, long-term way to manage cues is by the use of Positive Alternative Responses (PARs). A PAR is any action, thought, or sensation/feeling that replaces the previous response to a cue.

Characteristics of PARs are:

1. The response is not associated with eating. (Visualizing)
2. You obtain a similar positive consequence with a PAR as you would have received if you had eaten. (Feel relaxed, happy)
3. The PAR is comfortable to the ongoing situation. (Easy to do)
4. The PAR focuses on positive behaviors and solutions not problems. (Relaxation is a positive behavior.)

Further, PARs may be planned far ahead of time (planned PARs) or developed on the spot in response to a cue (spontaneous PARs). The goal is to use planned PARs as often as possible since you will experience fewer urges to eat this way.
THE THREE R’s OF RELAXATION

Use the Three R’s 40 or 50 times a day to keep your stress level manageable. The components of the Three R’s are designed to aid you in releasing tension and regulating your body in the moment when you need to do so. You need not be experiencing a conflict to use the Three R’s. In fact the more you use them the more benefit you will receive. Just as the Three R’s of reading, ‘riting, and ‘rithmetic are the basis of verbal communication, the Three R’s of Relaxation are the basis of non-verbal communication. In other words, your stress level is written all over your body and everyone you come in contact with can read your level of stress by the way you react and the way you look. By practicing the Three R’s of Relaxation regularly you can re-educate your body to maintain a calm, unruffled and relaxed appearance. Best of all, it will be more than an appearance. It will be real and you will feel and notice the difference! The technique is very simple and even more important you can practice it without anyone knowing you are doing anything. You can keep right on talking or working or whatever while practicing at the same time. Here are the components of the Three R’s:

- Release Tension
- Relax Breathing
- Reaffirm Self

_Release Tension_: Notice your physical muscular tension and subtly STRETCH yourself in the opposite direction of the tension, then RELEASE and allow your muscles to remain soft.

_Relax Breathing_: Breathe in through your nose and out through your mouth expanding your abdomen and rib cage as you breathe in.

_Reaffirm Self_: Say something positive silently to yourself to boost your self-esteem and remind yourself you can handle the situation.
FAMILY RULES AND MESSAGES

FOCUS
1. Looking at family messages and the beliefs or self-messages they create.
2. Reviewing how Family and Self messages contribute to overeating and weight gain.

READ
2. Trading Old Family Rules for New Life Giving Beliefs on page 2.

JOURNAL
For this week’s journaling, write about what it felt like, to you as a child, to grow up in your family. To help you get in touch with your child self, we ask that you switch hands and write with the hand you are not accustomed to using. In addition to switching writing hands, you might try closing your eyes as you write. You do not have to write much...a few sentences are fine. After you have completed your description of what it felt like to grow up in your family, make a list of messages you would have liked to have heard as a child.

DO
1. Self-Relaxation: Practice a self-relaxation technique at least three times this week. You may find it particularly useful when eating urges hit or when you need to overcome feelings resulting from interactions at work or home that are very intense. Use Steps to Self-Relaxation found in the Self-Relaxation section to guide you through the process at home. Music can really add a lot to your self-relaxation experience.

2. Self-Care: We strongly encourage you to participate in some support option of your choice in addition to this weekly meeting. By taking the time now, you will be laying the groundwork for enhancing your maintenance success. Review Looking Out for additional support options.

3. Exercise: If you have not started an exercise routine already, start now. Walking is a great way to get started. It is a good idea to start slowly and gradually work yourself up. We recommend you start by incorporating a 15-minute walk into your daily routine. If you've been exercising, you may wish to increase your activity to 30 minutes. You may also decide to select another aerobic activity instead of walking. The best aerobic activity is the one you enjoy and will continue to do. Our exercise room is open to program participants who complete an Exercise Membership appointment.

4. Planning: Continue to use your Meal Replacement Supplement Planner to monitor your supplement and fluid intake.

5. If at any time material that is brought up in group or in work you do at home taps into feelings of depression or suicide, you can
   1) talk to your group counselor,
   2) call Kaiser Department of Psychiatry,
   3) call 911 or
   4) call a crisis hotline at 1-800-784-2433.
TRADING OLD FAMILY RULES FOR NEW BELIEFS

Often without even realizing it, you find your behaviors are based on things you learned when you were a child. You may still feel like you have to eat everything that is on your plate because your parents reminded you as you were growing up that children in Africa or China had very little to eat and were starving. Take the time to review what rules you have incorporated into your adult life that are based on things you learned when you were a child. Are these rules that make sense for you today? If not, take the time to think how you might change these old rules for new ones. Here are a few ideas to get you going:

1. **Feel what you feel.** Feelings are not right or wrong. They just are. Don’t allow anyone to tell you what or how you should feel. Also, take the time to talk about your feelings.
2. **Want what you want.** There's nothing you should or should not want. Make sure you get your needs met by asking for what you want.
3. **See and hear what you see and hear.** Just like with your feelings and what you want, trust yourself: whatever you saw and heard is what you saw and heard.
4. **Have lots of fun and play.** Play in whatever way makes you feel good.
5. **Be honest.** Lying distorts reality and just makes life more confusing.
6. **Know your limits and delay gratification some of the time.** If you can learn to delay just a little gratification at a time, you will have more control over what you do and say.
7. **Develop balance and responsibility.** Accept the consequences for those things for which you are responsible and don’t accept the consequences when they belong to someone else.
8. **Make mistakes.** You’ve heard it said before, mistakes are excellent teachers.
9. **Respect and value other people's feelings, needs and wants.**
10. **Have problems.** Problems are normal. Take the time to resolve them so you can move on and feel good about yourself.

Most Important of All ...

**You Need Unconditional Acceptance to be Yourself!**
AFFIRMATIONS FOR PERSONAL GROWTH AND BREAKING AWAY FROM OLD BELIEFS
(Adapted from John Bradshaw’s *Homecoming*)

I am wise.
I accept myself completely.

I have personal power.

I am able to love.
I can be completely close and yet completely separate.
I am intimate with myself and with another.

I am special.
I deserve.
I have value and purpose.

I am capable.
I can learn and create.
I can ask and explore and do.

I can set limits.
I have willpower.

I can feel.
I can trust.

I have hope.
I can be.
WEEK ________ MEAL REPLACEMENT SUPPLEMENT PLANNER

<table>
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<tr>
<th></th>
<th>Supplement #1</th>
<th>Supplement #2</th>
<th>Supplement #3</th>
<th>Supplement #4</th>
<th>Supplement #5</th>
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<td>When?</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Date ______</td>
<td>Where?</td>
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<tr>
<td>Time consumed</td>
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<tr>
<td>Day ______</td>
<td>When?</td>
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<tr>
<td>Date ______</td>
<td>Where?</td>
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<td>Time consumed</td>
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<td>Day ______</td>
<td>When?</td>
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<td>Date ______</td>
<td>Where?</td>
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<td>Time consumed</td>
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<td>Day ______</td>
<td>When?</td>
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<tr>
<td>Date ______</td>
<td>Where?</td>
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<td></td>
</tr>
<tr>
<td>Time consumed</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

(Total Daily Fluids must equal 120-150 oz.)

1  2  3  4  5  6  7  8  9  10  11  12  13  14  15

<table>
<thead>
<tr>
<th></th>
<th>Potassium*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1  2  3  4  5  6  7 8  9  10  11  12  13  14  15</td>
<td></td>
</tr>
</tbody>
</table>

My observations and comments:

*As prescribed.
##LOOKING IN

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<td>D-95</td>
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</tbody>
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IDENTIFYING AND COMMUNICATING NEEDS

FOCUS
1. Exploring the relationship between identifying personal needs, communication, successful weight loss and maintenance.
2. Improving your communication skills:
   A. Getting comfortable expressing your needs.
   B. Experiencing validation of your needs.
   C. Practicing good listening.

READ
2. *Communicating Assertively* on page 5.
3. Chapter 3, *To Diet or Not to Diet*, (pp. 14–20) in *Maximize Your Body Potential*.
4. *Something to Remember* and *Building Better Communication* on the following pages.

JOURNAL
For this week, write and:
1. Identify the people you need to talk to.
2. Decide what you need to say to those people in order for you to meet your needs and achieve your goals.

DO
Echoing Activity: Practice the I need... echoing activity you learned in group with a significant person in your life. Start with someone with whom you feel safe enough to be vulnerable. A lot of good can come from practicing this exercise if you are patient. Remember, you will have to explain the activity and its purpose to the person with whom you are interacting. Know and expect that it may feel awkward at first. Don't give up...keep practicing until it feels comfortable.
SOMETHING TO REMEMBER ...

1. Low quality communication elicits low quality communication.
2. High quality communication elicits high quality communication.
3. If you allow yourself to make excuses for not communicating your needs, you are not taking responsibility for meeting your needs and giving yourself a happy and satisfying life. You are ultimately victimizing yourself.
4. It is your responsibility to kick the victimizing habit especially when you are victimizing yourself.
5. By practicing good communication techniques like expressing your needs, validating others and really listening, you are taking the first step toward giving yourself a happier and more satisfying life.
BUILDING BETTER COMMUNICATION

Here is a partial list of traditional assumptions you may have learned as a child, which now keep you from being an assertive adult. Each of these mistaken assumptions violates one of your legitimate rights as an individual:

<table>
<thead>
<tr>
<th>Mistaken Traditional Assumptions</th>
<th>Your Legitimate Rights</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. It is selfish to put your needs before other’s needs.</td>
<td>You have a right to put yourself first, sometimes.</td>
</tr>
<tr>
<td>2. It is shameful to make mistakes. You should have an appropriate response for every occasion.</td>
<td>You have the right to make mistakes.</td>
</tr>
<tr>
<td>3. If you can't convince others that your feelings are reasonable, then they must be wrong, or maybe you are going crazy.</td>
<td>You have a right to be the final judge of your feelings and accept them as legitimate.</td>
</tr>
<tr>
<td>4. You should respect the views of others, especially if they are in a position of authority. Keep your differences of opinion to yourself. Listen and learn.</td>
<td>You have a right to have your own opinions and convictions.</td>
</tr>
<tr>
<td>5. You should always try to be logical and consistent.</td>
<td>You have a right to change your mind or decide on a different course of action.</td>
</tr>
<tr>
<td>6. You should be flexible and adjust. Others have good reasons for their actions and it’s not polite to question them.</td>
<td>You have a right to protest unfair treatment or criticism.</td>
</tr>
<tr>
<td>7. You should never interrupt people. Asking questions reveals your stupidity to others.</td>
<td>You have a right to interrupt in order to ask for clarification.</td>
</tr>
<tr>
<td>8. Things could get even worse, don't rock the boat.</td>
<td>You have a right to negotiate for change.</td>
</tr>
<tr>
<td>9. You shouldn't take up others' valuable time with your problems.</td>
<td>You have a right to ask for help or emotional support.</td>
</tr>
<tr>
<td>10. People don't want to hear that you feel bad, so keep it to yourself.</td>
<td>You have a right to feel and express pain.</td>
</tr>
<tr>
<td>11. When someone takes the time to give you advice, you should take it very seriously. They are often right.</td>
<td>You have a right to ignore the advice of others.</td>
</tr>
<tr>
<td><strong>Mistaken Traditional Assumptions</strong></td>
<td><strong>Your Legitimate Rights</strong></td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>---------------------------</td>
</tr>
<tr>
<td>12. Knowing that you did something well is its own reward. People don't like show-offs. Successful people are secretly disliked and envied. Be modest when complimented.</td>
<td>You have a right to receive formal recognition for your work and achievements.</td>
</tr>
<tr>
<td>13. You should always try to accommodate others. If you don't, they won't be there when you need them.</td>
<td>You have a right to say “no.”</td>
</tr>
<tr>
<td>14. Don't be anti-social. People are going to think you don't like them if you say you'd rather be alone instead of with them.</td>
<td>You have a right to be alone, even if others would prefer your company.</td>
</tr>
<tr>
<td>15. You should always have a good reason for what you feel and do.</td>
<td>You have a right not to justify yourself to others.</td>
</tr>
<tr>
<td>16. When someone is in trouble, you should help them.</td>
<td>You have a right not to take responsibility for someone else's problems.</td>
</tr>
<tr>
<td>17. You should be sensitive to the needs and wishes of others, even when they are unable to tell you what they want.</td>
<td>You have a right not to anticipate other's needs and wishes.</td>
</tr>
<tr>
<td>18. It's always a good policy to stay on people's good side.</td>
<td>You have a right not to always worry about the goodwill of others.</td>
</tr>
<tr>
<td>19. It's not nice to put people off. If questioned, give an answer.</td>
<td>You have a right to choose not to respond to a situation.</td>
</tr>
</tbody>
</table>
COMMUNICATING ASSERTIVELY

Communication
Most of you have many relationships in your lives—personal (family, friends) and business/work. All of your relationships involve communication and interaction. These interactions may be pleasant or unpleasant. When the interactions are perceived as negative, your stress response is triggered. The more negative the experience is, the greater your stress response will be. By becoming more aware of your communication style and improving your communication skills, you can learn to interact with people in a less stressful manner. By reducing the stress in your relationships, you become less likely to turn to food to make yourself feel better.

There are two styles of communication —Defensive and Assertive.

Defensive Communication, which is the stressful, win/lose approach, can be split into three categories:
1. Passive (staying silent, taking it)
2. Aggressive (arguing, yelling, name calling)
3. Passive/Aggressive (manipulating, saying one thing and meaning another)

Assertive Communication, the non-stressful, win/win approach, is a process of negotiation which involves the following six characteristics:
1. Know your values.
2. Know what your wants and needs are in a situation.
3. Know your rights.
4. Be open, honest, direct, and clear in expressing your thoughts and feelings.
5. Recognize you won't always get what you want.
6. Recognize and understand the impact you're having on the other person or people involved.

In your weight loss and weight maintenance efforts, start focusing on using an assertive approach for communications, actions and decision-making. You don't need to act assertively all the time, but rather the goal is to work towards making assertiveness your dominant style.

SCAR
There are four common areas of difficulty in relationships which involve communication skills. They are:
1. Setting Limits
2. Criticism/Anger
3. Asking for Something
4. Receiving and Giving Compliments

If you choose to handle these situations in a defensive way, you will trigger your stress response and most likely SCAR the relationship as well as yourself.
In contrast, approaching these potentially difficult areas in an assertive manner will most likely enhance the relationship and your self-esteem.

Example:

Situation — Spouse eating crackers while watching TV; crackers are a food cue.

Defensive Approach — “*!~*/∗~If you don't stop eating those crackers, I'm going to go crazy. Man, you really know how to irritate me!”

Assertive Approach — “When you eat crackers in front of me while I'm watching TV, I feel frustrated and experience urges to eat. I would prefer you eat your snack in the kitchen before coming into the TV room. I will appreciate you doing this and will rub your back for five minutes when you do come to watch TV.”

Think about how differently you and the other person would feel after each scenario. In the first situation, both of you would feel hurt, resentful and angry. In the second, you would most likely feel calm. In the example of assertiveness, there might be some negotiation before resolving the problem, but at least the stage will be set for cooperation. An outcome where both of you will be winners with your self-respect intact is far more likely.

D.E.S.C.

D.E.S.C. is an Assertive Communication Model which is useful for problem solving and expressing appreciation.

The above example of an assertive approach used D.E.S.C.

Describe the situation. ..................When you eat crackers in front of me...

Express your feelings. ...................I feel frustrated...

Specify what you want the person to do. ....I would prefer you eat your snack in the kitchen...

Consequences of person's cooperation. .......I will appreciate you doing this and rub your back...

If D.E.S.C. does not work in situations of chronic conflict, there are three alternatives you can use:

1. **Logical Consequences**, which work most effectively with peers and subordinates, and involves several steps after trying D.E.S.C.
   - A. Redefining the situation, stressing the importance of resolving the conflict, and setting behavioral limits.
   - B. If no change results, set a time limit for the behavior change and specify the negative consequence which will be delivered if the person doesn't cooperate.
   - C. If still no change, deliver the consequence.

2. **Change your expectation** for the situation.

3. **Leave** the situation. For example, watch TV in another room if your spouse is eating and will not change his/her behavior.

These alternatives to chronic conflict in relationships, and assertiveness in general, are a means for you to meet your needs without taking away from someone else's self-respect. The more of your needs you are able to meet, the less you will need to use food as a substitute for unmet needs.
FEELINGS—IDENTIFYING, LABELING, AND ALLOWING THEM

FOCUS
1. Working toward identifying feelings that may be buried or that you have repressed which are causing blocks for you in living your life fully or that cause you to overeat.
2. Identifying positive outlets for the feelings you experience.

READ

JOURNAL
To really understand who you are and how your feelings affect you, this week spend five minutes a day writing. Begin with “The feeling I had the most difficulty dealing with was. . .” for each of the following stages of your life. Write about a different stage each day.

1. Before age 5.
2. From 5–10.
5. 20 and beyond (break down by decades depending on your age).

DO
Handling My Feelings (see next page).

THERE’S MORE
When Food Is Love by Geneen Roth; The Feeling Good Handbook by David Burns; and The Artist’s Way by Julia Cameron.
HANDLING MY FEELINGS

1. What is a feeling you want to deal with?

2. In what ways is that feeling currently a problem for you?

3. How might changing how you handle that feeling influence what others think about you?

4. How might changing how you handle that feeling impact what you think about yourself?

5. How might changing the way you handle that feeling affect your ability to do the work that gives your life meaning?

6. What will it take for you to make these changes?

7. What could happen if you don’t make any changes?

8. Create a list of steps to handle this feeling. Write them in the space below. For the next three weeks, at the end of each week, write down what you have done to handle your feeling. Compare your progress week to week.
### FEELINGS

<table>
<thead>
<tr>
<th>Accepted</th>
<th>Embarrassed</th>
<th>Jazzed</th>
<th>Sentimental</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afraid</td>
<td>Enthusiastic</td>
<td>Jealous</td>
<td>Sexual</td>
</tr>
<tr>
<td>Annoyed</td>
<td>Envious</td>
<td>Lonely</td>
<td>Shaky</td>
</tr>
<tr>
<td>Anxious</td>
<td>Ecstatic</td>
<td>Loving</td>
<td>Shy</td>
</tr>
<tr>
<td>Angry</td>
<td>Fearful</td>
<td>Mean</td>
<td>Strong</td>
</tr>
<tr>
<td>Ashamed</td>
<td>Foolish</td>
<td>Miserable</td>
<td>Subdued</td>
</tr>
<tr>
<td>Bewildered</td>
<td>Frustrated</td>
<td>Needed</td>
<td>Tender</td>
</tr>
<tr>
<td>Bitter</td>
<td>Furious</td>
<td>Neglected</td>
<td>Tense</td>
</tr>
<tr>
<td>Bored</td>
<td>Good</td>
<td>Passionate</td>
<td>Terrified</td>
</tr>
<tr>
<td>Brave</td>
<td>Guilty</td>
<td>Pessimistic</td>
<td>Tired</td>
</tr>
<tr>
<td>Confident</td>
<td>Happy</td>
<td>Playful</td>
<td>Trapped</td>
</tr>
<tr>
<td>Confused</td>
<td>Helpless</td>
<td>Pleased</td>
<td>Ugly</td>
</tr>
<tr>
<td>Defeated</td>
<td>Hopeful</td>
<td>Protective</td>
<td>Uneasy</td>
</tr>
<tr>
<td>Defensive</td>
<td>Hostile</td>
<td>Puzzled</td>
<td>Unwelcome</td>
</tr>
<tr>
<td>Depressed</td>
<td>Humiliated</td>
<td>Rejected</td>
<td>Uptight</td>
</tr>
<tr>
<td>Detached</td>
<td>Hurt</td>
<td>Relieved</td>
<td>Vulnerable</td>
</tr>
<tr>
<td>Disappointed</td>
<td>Inadequate</td>
<td>Resentful</td>
<td>Warm</td>
</tr>
<tr>
<td>Disgusted</td>
<td>Intense</td>
<td>Sad</td>
<td>Weak</td>
</tr>
<tr>
<td>Disturbed</td>
<td>Intimidated</td>
<td>Safe</td>
<td>Wonderful</td>
</tr>
<tr>
<td>Edgy</td>
<td>Irritable</td>
<td>Sensual</td>
<td>Worried</td>
</tr>
</tbody>
</table>
STEPS TO HANDLE FEELINGS

1. **NOTICE**—Pay attention to what is happening in your body. It is important to not only name the feeling, but also to describe the sensation.

2. **LABEL**—Label the feeling or layers of feelings.

3. **VALIDATE**—Acknowledge the feeling—even if it feels a little weird—even if it is a bit uncomfortable.

4. **FIND THE ORIGIN**—Notice if this is a current feeling or an old feeling resurfacing. If you sense this is an exaggerated reaction, it may remind you of, or be connected to, old material.

5. **APPROPRIATE ACTION**—You may have learned to skip all the previous steps and just react. Your parents may have said something like, “*Oh, it was just a bad dream…forget it,*” without allowing you to express and move through your feeling. Once you move through these steps, action tends to be more clear and appropriate to the situation.
WRITING ABOUT FEELINGS EXERCISE

Feelings: Pick 3 different feelings and write about them.

Think about the last time you felt these feelings and what you did with the feelings.

How do your feelings serve you or work against you?

What did you learn from your family about feelings?

Where do you experience your feeling or feelings in your body?

How do you normally notice, label and validate your feelings?

What have you learned about certain feelings that help you in dealing with more difficult feelings?

What are the hardest feelings for you to express and why?
HOW ARE YOU FEELING TODAY?

EXHAUSTED  CONFUSED  ECSTATIC  GUILTY  SUSPICIOUS
ANGRY  HYSTERICAL  FRUSTRATED  SAD  CONFIDENT
EMBARRASSED  HAPPY  MISCHIEVOUS  DISGUSTED  FRIGHTENED
ENRAGED  ASHAMED  CAUTIOUS  SMUG  DEPRESSED
OVERWHELMED  HOPEFUL  LONELY  LOVESTRUCK  JEALOUS
BORED  SURPRISED  ANXIOUS  SHOCKED  SHY
BOUNDARIES

FOCUS
1. Identifying if you connect with the thoughts, “Being overweight keeps me physically or emotionally safe because no one looks at me when I’m heavy,” or “People expect less of me because I’m overweight.”
2. Determining if you think of boundaries as the emotional and physical distance between you and others.
3. Discovering if you have difficulty saying no because you do not want to hurt people’s feelings.

READ
1. Maximize Your Body Potential, Chapter 280, Using Self Talk Effectively, (pp. 352–384); Chapter 29, Eating and Emotions, (pp. 385–407).
2. Lose the Guilt, Set Some Boundaries, Learn To Say No.

JOURNAL
1. Write a list of all the people and situations that you find difficult to say No to.
2. Write about why it is hard to say “No” to food.
3. Write about a time when you felt very comfortable and confident.
4. Write about “If I could have any super-hero powers, I would want __________ because …”
5. Write a practice dialogue of a conversation which you are dreading.

Example:
Me: “I need to let you know that you would be helping me out a lot if you would make your own meals for a while.”
Spouse: “Why can’t you do it? I work hard every day, too!"
Me: “You do work hard and I appreciate it. But, I am doing the meal replacement supplement because I am afraid of becoming diabetic, and I need your help. If you will make your meals for the next month, I’ll take over a household chore that you do now so that it won’t take more of your time.”
Spouse: “I didn’t know that making meals for me was such a big deal. I keep forgetting about the problem with your high blood sugar. I guess I’m just so used to you cooking. If you could just make a grocery list for me, I’ll handle the rest. Will that help?”
Me: “Yes, very much. Thank you.”
Spouse: “All you need to do is ask.”

DO
1. Do an art collage using pictures from magazines or draw a representation of “What is inside me today” (all the emotions, experiences, and events you feel today). Do a second one which will reflect, “What I want inside of me.” What aspects of both pictures will you need to be a successful weight maintainer? What resources will you need to help you achieve those feelings of what you want inside of yourself? This exercise is a relaxing way to find out how you are doing and how you are progressing toward your goals.
2. Stand in front of a mirror and practice *standing your ground* with someone with whom you find it difficult to assert yourself. For example, practice saying *No* and standing up for yourself. Pretend you are a famous politician or businessperson and you exude confidence. You are an expert in the field of negotiation and will not give in.

3. Take a small object that is familiar to you or a long piece of string which can fit in your pocket and use it as a *power piece* which reminds you to say *No* when you need to.
LOSE THE GUILT, SET SOME BOUNDARIES, LEARN TO SAY NO

By Loraine O’Connell
THE ORLANDO SENTINEL

Oh, great. You’ve done it again.

The boss just asked you to work late and you said, “Yes, sure, no problem.” Then you scrambled to get hold of your spouse so he could pick up the kids at day care.

Of course, you’re still kicking yourself for saying yes to your in-laws who want to visit next week. You have neither the time nor the inclination to entertain them.

And you’re smarting from all the yeses you’ve been hissing at the kids lately. What kind of message are you sending them when all they have to do is whine or hold their breath to get you to cave in?

You’re just a person who can’t say no.

It’s a common affliction among both sexes, though women are especially prone to it because of their socialization.

“Women have been taught to be the caretakers, to be responsible for relationships,” says Marti Lisa, a licensed marriage and family therapist with the Episcopal Counseling Center of Orlando, FL. “We haven’t learned how to create and maintain appropriate boundaries.”

And appropriate boundaries are what enable people to say no without feeling guilty or fearful that the person on the receiving end will stop loving them—or liking them, or respecting them, or employing them, depending on who the receiver is.

Boundaries are the metaphorical walls we put up to separate ourselves from others. “We all display behaviors that characterize our boundaries. For instance, a total inability to say no signals a person with no boundaries,” says Lisa.

“These people tend to be over-compliant pleasers with no sense of separateness from others.”

Because these people don’t have a high sense of self-worth, they don’t realize they’re entitled to say no.

“They feel the only way to keep people in their lives is to be a yes person,” says Peg Seykora, a licensed mental health counselor.

Of course, most of us would say we “just don’t want to hurt someone’s feelings.”

“Lose the guilt,” Seykora says.

“You can’t control someone else’s feelings,” Seykora says. “If they choose to be upset, they’re choosing it because they’re more concerned about their needs than your needs.”

Twits.

But what about yes-sayers who fear that a no will result in rejection by a loved one or a promotion that never happens?

“If someone won’t accept your right to say no, you want to look at that relationship,” Seykora says. But don’t lose sight of reality.

In the workplace, relationships are unequal. The boss is the boss—and you’re not. If your boss is a hellion who has punished you for saying no, your only options may be to accept the situation or find another job.

Even in your personal life, Seykora says, “You train people how to treat you.”
“If you’ve trained everybody around you to treat you as a doormat or as passive, it’ll take a long time and a concentrated effort to retrain them,” she says. “Some people will leave your life because they want a doormat. That’s the risk you take.”

Nevertheless, our inherent right to say no doesn’t give us free rein to be belligerent jerks.

“You have to be responsible for how you deliver it (your ‘no’) and for your body language and tone of your voice,” Seykora says.

Among the toughest challenges is saying no to kids.

“We think we owe them an explanation,” says Lisa, the Orlando counselor, “that that’s what it means to be a good parent—to give your child a rationale.”

Lisa recommends skipping explanations and relying on the fact of the matter: You’re the parent—and the kid is not.

For instance, you say, “You’re not in a position right now to make that decision. There are other areas where I can allow you to make your own decisions, but this is an area where I’m the parent and can call the shots because you’re not old enough to see the consequences of this.”

Naturally, kids don’t like to be reminded that they’re in a one-down position, but that’s life.

“It’s really healthy for kids to disagree with parents,” Lisa says, “because they can learn to do it with respect.”
POWER OF THOUGHTS

FOCUS
1. Discovering the effect depression has on overeating and visa versa.
2. Reviewing your basic beliefs about yourself and life.
3. Identifying how our beliefs are currently serving us.

READ
1. Maximize Your Body Potential, Chapter 29, Eating and Emotions, (pp. 385–407), and review Table 28 on pp. 364–370.

JOURNAL
1. Write a list of at least five accomplishments that you have achieved in life along with the qualities within you that allowed you to accomplish these things (e.g., accomplishment—finishing college or high school, positive qualities—perseverance, intelligence, etc.)
2. Choose a goal you would like to accomplish and break it down into small easily attainable steps. Write the steps down as clearly as possible. Now imagine yourself in your mind’s eye taking those steps and notice any negative thoughts or beliefs that come into your mind as you imagine this. Note: Choose a goal that you feel joy about rather than one you think you should accomplish.
3. Imagine that you have an all-knowing voice inside of you that perceives all that you truly need. Now give the depressed part of yourself a voice as well and allow these two parts to have a dialogue through writing and perhaps discover some underlying beliefs and needs in the process.

DO
1. Ask one or more people in your life to share at least three positive qualities that they appreciate about you. If this feels too scary, journal about the thoughts, beliefs, and feelings that prevent you from receiving positive feedback from others.
2. Take a blank piece of paper and fold it in half width-wise. On one side of the paper draw a picture or image that portrays how you feel when you are depressed, and on the other side of the paper draw an image that portrays how you feel when you are happy. When you are done, add words to your pictures, including messages that you give to yourself when you are in each of these states. Allow this technique to assist you in connecting your inner experience with your thought process.
3. Think back to when you were a child or young adult and recall activities that you used to enjoy but have not done in the past few years. Choose one activity that brought you joy and would be possible to include in your current lifestyle (e.g., gardening, walking on the beach, painting, singing in the shower, etc.) and do this activity at least one time this week.
4. Read Inspirational Thoughts on page 27 and find one or two to repeat to yourself several times a day.
5. Depression can make it difficult to take action and yet action is often exactly what you need to relieve the depression. Exercise is an important form of action and a wonderful antidote for depression. Research has shown that exercise is at least as effective as prescription drugs in helping to lift depression. If you have not already done so, begin an exercise program this week. Allow yourself to start slowly and realistically and build up naturally.
## EXPERIENCES

<table>
<thead>
<tr>
<th>Positive Experience</th>
<th>Negative Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>I got a raise because I did good work.</td>
<td>I got fired because I came to work late each day.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Positive Experience</th>
<th>Negative Experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>I got a raise because it was my turn.</td>
<td>I got fired because the company downsized.</td>
</tr>
</tbody>
</table>

### Did I cause it?
- **(Personal)**

<table>
<thead>
<tr>
<th>Did I cause it?</th>
<th>Could this happen to anybody?</th>
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</thead>
<tbody>
<tr>
<td><strong>(Personal)</strong></td>
<td><strong>(Impersonal)</strong></td>
</tr>
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<th>Did I cause it?</th>
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</thead>
<tbody>
<tr>
<td><strong>(Personal)</strong></td>
<td><strong>(Impersonal)</strong></td>
</tr>
</tbody>
</table>
The Power of Self-talk

To make your inner voice a force for success and happiness, says a noted psychologist, substitute accurate, positive thoughts for those false messages of fear.

By Harriet B. Braiker

They say there’s nothing wrong with talking to yourself, but when you start answering back, it’s time to worry. They’re wrong. Talking aloud to yourself in public isn’t a sign of mental health, but holding an internal dialogue is quite normal and very useful.

In fact, inner conversations have a powerful impact on emotional well being and motivation. Becoming aware of exactly what you are saying to yourself about yourself can help you understand why you react the way you do to events and people in your life. It can also give you a handle on controlling your moods, repeating your successes, and short-circuiting your shortcomings.

Positive self-talk can do a lot to give you the confidence that frees you to use your talents to the fullest. If public speaking makes you nervous, use your inner voice to reassure yourself: “You can do it. You’ve done it well before. Why else would they have asked you to do it again?” Behind your nervousness may well be negative thoughts such as:

“There are 300 people out there! I’ll never hold their attention.” Since self-talk has a way of becoming self-fulfilling prophecy, uncountered negative thinking can spell trouble. That’s why it’s so important to monitor your inner voice.
But don’t confuse positive self-talk with mindless positive thinking, happy affirmations or, even worse, self-delusion. For example, if I were to tell myself that I’m no good at artistic endeavors, my self-talk would be negative but not flawed. The truth is, I have difficulty drawing a straight line. On the other hand, if I say I can’t do anything right, that would be flawed, over-generalized thinking. What you want is accurate, logical self-talk.

There are times, though, when you start hearing a chorus of negative messages from your inner voice. Then it’s time to correct them by using some of the techniques of cognitive therapy I’ll describe. The key is to recognize the logical flaws and self-sabotaging messages and replace the errors with more rational and appropriate thinking. In high-tech terms, it helps you uncover the bugs in your mental computer (see 10 Cognitive Traps) and reprogram your mind with better software.

Take the case of a 39-year-old mother who has persistent feelings of depression. Her inner voice tells her: “I’m lost. I feel like such a failure. I know I should be more patient with my kids, but they’re such losers. I’ve given up even talking to them. It’s just not fair. My friends’ kids are perfect, but mine are a mess and so is my life.” These ruminations are a garbage bag of negatively loaded words and labels (“failure,” “losers”); errors in the way she processes information (“My friends’ kids are perfect”); faulty assumptions (“It’s not fair”—neither, of course, is life), and guilt-inducing expectations (“I should…”).

This mother needs to identify these errors and distortions and develop a more accurate internal dialogue (“I know I’m not a perfect mother, but nobody’s perfect. I do the best I can with my kids, and they’re not perfect either. But, if I work on being more patient and communicating better, maybe the problems we’ve been having can be worked out.”). The revised self-talk improves her mood and motivation, diffuses her anger and directs her toward actions that can address some of her difficulties. This can eventually lead to positive changes in her behavior that will improve her relationship with her family.

**Self-Talk Trouble: Three Tip-Offs**

Negative self-talk can trip you up any time, but these three common situations are particularly good times to monitor your inner voice for negative thoughts.

When what is happening to you doesn’t jibe with what you expect or predict, flawed self-talk may be the cause. Think of a newly divorced woman who goes to a party expecting men to approach her, with no effort on her part to attract them. When it doesn’t happen, she feels confused, insecure and depressed. If she’d examined her self-talk before the party, she might have realized she was operating on an outmoded idea, “nice women don’t start conversations with strangers, so I should wait for people to come to me.”

It might have been more helpful had her self-talk been more along the lines of “I’m an intelligent, attractive woman. I have plenty of interesting things to talk about. I’ll look for chances to start conversations with the people I meet.”

The next sign that it’s time to check on your self-talk is when you sense in yourself a pattern of negative behavior towards others. For example, a man suspects that he’s falling into a pattern of ignoring orders from his superiors at work, or conveniently forgetting meetings he should attend. Listening closely to what he tells himself about his bosses and his work might forestall career stagnation or a firing.

Does he fear his bosses, dislike them, envy them—or is he unsure of his own skills? Whatever he hears, it’s time to come up with a more realistic evaluation of what’s happening. He needs to consider his own strengths and figure out the best ways to use them to deal with what’s really bothering him at work and is causing him to avoid dealing with his superiors.
A third signal that it’s time to pay attention to self-talk is a stressful life event or a personal transition of some kind. Because crises often mark turning points, old ways of looking at the world can become obsolete under the new conditions that are changing your life.

Take a woman who has been a company’s token woman executive. She’s come to expect not to be listened to or taken seriously by her superiors. If she then moves to an organization that respects women’s abilities and expects them to perform well, she may find that her views about dealing with management need to change—and with them the way she presents herself to others on the job.

**Capturing Your Self-Talk**

How do you tune into your self-talk to analyze and correct it? Some people seem inherently more aware of their inner conversations than others and have little difficulty mentally “turning up the volume.” One of my patients is notable in this regard. When she was a child, her abusive parents administered both physical punishment and emotional isolation. Now, as an adult, instead of reporting what she’s thinking or feeling the way most people do, the woman self-talks out loud.

In one group session, she answered a question about how she felt after a confrontation with a coworker this way:

> “Susan (her own name), you don’t have to get your feelings hurt over what this guy did. You’ll be much worse off if you start to cry now, so just keep yourself together.” Susan had apparently learned as a child to rely on her own company and self-talk to comfort her and calm her down. Now accessing it is second nature.

Most people, though, need ways to capture their inner dialogues. There are several techniques that can help. First, at random times throughout the day, ask yourself, “What am I saying to myself right now?” Then, if you can, write down your thoughts along with a few notes about the situation you are in and how you’re feeling. Your goal is to refine your self-talk to make it as accurate as possible. Before you begin, it’s essential to record your self-talk without any censorship.

You can use uncomfortable emotions or moods—such as stress, depression and anxiety—as cues for listening to self-talk. When this happens, identify the feeling as accurately as possible. Then ask yourself, “What was I saying to myself right before I started feeling this way?” or, “What have I been saying to myself since I’ve been feeling this way?”

Situations that you anticipate might be difficult for you are also good times to access your self-talk. Write down a description of the coming event. Then ask yourself, “What am I saying to myself now about the event?” If your thoughts are negative, think how you can use your strengths to turn these disruptive feelings into more positive ones and help make a potentially difficult experience into a success.

It’s useful to compare your self-talk predictions (what you thought would or should happen in a given situation) with what actually took place. If the reality conflicts with your predictions—as it often does when your self-talk is in error—pinpoint where your inner dialogue needs to fit reality.

You’re bound to have a purely subjective view of your own thoughts. So it’s helpful and often necessary to enlist the help of a sympathetic but objective friend, mate or therapist who is willing to listen, collaborate in the assessment of your experience and help identify the ways your self-talk may be distorted.

**Using Your Inner Voice**
How you respond to your self-talk makes all the difference. First, remember the positive elements and use them in other situations where your thoughts are negative. For the negative thoughts you’ve uncovered, first identify how they are wrong. Then argue actively with yourself to correct the errors. Construct challenging arguments to your erroneous assumptions and beliefs (“If I’m such an unlikable person, why do my old friends still call me to get together?”).

Next, change your inner dialogue by replacing flawed ways of talking to yourself with better ways. Remember that you’re after accuracy and rationality, not self-hype or excessively positive ideas: such mindless optimism is equally distorted.

Flawed self-talk, by its very nature, is often best captured when you are feeling down on yourself or depressed. Unfortunately, since your bad mood has tilted your thinking, this is precisely when you’re least able to be truly objective and rational. So it’s especially valuable at these dark times to adopt the perspective of someone else you feel confident is on your side. Try to look at yourself the way they would, and use that perspective to come up with accurate self-talk that fits reality and points you in a new and positive direction.

Since thoughts are fleeting, writing them down as they occur to you will help the process along. Try a triple-column technique to analyze them for errors and construct rational rebuttals: First, divide a sheet of paper into three columns. Then think back to an event that has elicited negative feelings. In the first column, write down your automatic thoughts—the samples of uncensored self-talk you’ve gathered. Next, with the list of flawed thinking as a guide (10 Cognitive Traps), scrutinize your thoughts to see if they mirror any of these errors. Note errors in the second column. Last, write a rebuttal for each flawed thought in the third column.

For example, let’s assume you’re upset because you didn’t do as well as you had hoped in a job interview. In the first column, the self-talk you have recorded might read something like, “I always mess important things up this way. I’ll never get that job. . . I probably won’t ever get any job. The interviewer just hated me, I could tell. What a bozo I am.”

In the second column you identify various thoughts as errors of over-generalization, or jumping to conclusions, or labeling, and so forth. In the third column, your rational rebuttal might read, “OK, I didn’t do so well in answering a few questions because I was anxious. But I did answer a lot very well.

“Actually, I don’t know the man at all, so I can’t really judge his reaction to me. If I have the opportunity for a second interview, I’ll make sure to add the information I left out. If I don’t, I’ll have learned from the experience and I’ll do better next time.”

This may be a lot of writing, but it’s the best way to get started. You’ll soon be skilled enough to do it in your head without writing it down.

**Moving from Talk to Action**

The real power of self-talk lies in how it changes behavior. Simply correcting your internal programming will improve your mood, but it won’t do the most important job. The ultimate purpose of examining what is going on inside your head is to change actions that are self-defeating. Thinking correctly does alter your negative moods, but enduring change comes only with modifying your behavior.

If, for example, your self-talk tells you, “I can’t break up this relationship because I can’t stand being alone, even though the relationship is harmful to me,” you’re likely to stay locked in the same unhappy situation. To make your self-talk more accurate, you might say: “I feel anxious about breaking up and
facing the idea that I might be alone for awhile. But if I really want to give myself a chance for the kind of relationship that will make me happy, I must let go of the one I’m in.”

Now comes the clincher: To activate the full power of your self-talk, you must follow the path that your new, accurate inner messages point. In the example, you would need to actually terminate your current relationship and, with the aid of further encouraging and supportive self-talk, get back into social situations where you can meet new people and begin forming new relationships.

To find the behavior that goes with your new self-talk, ask yourself these questions: What behavior has my erroneous self-talk generated? How has it hindered me from reaching my goals? What actions does my corrected self-talk suggest? How will my life be better when I change? When and how will I start to change?

Accurate self-talk should enable you to know how your behavior needs to change. And behavior is what counts. As an old proverb advises: “To know but not to act is not to know at all.”

Harriet B. Braiker, PhD, is a practicing clinical psychologist in Los Angeles and author of Getting Up When You’re Feeling Down, soon to be released in paperback by Pocket Books, and The Type-E Woman (NAL/Signet, 1987).
THE PSYCHOLOGY OF SELF-TALK

The methods described in this article—using self-talk to elevate your moods and change your behavior—have their basis in cognitive therapy. The best-known proponents of talking to yourself are psychiatrist Aaron Beck and his colleagues at the University of Pennsylvania, who developed cognitive therapy. David Burns popularized the technique for the treatment of depression in his best seller, “Feeling Good: The New Mood Therapy.”

The guiding tenet of cognitive therapy is that beliefs and thoughts, as represented by your words and assumptions, have the greatest impact on your emotions, behavior and state of mind. So by directly assaulting self-hindering thought, you can profoundly improve your emotional well being and overall functioning.

In brain-dominance terminology, cognitive therapy is purely left-sided, since it relies on rational, analytical methods. But self-sabotaging self-talk can be attached and corrected from a right-brain perspective as well. Personal Mythology theory provides a symbolic avenue for changing self-talk by focusing on the stories you tell yourself about your place in the world; indeed, about the purpose of life itself.

Contrary to what its name implies, personal mythology does not mean false beliefs. It refers to the sum total of your self-talk statements and how they are integrated into full-blown belief systems. The stories that embody these beliefs—stories derived from larger cultural myths—strongly affect how you interpret what happens to you, and therefore how you choose to feel and behave.

Understanding your personal mythology can help you discover how outmoded myths block your personal growth. You learn to revise these myths with new guiding beliefs about who you are, new myths that serve to help you grow toward the goals you seek.

Sam Keen, who writes and conducts seminars on personal mythology (see Psychology Today, December 1988, “The Stories We Live By”), tells us that families create their own myths and rituals just as cultures do. Each member’s place within the family is defined by the stories. But as Keen points outs, the legacy and burden of family myths are not inevitable. Responsibility for them rests on each individual. Unless we become conscious of our personal myths, we risk being dominated by them. We need to reinvent and revise familial stories to fit our changing lives.

Harriet B. Braiker
10 COGNITIVE TRAPS

1. **ALL-OR-NOTHING THINKING**: You see things in black-or-white categories. If a situation is anything less than perfect, you see it as a total failure.

2. **OVER-GENERALIZATION**: You see a single event as a never-ending pattern of defeat by using the words *always* or *never* when you think about it.

3. **MENTAL FILTER**: You pick out a single negative detail and dwell on it exclusively. One word of criticism erases all the praise you’ve received.

4. **DISCOUNTING THE POSITIVE**: You reject positive experiences by insisting they *don’t count*. If you do a good job, you tell yourself that anyone could have done as well.

5. **JUMPING TO CONCLUSIONS**: You interpret things negatively when there are no facts to support your conclusion. Two common variations are *mind reading* (you arbitrarily conclude that someone is reacting negatively to you) and *fortune telling* (you assume and predict that things will turn out badly).

6. **MAGNIFICATION**: You exaggerate the importance of your problems and shortcomings, or you minimize your desirable qualities. This is also called the *binocular trick*.

7. **EMOTIONAL REASONING**: You assume that your negative emotions reflect the way things really are: “I feel guilty. I must be a rotten person.”

8. **SHOULD STATEMENTS**: You tell yourself that things should be the way you hoped or expected them to be. Many people try to motivate themselves with *shoulds* and *shouldn’ts*, as if they had to be punished before they could be expected to do anything.

9. **LABELING**: This is an extreme form of all-or-nothing thinking. Instead of saying “I made a mistake,” you attach a negative label to yourself: “I’m a loser.”

10. **PERSONALIZATION AND BLAME**: You hold yourself personally responsible for events that aren’t entirely under your control.

<table>
<thead>
<tr>
<th>Automatic Thought</th>
<th>Cognitive Error</th>
<th>Positive Rebuttal</th>
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INSPIRATIONAL THOUGHTS

The following sayings or mantras have been found useful by people in the weight management program. If you find one, two or three that you think would be helpful, repeat them to yourself several times every day. You can also use them when needed to help with a craving.

Eat to live, don’t live to eat.

Everything in moderation—except moderation!

Nothing is forbidden, but everything COUNTS.

Failing to plan is planning to fail.

I choose my food, rather than letting it choose me.

Nothing tastes as good as being thin feels.

Nothing tastes as good as self-control feels.

I can waste the food, or I can WAIST it.

I can use the garbage disposal, or I can be the garbage disposal.

A minute on the lips; a lifetime on the hips.

Nothing changes if nothing changes.

If I always do what I’ve always done, I’ll always get what I always got.

If I don’t put effort into creating what I want, I have to put effort into coping with what I get.

My desire to remain thin outweighs my desire to eat the wrong food.

Every act of self-control brings a feeling of self-respect.
BODY IMAGE

FOCUS
1. Looking at your relationship with your body and how it is just as important as any other relationship you may have.

READ
1. Maximize Your Body Potential, Chapter 5, Determining Your Long-Term Weight Goals, (pp. 31–43).

JOURNAL
For this week, write about the following:
1. When I think about the relationship I have with my body, I think of ...
2. Things I don’t like about my body are ...
3. What I appreciate about my body is ...
4. The type of relationship I need to have with my body to maintain my weight loss is ...

DO
1. Talking to Your Body Parts on next page.
2. Complete Body Image Inventory on page 3.
3. Cut out pictures from magazines which reflect the type of relationship you want to have with your body and make a collage.

THINK
Once you lose a significant amount of weight, there may be complications associated with excess, sagging skin. Kaiser Permanente does not perform cosmetic surgery for excess skin unless the excess skin presents a serious medical problem. Think now about how you will deal with the excess skin that may result from losing weight.

THERE’S MORE
Transforming Body Image by Marcia Germaine Hutchenson, EdD.
TALKING TO YOUR BODY PARTS

1. Choose an area of your body that you find yourself constantly judging.

2. Complete the following sentence:

I am _________________________’s ________________________(body part).

She/he usually tells me that:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Instead, I need for her/him to tell me:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

The hardest thing about doing this exercise was:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

From: *Feeding the Hungry Heart* by Geneen Roth.
**BODY IMAGE INVENTORY**

**HOW DO YOU SCORE ON YOUR BODY IMAGE?**

**Instructions:** For each of the statements below, rate the degree to which it applies to you. After rating yourself on all statements, total your points to get your Body Image Score. (Circle only one number for each of the statements below.)

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I dislike seeing myself in mirrors.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2. When I go shopping for clothing, I am more aware of my weight problem, and consequently, I find shopping for clothes somewhat unpleasant.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3. I’m ashamed to be seen in public.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4. I prefer to avoid engaging in sports or outside exercise because of my appearance.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5. I feel somewhat embarrassed about my body in the presence of a sexual partner.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6. I think my body is ugly.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7. I feel that other people must think my body is unattractive.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8. I feel that my family or friends may be embarrassed to be seen with me.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>9. I find myself comparing myself with other people to see if they are heavier than I am.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>10. I find it difficult to enjoy activities because I am conscious about my physical appearance.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>11. Feeling guilty about my weight problem preoccupies most of my thinking.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>12. My thoughts about my body and my physical appearances are negative and self-critical.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

Now total the number of points you have circled in each column:

\[ \text{Never} + \text{Sometimes} + \text{Often} + \text{Always} \]

**Total of all points = \______________**

If your total points are 0, your body image is very good and you should try to keep on liking yourself this way. If your total points are 36 (that is you have circled 3 for every statement), your body image needs a lot of work. The lower your Body-Image Score, the more positive your body image is. Begin today to improve your body image.
I AM MY BODY
by Shari Winicki

I am my body.
I don’t have a body or own a body as someone has a pet or owns a car.
I am a body.
I am my body.
I am the thinker of my thoughts and the feeler of my feelings. The thinker and feeler are part of my body.
   The thoughts and feelings are part of my body for they can be nowhere else.

I am strong bones.
As architecture, my bones are a work of wonder. Gratefully I stand erect because of the support they give me. They are my primary support.
I relieve my blessed bones from distress as I fast.

I am muscle.
My tender flesh wakes up beneath the vast stores of energy that ignite and fuel me as I fast. Freer each day, my muscles gently yearn to stretch and move as little by little, they are unbound from the burden they carry. I liberate my muscles as I fast.

I am skin.
Pliant, compliant, my skin embodies my body, metamorphosing naturally, modestly by silent command.
   Were it transparent, I could see behind its guardian shield and appreciate my living body machinery even more.

I honor my body.
I salute its magnificence.

I am spirit.
I embrace my being, allowing my awakening spirit to roam within my body. Warm embers of support and friendship encourage my spirit to enter new places to evict long-time tenants, harbored past their time for I am lord of my body. One by one my growing spirit pushes out anger … hatred … fear … shame … guilt … mistrust.

To make room for joy … for hope … for ease … for love … for intimacy … There is only enough room for those feelings I choose. My spirit is nourished daily …

   With loving thoughts,
   the warmth of human truth,
   words of inspiration,
   a sense of purpose,
   clear water,
   deep breaths.

I embrace the will to live … the will to live a better life … the will to live, not merely exist.

As wounds are released from their corners and long denied pain anguished, the human experience is shared.
Healing begins as my story rises up and is shared.

   My spirit grows and expands
   beyond the beyond —
   beyond the bounds of the
   embodiment of skin
   and I glow …

   Whole,
   Loving,
   And Beautiful.
REGRETS, MISTAKES, AND MISSED OPPORTUNITIES

FOCUS
1. Identifying how regrets and perceived past mistakes may be influencing your self-esteem and emotional well-being.
2. Exploring the connection between your regrets and past mistakes and overeating.

READ
1. Maximize Your Body Potential, Chapter 27, Learning to Think Smart, (pp. 329–351).

JOURNAL
Write about:
1. Your belief systems regarding mistakes and where you learned them.
2. What you think is a healthy, life-affirming belief system about mistakes.

DO
Review If Only and make a plan for taking one action this week to take a matter into your own hand.

THINK
Read: “It is Never My Responsibility to …” on the following page.

THERE’S MORE
The Road Less Traveled by Scott Peck.
A Return to Love by Marianne Williamson.
IT IS NEVER MY RESPONSIBILITY TO …

give what I don’t want to give
sacrifice my integrity to anyone
do more than I have time to do
drain my strength for others
listen to unwise counsel
retain an unfair relationship
be anyone but exactly who I am
conform to unreasonable standards
be 100% perfect
follow the crowd
put up with unpleasant people
do something I really cannot do
endure my own negative thoughts
feel guilty toward my inner desires
submit to overbearing conditions
meekly let life pass me by.
Catherine Biondi is the first to admit that her life has taken a few wrong turns. Feeling stuck in a series of horrible jobs, she attended college off and on for years, but longed to go back full time. “Money was really tight though,” recalls Catherine, 45, from Ann Arbor, Michigan. Her yearnings grew stronger when her daughter began applying to colleges. So in 1996, Catherine applied for a college scholarship and won. In May 1998—21 years after taking her first college class—she received her bachelor’s degree. Now she plans to complete her master’s.

It’s almost a cultural taboo to admit having regrets, but as Catherine’s experience proves, they’re a normal—even necessary—part of life. “You can’t live fully and never experience regret,” explains Richard Gotti, PhD, a professor of human services and human development at the State University of New York, Empire State College. “It’s a humanizing experience, giving us a chance to assess our values, rethink our priorities and decide which direction to take.”

Indeed, there are many hidden benefits. Mourning the past means that you’re a person of integrity, that you want to do the right thing. “It’s the cost of caring about something,” says Janet Landman, Ph.D., author of Regret: The Persistence of the Possible. It’s also a powerful teacher, forcing you to confront your mistakes and aim to do better the next time around.

**Major Life Decisions**

In the long run, what causes more distress—things you did or things you didn’t do? According to Victoria Husted Medvec, PhD, of Northwestern University’s J. L. Kellogg School of Management, we tend to recall roads not taken. In fact, we regret inactions over actions almost two to one.

Like Catherine, most people put education at the top of their regret list, wishing they’d stayed in school longer or studied harder. Many of us are disappointed in love or work—marrying too young or choosing the wrong career; others are disappointed in themselves—wishing they had been more assertive, taken more risks, had more fun. Feeling that you’ve prematurely closed the door on your options is another common source of regret, notes Dr. Landman. Major life decisions—whether to marry, have kids, go to college—are typically made at a young age, before you’ve even established your own identity. It’s no wonder you might feel hemmed in down the road.

**Moving Forward**

Normally regrets come and go, but if not resolved, they take on a life of their own. Negative thoughts play over and over again in your mind, leaving you feeling angry, depressed or paralyzed by inertia. In the end, researchers are now finding, it’s better to own up to the truth because the long-term benefits far outweigh any short-term pain, points out Neal Roese, PhD, an assistant professor of psychology at Northwestern University.

If you’re feeling stuck, the following pointers can help you move forward with your life:

**Confront your feelings.** The only real way to come to terms with painful memories, experts say, is to face them honestly. “Regret is the engine that drives you to make positive changes. You actually need that spark of negative emotion to motivate you,” says Keith Markman, Ph.D., assistant professor of psychology at Ohio Wesleyan University in Delaware.

Try to set aside time each day for a little soul-searching. “Don’t wallow in pain, but don’t be afraid to be honest with yourself either,” says Dr. Landman. Journal writing may help you get in touch with your true feelings.

Don’t be so hard on yourself. When something goes wrong, women are often the first ones to point a finger at themselves. But the blame game quickly becomes a vicious cycle: The more you
blame yourself, the worse you feel. The next time you start thinking, “I should have done this” or “I shouldn’t have done that,” stop to hear the hidden message. “In effect,” says Dr. Markman, “you’re admitting that you had some control over the situation. Try pinpointing those things you could have done differently, so you won’t keep repeating the same mistakes.”

**Put yourself in the driver’s seat.** Studies show that people who take matters into their own hands, who act rather than react, cope better with life’s ups and downs. Take Eileen Koehler, 59, from Lakewood, Colorado. She was devastated when her 26-year marriage ended. But with the support of family and friends, Eileen built a new life for herself: She bought a house, joined an investment club, and started a new career. “Bad things happen, but you go with the flow,” she says. “Something better is out there.”

**Fill in the missing pieces of your life.** If you never leave the office before 8 P.M., you’ll wish you had a personal life; if you’re a stay-at-home mom, you may miss not working outside the home. Virginia G. Lewis, PhD, a psychologist in Charlotte, North Carolina, studied a group of single, middle-aged, professional women. The number one predictor of their overall happiness was job satisfaction; number two, sexual satisfaction. More surprising, the women ranked activities way below—at fifth. While you may not be able to have it all, remember that love, work, even fun are all part of a happy life.

**Hold on to your own identity.** With all the things you do for other people, it’s often easy to forget your own needs. But having a strong sense of self may be one of your best defenses against later regret, points out Mary Kay DeGenova, PhD. It’s smart, not selfish, to put yourself first every once in a while.

**Uncover your hidden talents.** When you were a kid, did you spend hours painting or acting out plays? All of us have unique gifts, but all too often they get tossed along the side of the road when we reach adulthood.

“Something was definitely missing from my life,” recalls Edie Connolly, a mother of two who lives in New York City. Five years ago she decided to take up figure skating. “I was totally addicted to watching skating events on TV. I told myself, you better do it now before your bones get too brittle!” Two years ago, on the day after her 49th birthday, Edie competed in—and won—a skating competition.

**Put things into perspective.** It’s how you think about an experience, not the experience itself, that determines how you handle it, Dr. Gotti says. While you can’t undo the past, you can change the way you look at it. If, for example, you’re filled with remorse over something you did, think back to why you made that choice in the first place. Given the circumstances at the time, you probably did your best. If you feel you’ve made too many sacrifices for others, don’t dwell on your losses. Instead, reframe the situation to focus on how others have benefited from your actions.

**Throw caution to the wind.** Faced with a choice, it may be better to act—and risk making a mistake—than to do nothing at all. To a certain extent, Mr. Medevec explains, actions can be undone. If you lose your temper, for example, you can apologize. But non-actions—like not marrying your first love—remain an open book. Since there’s not clear-cut resolution, the pain lingers, sometimes for years. Of course, you don’t want to be reckless, especially when other people are involved, but when you look back on your life, there’s a good chance you will regret not seizing the moment more often.

In the end, there’s nothing more wasteful than putting your life on hold. It’s not easy to look in the rearview mirror and face the past. But try it, and watch your life move forward and your dreams come alive.
Where Do You Stand?
A little regret can be good for the soul because it lets you know when something in your life needs fixing. But the message won’t get through if you dismiss your feelings or hold on to them too tightly.
To find out what role regret plays in your life, take this quiz by Richard Gotti, PhD, of the State University of New York, and Carole Klein of the New School for Social Research. For each statement, pick the number that reflects how you feel:
1 = disagree; 2 = agree a little; 3 = agree moderately; 4 = agree very much.

__ I should have taken more risks.
__ I often feel cheated.
__ I fantasize about the life I could have had.
__ I shy away from new experiences.
__ Crucial things are missing from my life.
__ Circumstances beyond my control held me back.
__ I’ve made too many self-centered choices.
__ I’ve made too many sacrifices for others.
__ I wish I hadn’t always done what was expected of me.
__ I worry about what people think of me.
__ I’m self-critical.
__ I should have taken more time making major decisions.
__ I agonize over decisions.
__ It’s too late to make my life what I want it to be.
__ I’ve wasted a lot of time.
__ If I knew then what I know now, I would have made different choices about important things in my life.
__ I worry about mistakes I’ve made as a parent.
__ I wish my relationship with my parents were better.
__ I wish I’d tried harder in school.
__ I wish I had married earlier or later than I did.

Your score:

Below 26: You’re probably in denial. You put on a brave front, afraid to admit—even to yourself—when something is wrong. In the end, it’s better to face reality and learn from mistakes.

26-40: Low level of regret. You seem to have put the past behind you, but you may still have one or two unresolved issues. Take time to take stock.

41-60: Moderate level of regret. You appear to be coping well with life’s bumps. But you may want to go over your answers again to see if any patterns emerge. If any do, resolve to work on them.

61 or more: High level of regret. You can’t let go of the past. Ask yourself, “Am I playing the victim to avoid taking responsibility for my life?” Remember, the only thing you can control is the present.
RESPECT AND SELF-ESTEEM

FOCUS
1. Probing more deeply into understanding how self-esteem plays a part in your life.
2. Discovering ways to build your self-esteem.

READ

JOURNAL
In order to understand your self-esteem better, write for 30 minutes on the following statements:

1. My best characteristics are . . .
2. My worst characteristics are . . .
3. I feel best about myself when . . .
4. I feel worst about myself when . . .

DO
*Self–Esteem Visualization*
Before beginning this visualization, choose one of the worst characteristics that you wrote about in your journal.

Now, working from your journal writing on your best characteristics, when you are ready, begin by closing your eyes and taking three long, deep and slow breaths. As thoughts enter your mind, gently put them to the side. If it helps you to imagine that there is a shelf where you can stack up these thoughts/problems temporarily then imagine that you gently take each thought and place it on the shelf. As you continue to stack your thoughts on the shelf or place them to the side, continue your long, deep and slow breathing.

Take an inventory of how you are feeling. Begin with your feet and slowly move up your body and note how each part of your body is feeling. Just notice these feelings and then place them to the side or on the shelf with your thoughts.

Now think of what you listed as your best characteristics. Picture yourself at your best. Let yourself know how happy you are that you have these characteristics. Picture someone who has always loved what is best in you. Picture this person holding you and commending you on what a wonderful person you are with all of your best characteristics.

Now introduce one of your worst characteristics to yourself. Looking in from the outside, tell your best self what this characteristic is. Have your best self welcome this characteristic and ask it to join the best part of yourself. Ask this worst characteristic what it would take to make it into one of your best characteristics. Now ask the person who is holding and commending you to tell you what it would take to make this worst characteristic into one of your best.

Once you have an idea of one or two ways to make this worst characteristic into one of your best, thank the worst characteristic for coming to visit you and tell it you will get back to it later. Spend a minute or two more sitting with your best self. When you are ready, begin to open your eyes.
Write down the one or two ways you can change one of your worst characteristics into one of your best. Develop a plan to begin the process of changing this characteristic. By the week’s end, measure what steps you have taken to change this characteristic.

**THERE’S MORE**

*Women and Self Esteem: Understanding and Improving the Way We Think and Feel About Ourselves* by Linda Tschirhart Sanford and Mary Ellen Donavan.

*The Art of Imperfection: Simple Ways to Make Peace with Yourself* by Veronique Vienne with photographs by Erica Lennard.
**LABEL YOURSELF SUCCESSFUL**

**Self-Concept**
Self-concept is the learned set of beliefs we have about ourselves based on feedback we get from others and our own observations of ourselves.

From infancy on, we continually receive messages from the people around us about how they perceive us. We also observe ourselves and form conclusions about who we believe we are, based on our physical characteristics, values, abilities, goals, behavior patterns, accomplishments, social skills, relationships, history, and roles. These conclusions and the messages from others form our self-concept labels (e.g., intelligent, hard worker, attractive, fat, thin, honest, etc.).

How we behave reflects and reinforces our self-concept labels. And our labels affect how we behave. This forms a two-way feedback loop.

*Example:*

<table>
<thead>
<tr>
<th>Label</th>
<th>Behaviors</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td>athlete</td>
<td>jog, play tennis, ski</td>
<td>stay fit</td>
</tr>
<tr>
<td>fat</td>
<td>overeat, avoid exercise</td>
<td>stay fat</td>
</tr>
</tbody>
</table>

If we label ourselves positively, we will behave in ways that lead to positive feelings. This strengthens our positive label, leading to more positive behaviors. If we label ourselves negatively, we will develop a negative self-concept that leads to unpleasant feelings about our behaviors. This reinforces our negative label, leading to still more negative behaviors and feelings.

Labels are learned. They can be unlearned, and new labels can be formed. It is up to you to choose which labels you want to change, and which you want to keep. It’s not easy, but with frequent repetition (mental messages) of your new labels and frequent practice of behaviors that fit the new labels, you can do it.

**Self-Esteem**
Self-Esteem is our evaluation of our behavior relative to our self-concept. Self-esteem depends on how consistent our behavior is with how we feel it should be. When our behavior matches our self-concept, then our self-esteem is high; when our behavior does not reflect our self-concept; then our self-esteem is low.

This is why setting realistic goals and standards for our behaviors is important. They allow us to be successful and to experience high self-esteem. A perfectionist goal or self-concept label can never be lived up to, so our self-esteem will suffer and remain low. Low self-esteem can keep you stuck in old behavior patterns. Improved self-esteem allows you to try new behaviors. Henry Ford said, "If you think you can, or think you cannot, you are probably right.”

**Body Image**
Our body image, which is one aspect of self-concept, is the way we see our body in our mind's eye.

As a result of your participation in this program, your body is undergoing a dramatic change. It is important that your image of how your body looks keeps abreast of the changes that you are making in your physical appearance. Too often, people who lose large amounts of weight, continue to see themselves as a fat person. When you believe and label yourself as slim and healthy looking, you increase your chances of behaving in ways that reinforce this body image (e.g., exercise, eat moderate sized, regularly scheduled meals). A fat body image only reinforces a negative self-concept and the fat maintaining behaviors leading to an increased possibility of relapse. For ways to reshape your body image, see the Body Image section in this Guidebook.
SELF-ESTEEM AND PERSONAL POWER
(Excerpts taken from The Courage to Heal.)

I remember saying in fits of depression, “You think I’m a good person, but I’m not. I’m a bad person.” Deep inside, under all this cheerleader, straight-A bullshit, there is this little kernel, this bad seed, that’s forced me to become perfect on the outside. Because if I keep pretending that I’m good, it will make up for the awful person I really am.

Self-esteem is a basic issue for overweight people. Because our culture devalues being fat, we often fight feelings of inadequacy or struggle with self-doubt. You may find yourself experiencing low self-esteem as a constant feeling of worthlessness, a nagging voice that tells you that you didn't do enough, you didn't do it right, and you don't deserve it. Or your feelings about yourself may fluctuate. You may feel good about yourself most of the time, self-critical feelings lying dormant until some kind of setback—a loss, a period of change, an argument with someone you love. Then you suddenly lose touch with the good things about yourself. The self-love you've nurtured so carefully seems out of reach, unattainable. Feelings of self-hate can erupt seemingly out of the blue. A small interaction can trigger a whole avalanche of self-doubt and uncertainty. You get one problem wrong on a college exam and you say to yourself, “I'm a stupid idiot. I'll never amount to anything.” You stop dating someone because you decide that person isn't good for you, and instead of feeling proud of yourself for setting limits, you feel abandoned, sure you'll never love again. Even though you are taking care of yourself, you somehow end up feeling wrong—again. Self-esteem is experienced in the moment, and your sense of yourself will fluctuate. Often feelings of shame, powerlessness, and self-hate are bottled up with the memories, and as the memories come through, these feelings do, too. The process of improving your self-esteem will involve learning to love yourself. The following information will give you some specific tools that can help you feel better about yourself.

Changing Internalized Messages
While you may think negative thoughts come without cause, the fact is that they are always sparked by something. Each time you feel bad about yourself, try to isolate the thought or event that set off the feeling. At first this won't be easy, but with practice you will be able to ask yourself a few quick questions to identify the source:

- When did I start feeling this way?
- Did I have a disturbing conversation with someone? Receive a disturbing phone call or letter?
- Did something scare me or make me angry?
- Is there a reason I'm feeling particularly vulnerable right now?
- When did I stop feeling good about myself?

Once you find the event or thought that started this feeling, ask yourself, “Is this feeling familiar?” Search back to find the first time you felt that way, the first time you were led to believe a certain thing about yourself (e.g., you're selfish). What was the context? Who told you, you were selfish?

Allow yourself to feel the pain of the child you once were. Allow your compassion for the child, your anger at those who lead the child to believe this false accusation, and any other feelings to rise. Recognizing and expressing these feelings helps to release the grip of negative internalized messages. Just paying attention and discovering the roots of your negative thoughts will dramatically interrupt your tendency to feel lousy about yourself. By seeking the origins of these negative images, you are acknowledging that they did indeed come from somewhere. You are affirming that you don't feel this way because it's true, but because you were conditioned to feel that way.
After rejecting the conditioned belief, replace it with the truth about yourself. If you think you don't deserve love, say to yourself, “I am a beautiful, deserving human being. Just because I'm breathing, I deserve love. Just because I'm human, I don't have to do anything.” This is the truth. If you don't believe it yet, say it anyway. In time, you will believe it.

**Setting Limits and Boundaries**

The capacity to set limits is essential to feeling good about yourself. Although learning to say no is a difficult challenge, it is a relief to be able to stop doing what you don't want to. By setting limits, you protect yourself and give yourself freedom at the same time. As you say no to other people, you start to say yes to yourself. But saying no isn't easy. If you can't imagine saying no, set up some practice situations. Get a friend to role-play with you. Try a scene in which you are asked—or told to do something you don't want to do. Then say no. Pay attention to the feelings that come up, but say no anyway. If you find yourself thinking, “I just can't say no,” ask yourself why not. What would happen if you said no? Do you think you or the other person couldn't handle it? If so, why? Talk about your feelings, and then say no anyway. Try reversing roles. Listen to the way your friend says no. Try out their style. Then watch for situations in your life in which you want to say no. Start with what's easiest and build up to the harder ones. When a friend wants you to go out to lunch but you've set aside time to play the piano (and playing is what you really want to do), say no.

If you never (or hardly ever) say no, your first attempts may feel awkward or even rude. When you feel you don't have the right to say no, or when you're new at it, you may add cumbersome explanations or refuse more strongly than necessary. Yet saying no doesn't have to be loud or hostile (although it can be if you want it to). As you feel more secure in your right to say no, you'll be able to do so with a simple statement: “No, I don't want to.” “No thanks.” “No, I'd rather not.” If you've been taking care of other people and saying yes all your life, you may encounter some angry resistance when you start to say no. People may say you were nicer before. They may say you're being selfish; that they prefer the old you. On the other hand, you might find that your honesty and clarity are respected by friends who are glad that you are finally taking care of yourself.

Although it's sometimes scary to say no, the rewards are worth it. You feel safer because you are protecting yourself from situations you don't want to be in. You get more of what you want, more of the time. You don't feel like a victim. You experience more confidence, power, and self-respect. Your self-esteem will rise.

**CREATING A POSITIVE SELF-IMAGE:**

**Live for Yourself**

We all have the right to make choices that we believe will bring us satisfaction. We have the right to determine our own values, lifestyle, and priorities. If you are still trying to please others, if you are still hoping for someone else's approval, then you will never be smart enough, thin enough, and successful enough. Try approaching your life from your center rather than from external considerations. Try putting aside your father's expectations. Stop comparing yourself to your best friend. Think about what you like to do, whom you like to spend time with, what you find worthwhile. Approach these changes gradually. Thinking for yourself and making your own decisions can be terrifying. Letting go of other people's expectations can leave you feeling empty for a time. And yet, seeing yourself as an independent adult who can stand up for your own choices frees you to accept yourself as you are. As you begin to trust your decisions and pursue your own goals, your self-respect will naturally increase.

**Do Things You're Proud Of**
It's impossible to feel good about yourself if you are doing things you aren't proud of. If you are gambling compulsively, not spending enough time with your children, or avoiding therapy, you're not going to feel good about yourself. To improve your self-esteem, it's essential that you stop doing things you don't feel proud of or start doing things you can respect and admire.

**Affirmations and Visualizations**

Many people have found affirmations to be helpful in creating a positive self-image. You can say things like “I am a worthwhile, deserving person,” “I like myself,” “I am lovable,” “I can trust my perceptions.” By repeating these daily—out loud or in writing you consistently affirm your positive qualities. Some people prefer to phrase the affirmation to reflect what they hope to become, even if they don't fully feel that way yet. For example, you may want to feel powerful and effective in your life. At present, perhaps you feel more powerful than you used to, but still not all that powerful. By making the affirmation “I am powerful and effective,” you create an image of yourself as you will be, and in doing so, you bring about what you wish for. Visualizing how you want to be is another effective way to move toward your goal. You can imagine different scenes that show you as a more capable, powerful person: you may be brilliantly arguing a case in front of a jury, receiving your black belt in karate, or simply walking along the street with your back straight and your head held high. You can visualize yourself in a healthy relationship or even having fun.

**Accentuate the Positive**

If you're used to seeing yourself as ineffective or worthless, you may not notice the wonderful things about yourself. Try making a list of all the things you do well. Include everything. “I make perfect fried eggs. I can whistle on pitch. I'm good at untangling knots.” Make another list of the things you like about yourself: “I like that I'm a good listener. I like my feet. I like my stubborn determination.” Read your lists to yourself when you're feeling self-critical. Find an appreciative friend and read the lists aloud. Or ask friends what they like about you. Listen and take notes.

**Find a Task**

If you find that you're sinking into the quicksand of self-hatred and desperation, it can help to get planted in the present by taking on some manageable task that you can handle competently. You might want to clean house, cook a pot of soup, or plant some flowers. Ellen says that when she feels miserable, accomplishing something helps:

“I often go to my desk and answer mail, pay bills, clear the mass of papers that accumulate. Throwing things out always helps. And doing dishes—the warm water and the clarity of the task. After doing such routine tasks, I may not feel great, but at least I got something done.”

**Self-Esteem in Relationships**

An important part of creating a healthy self-image is being with people who mirror you positively, who believe in your strengths, your goodness, your capacity to manage your own life. It's necessary to structure your life so that you are in contact with people who respect you, who understand and take you seriously. If this is what you did not have as a child, then it is important that you get it as an adult in order to construct healthy feelings of self-worth. It's important to stop being with people who make you feel bad about yourself, whether it's your husband or lover, the neighbor who always takes advantage of you or someone in your family. In their place, plant and nourish relationships with people who respect you and understand you. Those who appreciate you can be friends or even just acquaintances. They can be counselors, co-workers, teachers, family, members of a support group.
Self-Esteem

Physical Fitness

Look Good Feel Good

Positive Self-Talk

Go For It!

Keep Your Perspective

Be Realistic

Keep Learning

Choose Friends Carefully

Build Skills

Change Yourself

Be Persistent
MY DECLARATION OF SELF-ESTEEM

“What I am is good enough if I would only be it openly.”

Carl Rogers

In all the world, there is no one else exactly like me. There are people who have some parts like me but no one adds up exactly like me. Therefore, everything that comes out of me is authentically mine because I alone choose it.

I own everything about me—my body, including everything it does; my mind, including all my thoughts and ideas; my eyes, including the images of all they behold; my feelings, whatever they might be—anger, joy, frustration, love, disappointment, excitement; my mouth and all the words that come out of it—polite, sweet and rough, correct or incorrect; my voice, loud and soft; all my actions, whether they be to others or myself.

I own my fantasies, my dreams, my hopes, my fears.

I own all of my triumphs and successes; all my failures and mistakes.

Because I own all of me, I can become intimately acquainted with me. By so doing, I can love me and be friendly with me in all my parts. I can then make it possible for all of me to work in my best interests.

I know there are aspects about myself that puzzle me and other aspects that I do not know. But as long as I am friendly and loving to myself, I can courageously and hopefully look for the solutions to the puzzles and for ways to find out more about me.

However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is me. This is authentic and represents where I am at that moment in time.

When I review later how I looked and sounded, what I said and did, and how I thought and felt, some parts may turn out to be unfitting, and invent something new for that which I discarded.

I can see, hear, feel, think, say and do. I have the tools to survive, to be close to others, to be productive, to make sense and order out of the world of people and things outside of me.

I own me and, therefore, I can engineer me.

I am me and I am okay.

By Virginia Satir—taken from *Chicken Soup for the Soul*—Health Communications, Inc.
Deerfield Beach, Il 1993.
COMMUNICATION SKILLS I

FOCUS
1. Exploring the relationship between the use of good communication skills and successful weight loss and maintenance.
2. Practicing good communication techniques.
3. Taking responsibility for making a change in your communication style.

READ
1. *Maximize Your Body Potential*, Chapter 27, *Learning to Think Smart* (pp. 329–351); *Taking Responsibility* (pg. 51); and *Win-Win Communication* on pg. 47.

JOURNAL
For this week’s journaling, write about:
1. In what ways you lose out or victimize yourself when you don’t express your needs, listen to others, or receive validation?
2. What specific small step you can take to change this situation for the better?

DO
1. Review *Thoughts, Feelings and Self-Talk* on pg. 52.

THERE’S MORE
*Codependent No More* by Melody Beattie.
WIN-WIN COMMUNICATION
(Copied with permission by New Harbinger Publications, Oakland, CA;
www.newharbinger.com from the Relaxation & Stress Reduction Workbook
by Davis M., Eshelman E., and McKay M.)

How you interact with others can be a source of considerable stress in your life. Assertiveness training can reduce that stress by teaching you to stand up for your legitimate rights, without bullying others or letting them bully you.

You are assertive when you stand up for your rights in such a way that the rights of others are not violated. Beyond just demanding your rights, you can express personal likes and interests spontaneously, you can talk about yourself without being self-conscious, you can accept compliments comfortably, you can disagree with someone openly, you can ask for clarification, and you can say no. In short, when you are an assertive person, you can be more relaxed in interpersonal situations.

Some people think that assertiveness training turns nice people into irascible complainers or calculating manipulators. Not so. It's your right to protect yourself when something seems unfair. You are the one who best knows your discomfort and your needs.

Symptom Effectiveness
Assertiveness training has been found to be effective in dealing with depression, anger, resentment and interpersonal anxiety, especially when these symptoms have been brought about by unfair circumstances. As you become assertive, you begin to lay a claim to your right to relax, and are able to take time for yourself.

Time for Mastery
Some people master assertiveness skills sufficiently for symptom relief with just a few weeks of practice. For others, several months of step-by-step work are necessary to experience significant change.

Instructions
The first step in assertiveness training is to identify the three basic styles of interpersonal behavior:

Aggressive Style: Typical examples of aggressive behavior are fighting, accusing, threatening and generally stepping on people without regard for their feelings. The advantage of this kind of behavior is that people do not push the aggressive person around. The disadvantage is that people do not want to be around him or her.

Passive Style: A person is behaving passively when s/he lets others push him/her around, when s/he does not stand up for him/herself, and when s/he does what s/he is told, regardless of how s/he feels about it. The advantage of being passive is that you rarely experience direct rejection. The disadvantage is that you're taken advantage of, and you store up a heavy burden of resentment and anger.

Assertive Style: A person is behaving assertively when s/he stands up for him/herself, expresses his/her true feelings, and does not let others take advantage of him/her. At the same time, s/he is considerate of others’ feelings. The advantage of being assertive is that you get what you want, usually without making others mad. If you are assertive, you can act in your own best interest, and not feel guilty or wrong about it. Meekness and withdrawal, attack and blame are no longer needed with the mastery of assertive behavior. They are seen for what they are—sadly inadequate strategies of escape that create more pain and stress than they prevent. Before you can achieve assertive behavior, you must really face the fact that the passive and aggressive styles have often failed to get you what you want.
**ASSERTIVENESS AND YOUR NEEDS**

Most of you are more familiar with passive and aggressive behavior than you are with assertive behavior so it is important to learn the differences between these two styles and to see how you can get your needs met.

- Passive behavior often leaves other people confused about your needs.
- Aggressive behavior often causes others to want to ignore or reject your needs.
- Assertive behavior allows you to clearly state your needs making it easier for people to meet them.

So how can you be assertive and how can you get your needs met?

1. **Identify your needs.**
   There are many techniques you can use. Your counselor may already have explained some of them to you in group. But if not, consider the simple technique of writing *I need* at the top of a piece of paper and then list every need you can think of. Try to write continuously for at least five minutes. Later, go back and prioritize those needs.

2. **Who can help?**
   Once you know your needs, you need to be clear about whom can help meet your needs. Wherever possible, try to meet your own needs. Where this isn’t possible, make sure you present your needs to someone who can make a difference.

3. **Present your needs clearly.**
   Be as specific as possible when stating your needs. Say “I need you to sit here, look me in the eyes, listen to what I say and acknowledge that you have heard me by restating my needs,” not “you never listen to me.”

4. **Present your needs when they can be heard.**
   Don’t ask your partner for something when s/he is rushing off to work or in the middle of something. If necessary, make a date to talk.

5. **Have a back-up plan.**
   If stating your needs doesn’t work the first time, evaluate what did or didn’t work and then try again.

One of the best things you can do is to think through or write out how you imagine presenting your needs. Use the script on the following page to help you.
ASSERTIVENESS SCRIPT

1. What do I need?

2. How do I feel about it?

3. Who can meet that need?

4. Will s/he be willing and/or able to meet my need?

5. What specifically do I want from him or her?

6. How likely will he or she be to give it to me?

7. How will I know I’ve gotten what I need?

8. What if I don’t get what I need?
Another tool you can use is an assertive communication model called D.E.S.C.

**Describe the situation.**
*When you walk out of the room when I’m talking to you...*

**Express your feelings.**
*I feel as if you are not interested in what I am saying...*

**Specify what you want the person to do.**
*I would prefer if you sat down and looked me in the eyes...*

**Consequences of person’s cooperation.**
*I will speak quickly and clearly so you can move on to whatever you need to do.*
TAKING RESPONSIBILITY

“It's not easy to find happiness in ourselves and it's not possible to find it elsewhere.”
- Agnus Repplier

The Treasure Chest

Things you should know about taking responsibility:

1. By learning to take responsibility for meeting your needs, you can stop the pattern of allowing yourself to be victimized or controlled by others. You can also stop yourself from victimizing or controlling others.

2. Taking responsibility does not mean you place blame on others for controlling you or shame on yourself for controlling/victimizing others. Accepting responsibility allows you to work through past/current emotions or situations and get on with your life in a healthy manner.

3. Accepting responsibility in situations where you have been victimized or controlled requires you to work through the following process:
   A. Understanding who has hurt or controlled you.
   B. Expressing feelings of anger, blame, etc. about the situation(s).
   C. Understanding the motivation/background of the victimizer or controller.
   D. Taking responsibility for your own healing and for meeting future needs.

   *There does need to be an initial blaming and venting period, but it cannot be used to escape personal responsibility to care for one's self.*

4. Accepting responsibility in situations where you have been the victimizer or controller requires you to work through a slightly different process:
   A. Recognizing who you have hurt or victimized.
   B. Expressing your feeling of sorrow, concern about the situation(s)...taking responsibility for your mistakes.
   C. Listening to the feelings of the person you have victimized/controlled...making amends when possible.
   D. Taking responsibility for your own healing and for meeting future needs.

5. By going through these processes you allow yourself to be **RESPONSE-ABLE** rather than stuck in your problem.

6. Taking responsibility requires you to know what you are and are not responsible for...it requires keeping responsibilities to self and others in balance.

7. If you find yourself struggling to balance responsibilities to self and others, you might consider reading Melody Beattie’s book *Codependent No More*. This book provides guidance and options for those people interested in learning how to take better care of themselves.
THOUGHTS, FEELINGS, AND SELF-TALK

More than Hunger
Eating is more than just the act of putting food in your mouth, chewing, and swallowing. When you perform the act of eating, you are also thinking and feeling something. Although it is common for people not to be aware of the thoughts and sensations involved with food and eating, they are there. Through your participation in Positive Choice you will gain insight into all three areas—thoughts, feelings, and actions.

The event to result sequence demonstrates how thoughts, sensations, and actions interrelate.

Example:

<table>
<thead>
<tr>
<th>Event</th>
<th>Walking past a bakery.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thought</td>
<td>“These donuts looks good.”</td>
</tr>
<tr>
<td></td>
<td>“I’m hungry.”</td>
</tr>
<tr>
<td>Sensation</td>
<td>Stomach growls, feel restless.</td>
</tr>
<tr>
<td>Action</td>
<td>Buy donuts.</td>
</tr>
<tr>
<td></td>
<td>Eat donuts.</td>
</tr>
<tr>
<td>Result</td>
<td>Tastes good.</td>
</tr>
<tr>
<td></td>
<td>Stomach stops growling.</td>
</tr>
</tbody>
</table>

It is important to realize the event itself is always neutral. You give it meaning by what you tell yourself or think about the event, so your thoughts really set you up for your feelings and actions. As Shakespeare said, “There is nothing either good or bad, but thinking makes it so.” If the person in the example had thought the donuts looked unappetizing or had focused his/her attention on something other than food looking and tasting good, his/her feelings and actions in the situation would have been different.

Learned Responses
Your thoughts/self-talk are learned responses to an event or cue.

You learn from your family, friends, and society to give events meaning based on:

1. Beliefs about the world and ourselves.
2. Memories of past experiences.
3. Future goals.
4. Other thoughts.

For example, a newborn infant wouldn't see an ad on TV for pizza and want to eat. The child would have to be taught that pizza is food and acceptable to eat. An important thing to know and believe is that since you learn to think about an event in one way, you can learn to think differently in the same circumstances. You will, with time become aware of certain types of thoughts that tend to lead you back to your old eating habits. These are called repetitive thoughts.
Changing Thoughts and Self-talk
To stop no-longer useful thoughts that lead to negative feelings and actions, use Positive Alternative Thoughts (PATs).

PATs are any thoughts that lead to positive feelings and actions. They are very important to shaping your new self-image as a weight maintainer.

Remember, what you tell yourself about yourself will definitely affect how you feel and what you do.

If you are experiencing a negative thought and want to give yourself a PAT:

1. Say "Stop!" out loud or to yourself.
2. Replace the negative thought with a PAT.
3. Think about inconveniences and annoyances of being overweight.
4. Remind yourself of the benefits and pleasures of being a weight maintainer.
5. Focus on an activity that will strengthen your self-image of a weight maintainer.
6. Reinforce yourself for your positive thoughts and actions.

This is how to manage your thinking. This technique will help you develop a more positive and all around successful lifestyle.

Example:

Thought:  “Those donuts look good.”

PAT:     “I’m so proud of myself for losing weight and I really feel good, too!”

Focus on your slimmer reflection in a nearby window.
COMMUNICATION SKILLS II

FOCUS
1. Exploring the effects of communication barriers on:
   A. Self-esteem/feelings.
   B. Relationships.
   C. Weight.

2. Identifying your communication strengths, communication limitations, and those skills you would like to further develop.

READ
2. Interesting Quotes, Listening—The Foundation To Effective Communication, and Affirmations on the following pages.

JOURNAL
For this week, consider various people you interact with. Select several significant relationships in your life and write about:

1. What barriers you put up.
2. What you will do more of, less of, and what you will continue to do in order to improve the quality of communication in these relationships.
3. How this will help you to experience more personal fulfillment, support and success.

DO
Review the following pages: Communication Barriers, How Am I Doing checklist, and Communications Strategies.
INTERESTING QUOTES

“As a result of a person’s socialization, she/he has already acquired some interpersonal skills. However, one’s level of functioning in terms of these skills can be raised. Everyone has a vast capacity for being more understanding, respectful, warm, genuine, open, direct and concrete in human relationships. With a sound body of theoretical knowledge, appropriate models, and numerous opportunities for personal experiencing, the process of becoming more fully human can be greatly accelerated.”

—George Gazda, Educator

“I often ponder over the nature of true human sincerity, true transparency... It is a rare and difficult thing; and how much it depends on the person who is listening to us!

There are those who pull down the barriers and make the way smooth; there are those who force the doors and enter our territory like invaders; there are those who barricade us in, shut us in upon ourselves, dig ditches and throw up walls around us; there are those who set us out of tune and listen only to our false notes; there are those for whom we always remain strangers, speaking in an unknown tongue. And when it is our turn to listen, which of these are we?”

—Anonymous

“A barrier to communication is something that keeps meanings from meeting. Meaning barriers exist between all people, making communication much more difficult than most people seem to realize. It is false to assume that if one can talk she/he can communicate. Because so much of our education misleads people into thinking that communication is easier than it is, they get discouraged and give up when they run into difficulty. Because they do not understand the nature of the problem, they do not know what to do. The wonder is not that communicating is as difficult as it is, but that it occurs as much as it does.”

—Reuel How, Theologian and Educator
LISTENING—THE FOUNDATION TO EFFECTIVE COMMUNICATION

1. For most people, listening takes up more of their waking hours than any other activity. Sidney Jourand, in his book, The Transparent Self, reports on a study in which people from a variety of occupations reported they spent 70% of their working day communicating.

   Of this communication time—
   9% was spent writing.
   16% was spent reading.
   30% was spent talking.
   45% was spent listening.

2. Many of the most important aspects of our lives are influenced by our ability (or lack of ability) to listen. The quality of our friendships, family cohesiveness, and effectiveness at work hinge on our ability to listen.

3. The irony is that few people are actually good listeners. Researchers claim that 75% of oral communication is ignored.

4. Listening must include paying attention to more than just words and information. Researchers tell us that 85% of our communication is non-verbal—gestures, tone of voice, volume, speed of talking, posture, facial expression.

5. Communication skills are learned. Communication is complex. Each of us can improve our communication skills—over time, with effort and practice.
AFFIRMATIONS*

An affirmation is...

- a positive thought that you choose to put into your consciousness to produce a desired result.
- a thought about something you would like to be, do, or have.
- a way to boost and reinforce your self-esteem. The higher and stronger your self-esteem is, the less you will find yourself using or being affected by communication barriers.

Affirmation techniques: There are a number of different ways to use affirmations. Here are a few:

1. Write each affirmation ten to twenty times. Notice how your handwriting changes as your emotional response changes.
2. Write your affirmation and then set up a RESPONSE COLUMN on the side of it and write down your negative response to it. Then rewrite the affirmation and write the response until such time as no response is generated.
3. Say your affirmation to yourself in silence. Out loud. Say your affirmations to someone else. Use them as a mirror to see if you’re really buying what you’re saying. They’ll know! Say your affirmations into a mirror.
4. Post your affirmations around your house and at work or on the dashboard of your car so that you see them frequently during the day.
5. Say your affirmations into a tape recorder and then listen to yourself say the affirmations. Continuous tape loops can be used with a timer to shut off after you have gone to sleep.

Practicing these affirmation techniques will allow you to process out the negative messages stored in your memory banks.

* A sample list of affirmations is included on the following page.
SELF-ESTEEM AFFIRMATIONS

1. I love myself; I am a lovable person.
2. I am highly pleasing to myself in the presence of other people.
3. I am learning to love myself more every day.
4. I am a self-determined person and I allow others the same right.
5. I am the master of my life.
6. I have the right to say No to people without losing their love.
7. Other people have the right to say No to me without hurting me.
8. I love and appreciate myself just as I am. I forgive myself completely.
9. I accept all my feelings as part of myself.
10. The more I love myself, the more love I have to give others.
11. I like myself; therefore, I like others.
12. I like myself; therefore, others like me.
13. I like others; therefore, others like themselves.
14. I like others; therefore, others like me.
15. I am now attracting loving, satisfying, happy relationships into my life.
16. I am no longer dependent on a woman's/man's approval for my self-esteem.
17. I respect my own uniqueness.
18. I now practice being good to myself.
19. I am not a failure. I am a total success.
20. I always notice the good in myself.
21. When I notice the good in myself, it automatically expands.
22. I am a powerful and creative force in the universe and I can handle it.
23. Love is the motivating force behind all of my actions and words and others get it.
24. I am always truthful with myself and I am being truthful right now.

HEALTH AND PHYSICAL WELL-BEING AFFIRMATIONS

1. I now feel exhilarated and wonderful all the time.
2. Health is mine right now! I feel it pulsing through me with every indrawn breath.
3. Every organ, every tissue, every function of my body is charged with radiant health, vitality, and power.
4. I now let go of every sense of fear. I relax completely and let life operate through my body unhampered, fully and freely.
5. I am completely relaxed. Life circulates normally and naturally through every tissue of my body. Every cell is alive, tingling with perfect health. I am grateful for my health.
6. Life right now is cleansing, purifying, and revitalizing every part of me. I am strong. I am well.
7. Every organ of my body functions perfectly. I love my body. I have faith in it. I trust it. I think only good thoughts about my body.
8. I will no longer abuse my body by (fill in your own bad habit or abuse).
9. It is now easy for me to treat my body lovingly, through proper eating, exercising, and rest.
10. I am strong. I am well. I am confident, relaxed and at peace. I am healthy and have abundant life now!
COMMUNICATION BARRIERS

1. **Criticizing**—making a negative evaluation of the other person, their actions or attitudes.
   “You brought it on yourself—you’ve got nobody else to blame for the mess you’re in.”

2. **Name-calling**—‘putting down’ or stereotyping the other person.
   “What a dope!” “Just like a woman!” “Egghead!” “You hard-hats are all alike!”
   “You’re just another insensitive male.”

3. **Diagnosing**—analyzing why a person is behaving the way they are; playing amateur psychologist.
   “I can read you like a book—you’re just doing that to irritate me”
   “Just because you went to college, you think you’re better than I am.”

4. **Praising with evaluation**—making a positive judgment of the other person.
   “You’re such a good girl. I know you will help me wash the car.”
   “You’re such a good husband. I’m sure you won’t mind going to the store for me.”

5. **Ordering**—commanding the other person to do what you want to have done.
   “Do your homework right now.” “Why? Because I said so!”

6. **Threatening**—trying to control the other’s actions by warning of the negative consequences.
   “You’ll do it or else!” “Stop that noise right now or I will turn off your stereo!”

7. **Moralizing**—telling another person what they should do. Preaching at the other person.
   “You shouldn’t get a divorce; think of what will happen to the children.”
   “You ought to tell him you are sorry.”

8. **Excessive or inappropriate questioning**—using closed-ended questions often creates barriers in a relationship. Closed-ended questions are those that can be answered “yes” or “no”—or in just a few words.
   “When did it happen?” “Are you sorry that you did it?”

9. **Advising**—giving another person a solution to their problems.
   “If I were you, I’d tell her off!” “That’s an easy one to solve, first ...”

10. **Diverting**—pushing the other person’s concerns aside through distraction.
    “Don’t dwell on it, Joe. Let’s talk about something more pleasant.”
    “Think you’ve got it bad? Listen to what happened to me...”

11. **Logical argument**—attempting to convince the other with an appeal to facts or logic—usually without consideration of the emotional factors involved.
    “Look at the facts; if you hadn’t bought that new car, we could have made the down payment on that house we wanted.”

12. **Reassuring**—trying to stop the other person from feeling the negative emotions they are experiencing.
    “Don’t worry...it always gets worse before it gets better.” “It will all work out O.K. in the end.”
HOW AM I DOING?
A Personal Checklist for Better Communication and Listening Skills

Directions: Rate yourself by placing a number on each line below to indicate the level you practice skills described in the item. Use: 1 = always do to 4 = never do. Note any items you score 3 or 4. Look for opportunities to fine-tune those skills.

___ Body Language—
I show the speaker I care about what he/she is saying by staying in a relaxed body position, leaning slightly forward, facing him/her squarely, and maintaining an open position. I position myself about three feet from the other person.

___ Appropriate Body Movement—
I avoid making nervous or distracting movements as I respond to the speaker.

___ Eye Contact—
I focus my eyes softly on the speaker occasionally shifting my gaze from his/her face to his/her gesturing hands. I move my focus back to his/her face and then back to his/her eyes. I avoid looking away, glancing around the room or staring unrelentlessly into the person’s eyes.

___ Environment/Climate—
I give the person talking my undivided attention and remove distractions by turning off the TV or stereo, and closing the door when possible. I position myself so that sizable physical barriers (like a large desk) are not between me and the person I’m talking with.

___ Door Openers—
I watch for nonverbal clues that indicate the person wants to talk. I describe what I see to him/her and offer an invitation to talk. I don’t force the conversation if he/she doesn’t want to talk indicating I respect his/her privacy.

___ Minimal Encouragers—
When I’m listening, I offer brief indicators that I am with the other person. I use simple things like “Mmm-hmm; Yes, really?; Gosh; Go on; Right; Then?; I see; Oh?; Tell me more; And?; For instance.”

___ Questions—
I ask open questions frequently to help me better understand the speaker. And I ask only one question at a time.

___ Attentive Silence—
I understand the power of silence and allow quiet space in my conversations. During silent moments I reflect on what the speaker has said and try to imagine his/her feelings. I also think about ways to facilitate the conversation.

___ Paraphrasing—
I give the speaker a brief statement of the important points he/she made using my own words. I limit my paraphrasing to facts or ideas the speaker presents and avoid inserting my opinions and ideas.

___ Reflecting Feelings—
I observe the speaker’s feelings and mirror both the feelings and the intensity of the feeling. Mirroring gives me a chance to check the accuracy of my observations. I realize that I may also help the speaker become more aware of his/her feelings by mirroring them. I know that reflecting the speaker’s feelings also helps him/her to feel understood.
COMMUNICATION STRATEGIES

Door Openers
Sometimes you can sense that the other person needs to talk— even if he/she does not tell you or he/she sends non-verbal clues that he/she is burdened or excited about something. People telegraph their feelings through their:

- Facial expression.
- Tone of voice.
- Body posture.
- Energy level.

A door opener is an invitation to talk. It gives the other person encouragement and tells him/her that you are ready to listen. Door openers typically have four elements:

- A description of the other’s body language.
- Invitation to talk or continue talking.
- Silence—giving the other person time to decide if he/she wants to talk and what they want to say.
- Attending—eye contact and body language that tells the other person you’re interested and concerned about him/her.

Examples:
“You look so happy, Myra! Tell me about it...”
“John, you sure look tense. Tell me more about...”

The empathic person respects other’s privacy and is careful not to be intrusive. If you offer a door opener and the person doesn’t respond, just let it go.

Questions
Closed questions direct the speaker to give a short response.

Open questions provide space for the speaker to explore his/her own ideas without being hemmed in by the listener’s categories.

Most people ask TOO many questions because they are uncomfortable with silence. Remember that silence gives the speaker an opportunity to think about what he/she is going to say and to go deeper into themselves.

Attentive Silence
You can learn to DO things during silent spots in conversations that help make you a better listener. Try the following:

- Attend to the other person—Be sure your body posture demonstrates that you are there for the other person.
- Observe the other person—Notice what the speaker’s eyes, body language and gestures are communicating.
- Think about what the other person is saying—Think about what he/she said...imagine how he/she must feel...think about what you might say that would facilitate his/her growth.
GOOD GRIEF

FOCUS
1. Acknowledging and normalizing feelings associated with loss, some of which are denial, anger, sadness, depression and loneliness.
2. Exploring the connection between feeling empty and filling up with food.

READ (on the following pages)
1. *Dealing with Change and Loss*
2. *Things to Do for Yourself*

JOURNAL
Write a letter to a person or situation you have lost, including:
1. Things you wish you had said or done.
2. Questions that linger in your mind.
3. Anything else.

DO
Release Ritual
1. This process involves a symbolic letting go. Take the letter you wrote in the *Journal* section of this exercise. Go to a special place or create an environment which feels appropriate and safe for you (e.g. the beach, a park, your own home). You may want to have with you photos and/or mementos of the person or situation you wrote to. Tear up the letter in small pieces. Burn the letter as a symbolic gesture of letting go. Notice what you feel.
2. Complete the *Grief Scale* on page 65.

THERE’S MORE
3. *How to Survive the Loss of a Love* by Peter McWilliams.
4. *When Bad Things Happen to Good People* by Robert A. Schuller.
DEALING WITH CHANGE AND LOSS

When you experience a loss or significant change, grief and anxiety are likely to occur—grief over the loss of the known and anxiety about facing the unknown. These reactions are normal and common.

Sometimes these reactions occur immediately; sometimes they appear in a few hours or days. In some cases, the reactions occur weeks or even months later.

The symptoms may last from a few hours to several weeks, depending on the severity of the event. There may be times when you feel out of control. Talking to loved ones and friends and getting their support usually helps speed the healing process. A professional counselor may also help you regain control of your life and get through the experience. Needing help to recover does not mean you are crazy or weak, only that you are a normal person who has been through a distressing experience.

The following are some common symptoms associated with change and loss. You may experience one or more of these symptoms over the next few weeks.

**PHYSICAL**
- Fatigue
- Nausea
- Headaches
- Sleep disturbances
- Change of appetite
- Difficulty breathing
- Dizziness
- Stomach problems
- Lack of energy

**BEHAVIORAL**
- Crying/tearfulness
- Change in behavior
- Irritability
- Changed eating habits
- Isolation
- Changed sleep pattern
- Nightmares/dreams
- Inability to relax

**COGNITIVE**
- Confusion
- Difficulty with decisions
- Memory problems
- Poor attention span
- Poor problem solving
- Intrusive thoughts of what if—I should have

**EMOTIONAL**
- Anxiety/fear
- Depression/sadness
- Anger
- Guilt
- Feeling helpless
- Feeling hopeless
- Feeling victimized

Although these may be uncomfortable reactions, they are NORMAL. Emotional healing, just like physical healing, takes time and this time will vary with each person.
THINGS TO DO FOR YOURSELF

- Periods of physical exercise alternating with times of relaxation will help ease the physical symptoms.
- Structure your time—keep busy and occupied.
- Maintain as normal a schedule as you can.
- Talk to people about what you are thinking and feeling—ask them to be good listeners.
- Reach out to people who care—tell them what you need.
- Spend time with others.
- Be good to yourself.
- Notice all the little things you do right.
- Eat nutritious and regular meals, even if you don’t feel like it.
- Get plenty of rest.
- Keep a journal of your thoughts and feelings.
- Make lists of your positive accomplishments.
- Try to LAUGH—humor is healing.

Things to Avoid

- Don’t label or criticize yourself—you are a normal person having a normal reaction!
- Avoid negative self-talk, such as “I should have …, If only I …, If I were …”
- Avoid too much caffeine and sugar—they can increase physical stress reactions.
- Don’t use drugs or alcohol to cover up your feelings. This will prolong the healing process.
- Avoid making impulsive decisions right away.
- Don’t feel responsible for what happened to others.
- Avoid people who are not good listeners and just want to give advice.
GRIEF SCALE

Self Help
One of the major keys to coping is understanding. Understanding is greatly helped if you can put knowledge to practical application. Self-help is a marvelous way to cope with grief when you can learn something by doing. This grief scale is for you to help yourself understand your grief better—and then to do something with that understanding.

There are 18 feelings, thoughts, or situations in the grief scale. These are common experiences which can happen to anyone. If you have not had a particular feeling, don’t worry. Grieving is different for different personalities.

All the experiences listed are *normal*. Remember that grief is the normal way we adapt to a major change. Grief readies us for a new way of life or a new identity.

Grief is a *PROCESS* which means that it is like riding waves or traveling a hilly or even mountainous road. We can move slowly up and quickly down. Just remember that the ups and downs eventually even out and the direction becomes smoother.

To be able to understand your ups and downs we have ranked each experience from 1 to 10, 1 being the low end of the scale and 10 being the most intense end of the scale. For example, if you have been experiencing fear since the death, and that fear is causing your heart to race and your hands to sweat and your breathing to be short, etc., that fear is very intense. You should rate yourself near 10 on fear.

After you have filled out the scale, you will have a *picture* of your grief at this moment in time. It is a good idea for you to periodically return to the scale and rate yourself again. You will then have a chart of your progress.

1. **Feelings of sadness**
   - 1 2 3 4 5 6 7 8 9 10
   - None Moderate Severe

2. **Loss of appetite.** I don’t feel hungry and don’t want to eat.
   - 1 2 3 4 5 6 7 8 9 10
   - None Moderate Severe

3. **Weight gain.** I can’t get enough to eat. I eat to stop the gnawing pain in my stomach.
   - 1 2 3 4 5 6 7 8 9 10
   - None Moderate Severe

4. **Nervousness.** I feel restless, can’t settle down to do one thing. I feel jittery and I don’t really know why.
   - 1 2 3 4 5 6 7 8 9 10
   - None Moderate Severe

5. **Sleep problems.** I wake up at three or four in the morning and can’t go back to sleep. I sometimes feel sleepy all the time but can’t sleep for long.
   - 1 2 3 4 5 6 7 8 9 10
   - None Moderate Severe
6. **Anger.** I feel irritable for no reason, or angry at anyone and anything. Sometimes my anger is rage and directed toward people I love and care about. Sometimes my anger is at God.

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7. **Problems with confusion.** I sometimes forget what I am doing, or can’t concentrate for long on anything.

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8. **Constant thoughts of the death of the loved one.** I can’t stop thinking about how (s)he died and what happened the day (s)he died.

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9. **Fear.** I am afraid of things I never used to be afraid of. I am afraid of being alone, afraid of the dark, afraid of silence, etc.

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10. **Guilt.** I feel guilty about my feeling concerning my loved one’s death. I feel guilty about being angry with people or God. I try to find ways to blame myself for the death or the way I acted on the day my loved one died.

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11. **Disbelief.** I refuse to believe this has really happened.

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12. **Dreams about the loved one.** I keep having dreams that are the same or similar.

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13. **Exhaustion.** I am so tired. It is difficult to even get out of bed in the morning. I feel physically weak and emotionally drained.

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14. **Depression.** I feel a sense of helplessness, hopelessness. I don’t care about the things I used to. I don’t want to do the things I used to do.

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15. **Self-confidence.** I don’t have the confidence I used to have. I don’t feel good about myself, the way I am, the way I look, and the way I feel.

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16. **Communication.** I have trouble expressing my feelings to others. I sometimes even say things that I don’t mean, or don’t understand why I said.

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17. **Humor.** I can laugh at things in life once in a while. It is getting easier to laugh without feeling like I shouldn't be having a good time.

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18. **Hopefulness.** I am beginning to know that there will be new meaning in my life and I am beginning to look forward to my new life.

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GRIEF SUPPORT OPTIONS

KAISER PERMANENTE SERVICES:
Chaplain .................................................................................................................. (619) 528-5188
Hospice/Bereavement ............................................................................................ (619) 641-4100

COMMUNITY SERVICES:
Empty Cradle ........................................................................................................... (619) 595-3887
(for families who have lost an infant)
San Diego Hospice .................................................................................................... (619) 688-1600
(children’s program and on-going grief groups open to the community)
www.sdhospice.org
Sharp Hospice Care .................................................................................................. (619) 667-1900
www.sharp.com/Clinical/hospice
ADDING JOY TO YOUR LIFE

FOCUS
1. Determining whether or not having enough joy and pleasure in your life causes you to use food to fulfill these needs.
2. Identifying ways to add more joy into your life.

READ

JOURNAL
Write about:
1. How the scarcity of joy in your life might contribute to your overeating.
2. What are some of the obstacles keeping you from putting as much joy in your life as you might wish to have?
3. Are there activities that used to bring you joy when you were younger, that you have gotten away from, but might be able to include in your life once again?

DO
Fun and happiness do not just appear in your life by magic. You have to put them there. For many, this involves realizing that you are important, and that you deserve to take the time for activities that bring you joy. For others, the process has to begin by reconnecting to or re-discovering the things that make you happy. The important thing to remember is that if you do not learn to nurture yourself in other ways, it is very likely that you will continue to nurture yourself with food.

Make a promise to yourself to do two fun things this week. Put them on your schedule and give them the same priority that you give to other things on your schedule.

THINK
Are the Want–to’s and the Have–to’s in your life out of balance?
Take a look at everything you will be doing for the next five to seven days. Make a list of all the things you will be doing that you have to do (chores, responsibilities, etc.). Then make a list of all the things you will be doing that you want to do (fun activities, time for yourself, etc.). Most people will discover that the Have-to list is quite long and that the Want-to list is quite short. Do your lists fit into that category? Are you so loaded down with Have-to’s that there is little time left for things you might Want to do?
Remember, you are the only one who can change that. You are the captain of your ship. If you don’t take charge of adding fun and joy to your life, no one else is likely to do it for you.
EXPLORING ANGER

FOCUS
1. Recognizing the physical, behavioral, emotional and mental manifestations of anger.
2. Exploring your anger issues.
3. Learning effective anger management techniques.

READ
2. The Serenity Prayer on pg. 76.
3. Anger Resolution Through Acceptance on pg. 77.
4. Letting Go on pg. 78.

JOURNAL
For this week, observe yourself in day-to-day situations and take notes on what you observe about how you experience anger. Recall the physical sensations and take inventory of your emotional, behavioral and mental manifestations (use the Anger Inventory on pg. 71). For example, notice if you feel hurt or guilty, or disguise your anger with self-abusive behaviors (e.g. overeating, smoking, drinking, speaking or thinking negatively about yourself). Do you cry? Notice if you have a delayed response to anger. Notice if you are direct in expressing your anger or do you resort to sarcasm, manipulation? Write down your observations and provide as much detail as you can.

DO
1. Read and complete the anger style worksheets on the following pg.s, if not done in group, to determine if you are a stuffer, and escalator, or a manager of anger.
2. Review Dealing with Stress on pg. 79.
3. Review Understanding Your Stress Tolerance Range on pg. 80.

THINK
“That's what happens when you're angry at people. You make them part of your life.”
Garrison Keillor

“A man who studieth revenge keeps his own wounds green.”
Francis Bacon

“A life of reaction is a life of slavery, intellectually and spiritually.
One must fight for a life of action not reaction.”
Rita Mae Brown

“I merely took the energy it takes to pout and wrote some blues.”
Duke Ellington

THERE’S MORE
The Dance of Anger by Harriet Lerner, PhD.
## ANGER INVENTORY

Get to know your anger by recognizing its symptoms.

**DO YOU:** (circle all that apply)

<table>
<thead>
<tr>
<th>PHYSICAL</th>
<th>EMOTIONAL</th>
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<tbody>
<tr>
<td>Grit your teeth?</td>
<td>Feel like running away?</td>
</tr>
<tr>
<td>Get a headache?</td>
<td>Get depressed?</td>
</tr>
<tr>
<td>Perspire?</td>
<td>Feel guilty?</td>
</tr>
<tr>
<td>Get red-faced?</td>
<td>Feel resentment?</td>
</tr>
<tr>
<td>Get a stomachache?</td>
<td>Become anxious?</td>
</tr>
<tr>
<td>Get indigestion/nausea/diarrhea?</td>
<td>Feel like lashing out?</td>
</tr>
<tr>
<td>Experience a change in breathing?</td>
<td>Feel apathetic?</td>
</tr>
<tr>
<td>Experience a change in heart rate?</td>
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</tr>
<tr>
<td>Get shaky?</td>
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<table>
<thead>
<tr>
<th>BEHAVIORAL</th>
<th>MENTAL/INTELLECTUAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cry?</td>
<td>Think negatively about self?</td>
</tr>
<tr>
<td>Yell/scream?</td>
<td>Deny?</td>
</tr>
<tr>
<td>Eat?</td>
<td>Think obsessively?</td>
</tr>
<tr>
<td>Use substances?</td>
<td>Ruminate?</td>
</tr>
<tr>
<td>Get sarcastic?</td>
<td>Get racing thoughts?</td>
</tr>
<tr>
<td>Lose your sense of humor?</td>
<td></td>
</tr>
<tr>
<td>Become abusive?</td>
<td></td>
</tr>
<tr>
<td>Withdraw?</td>
<td></td>
</tr>
<tr>
<td>Lie?</td>
<td></td>
</tr>
<tr>
<td>Procrastinate?</td>
<td></td>
</tr>
<tr>
<td>Become manipulative?</td>
<td></td>
</tr>
<tr>
<td>Become demanding?</td>
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</tr>
</tbody>
</table>

For some, their experience of anger (and other feelings), is one of numbness, also known as repression or denial.

THE STUFFER

Do you stuff your anger and tend to avoid direct confrontation? Stuffers may not be aware that they have the right to be angry and MAY NOT BE AWARE THAT THEY HAVE ANGER!

Some reasons you stuff are... (check all that apply):

__Fear of hurting/offending someone.
__Fear of being disliked or rejected.
__Fear of losing control.
__Feeling it's inappropriate (not ok) to be angry.
__Feeling it's uncivilized, immature, or irrational to be angry.
__Feeling unable to cope with such a strong, intense emotion.
__Fear of damaging/losing a relationship.
__It's a learned behavior (but, it can be unlearned!).
__Trying to use a different style than the one with which you were raised.

____________________________________________________________________________________
____________________________________________________________________________________

Consequences/problems of stuffing:

1. Anger comes out—regardless.
2. Impairs relationships.
3. Compromises physical and mental health.
4. Unhealthy eating behaviors (stuffing, bingeing, restricting, chronic dieting, impulsive, compulsive, etc.)
5. Overweight/underweight.
7. ________________________________________________________________________________
8. ________________________________________________________________________________

THE ESCALATOR

Do you *escalate* to rage? Do you try to control your anger but lose control? *Escalators* blame and shame the *provoker*. Escalating often leads to abusive situations.

Some reasons you *escalate* are...(check all that apply):

- Feeling "I have no other choice."
- In order to be heard.
- To demonstrate an image of strength/power.
- To avoid expressing underlying emotions.
- Fear of getting close to someone.
- It’s a learned behavior (but, it can be unlearned!)
- Lack of communication skills.
- __________________________________________
- __________________________________________

Consequences/Problems of *escalating*:

1. Desired results may be short-term.
2. Possible physical destruction.
3. Possible abuse, injury, or violation of another’s rights.
4. Legal ramifications.
5. Impairs relationships.
6. Compromises physical and mental health.
7. Guilt/remorse.
8. Unhealthy eating behaviors/weight gain.
9. __________________________________________
10. __________________________________________

THE MANAGER—PART ONE

Do you manage your anger and allow it to mobilize you in positive directions?

Do you recognize you are responding emotionally to an actual or perceived threat or violation of your basic human needs and expectations?

**Question yourself:**
1. What expectation/need went unmet?
2. Was I clear about this expectation?
3. Was it agreed upon?

If you answered yes to 2 and 3, then your anger is legitimate.

If not, then look at how you are a part in creating this situation. This *de-victimizes* us and promotes responsibility while providing an opportunity for change. On the other hand, was it an unrealistic expectation of yourself?

Do you remind yourself that anger is a normal, human emotion?—it's OK to feel angry!

Do you use open, honest, and direct communication?
- Identify the trigger event/behavior.
- Determine if this is good timing for the listener.
- Remember your body language—firm voice, moderate tone, direct eye contact.
- Maintain personal space, establish an even eye level with the listener.
- Focus on the specific behavior/event that triggered your anger.
- Use *I* statements:
  - “I feel angry when...” or “I feel angry that...” and “I need...”
  - “I’m really working hard on managing my anger—so... I need to talk to you.”
- Avoid black and white thinking (“You never...”).
- Check for possible compromises.
- Don't attack or blame the person.
- Don't drag in old issues now.
- When it's over, pat yourself on the back for your assertiveness and say “*By managing my anger I took an important step in improving my sense of well-being!*”
- Involve an objective third party, someone you trust to be a sounding board. Who might this be?
- Use the *empty chair* exercise. Pretend you're sitting across from the person with whom you are angry and say what's on your mind. Who is this person?

THE MANAGER—PART TWO

The bottom line is, anger needs to be recognized, then released or resolved in some way.
Expressing yourself verbally, in writing, in art-making—such as drawing and dancing—not only promotes safe release of feelings but leads to clarification and resolution of issues. At other times, relaxation techniques can be used to shift your emotions.

- Talk to someone about your feelings.
- Talk to yourself while in front of a mirror.
- Ask for help and avoid getting angrier because you feel overwhelmed.
- Risk yourself by telling the truth.
- Write a letter to the person with whom you are angry. You can destroy it/save it/mail it at a later date.
- Write/journal freely and spontaneously, without censoring yourself.
- Draw freely and spontaneously, there are no mistakes! (Or start with a scribble and turn it into a picture.)
- Engage yourself in a physical activity that will create endorphins—your body’s own naturally occurring, stress reducing chemicals.
- Pound your fists into a pillow.
- Scream into a pillow.
- Go to the beach, the mountains, somewhere in nature—just sit, or walk or stretch open your arms and release the anger out into nature.
- Engage in relaxation techniques including guided imagery, self-help tapes, listening to calming music, deep-breathing.
- Smell flowers or other sensually pleasing object or scent.
- Soak in a bath or Jacuzzi.
- Stretch your body.

Consequences of managing anger:
1. Strengthens relationships.
2. Assures effective communication.
3. Preserves our human rights and needs.
4. Improves physical and mental health.
5. Boosts self-esteem and recovery of your sense of power.
6. Enhances ability to control unhealthy eating behaviors and maintain healthy weight.
7. Increases daily energy level and creativity.

THE SERENITY PRAYER
from Alcoholics Anonymous

God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can,
and the wisdom
to know the difference.
ANGER RESOLUTION THROUGH ACCEPTANCE

Learn to live with the fact that certain people and situations, past, present and future, will not change.
Realize the powerlessness over the situation.
Give yourself a time limit to be angry, and then — let it go!
It is difficult, if not impossible to feel anger and joy simultaneously. If you believe your angry feelings are especially precious and important, then think about one of the happiest moments of your life. Ask yourself, "How many minutes of my life's joy and peace, past, present and future, am I willing to trade for these feelings of frustration and anger?"

Constantly remind yourself: "I cannot afford to stay angry. What's at stake here?"
Recognize the need for forgiveness. "No painful event is allowed to contribute to my anger more than one time."
Focus on the present.
The events of this world don't make you angry. Even if a genuinely negative event occurs, it is the meaning you attach to it that determines your emotional response.
The idea that you are responsible for your anger is ultimately to your advantage because it gives you the opportunity to achieve control and make a free choice about how you want to feel. If it weren't for this, you would be helpless to control your emotions because they would be irreversibly bound up with every external event of this world, most of which are ultimately out of your control.
LETTING GO

To let go doesn’t mean to stop caring, it means I can’t do it for someone else.
To let go is not to cut myself off; it’s the realization that I can’t control another.
To let go is not to enable, but to allow learning from natural consequences.
To let go is to admit powerlessness, which means the outcome is not in my hands.
To let go is not to try to change or blame another, I can only change myself.
To let go is not to care for, but to care about.
To let go is not to fix, but to be supportive.
To let go is not to judge, but to allow another to be a human being.
To let go is not to be in the middle arranging all the outcomes, but to allow others to effect their own outcomes.
To let go is not be protective, it is to permit another to face reality.
To let go is not to deny, but to accept.
To let go is not to nag, scold or argue, but to search out my own shortcomings and to correct them.
To let go is not to adjust everything to my desires, but to take each day as it comes and cherish the moment.
To let go is not to criticize and regulate anyone but to try to become what I dream I can be.
To let go is not to regret the past, but to grow and live for the future.
To let go is to fear less and love more.

These are instructions on how to let go … Perhaps it is letting go of a rebellious child, or a burden of sorrow, losing a loved one or learning to live with a heartache which we just cannot let go of. Read this over … Study it … Pray over it … and you will find that letting go of your load will release a peace within you which will allow you spirit to soar … to be free … to completely give it to God … and let a work be done within you where the need is anyway.

Author Unknown
DEALING WITH STRESS

Stressors
Stressors are the events or series of events which challenge us to change, adapt, and/or respond. This means any internal or external cue to think, feel, and act is a stressor. Obviously, people typically encounter many stressors throughout their day. How much stress the stressor creates for you depends on how you label the stressor.

Example:
Stressor: Buffet luncheon table laden with food.
Person #1 Labels stressor as “impossible to deal with successfully while on the supplement.”
Result: Significant increase in stress level.
Person #2 Labels stressor as “no big deal. I’m here to be with friends.”
Result: Relaxed; stress level remains basically unchanged.

What is Stress?
Stress is our physiological and biochemical response to stressors.

What happens to us physiologically and biochemically when we experience stress involves the sympathetic branch of the autonomic nervous system. Stimulation of the sympathetic nervous system can be referred to as the stress response or the Fight or Flight Response. Stress hormones are released, preparing the body for action. Heart rate increases, muscles tense, breathing becomes shallower.

Relaxation stimulates the other branch of the autonomic nervous system called the parasympathetic nervous system. This system reverses the effects of the sympathetic system.

Stress is neither good nor bad: it is a normal part of life. It ranges from being exhilarated to feelings of sadness and depression. A positive interpretation of stress is that it is the spice of life. The goal of stress management is not to eliminate stress, but to reduce the negative experience of stress and to fully enjoy the positive stress experience. As long as stress is followed by relaxation, release of tension, and reaffirmation, stress can be an important and healthy part of life.

Stress Tolerance Range
Everyone has his or her own individual limits for dealing with stress effectively. We refer to this limit as the Stress Tolerance Range (see pg. 80). Genetic predisposition, life events, and environmental factors, behavior patterns, and coping skills determine how much and how little stress we can tolerate without it having an adverse affect on our physical and mental health. When people are managing stress effectively, they are functioning within their Stress Tolerance Range (STR). Too much stress is often a cue to eat. One way to decrease stress and to broaden our STR is with relaxation.

Relaxation
Relaxation is a skill which can be learned to counteract the Stress Response by stimulating the parasympathetic nervous system. Deep breathing and scanning your body for tension are in-the-moment relaxation techniques. Another type of relaxation, Maintenance Relaxation, requires about 20 to 25 minutes of your time to practice. Maintenance Relaxation not only relaxes and calms you for the moment, but also has a restorative effect because it allows your system to recuperate from the wear-and-tear of daily living. Examples of Maintenance Relaxation include meditating, visualization, autogenics, yoga, and deep muscle relaxation.
UNDERSTANDING YOUR STRESS TOLERANCE RANGE

What determines your Stress Tolerance Range?
There are four determining factors for the Stress Tolerance Range (STR):

- Genetic predisposition.
- Environmental factors/Life events.
- Behavior patterns.
- Coping skills.

Genetic predisposition is your inherited tendency to handle a certain amount of stress and to develop certain symptoms when too little or too much stress is present. Ulcers, heart problems, and high blood pressure are typical genetically coded responses to stress.

Environmental factors and life events are those items and circumstances we encounter which impact our lives. They can be life enhancing such as green forests full of nature's sounds, or they can be life detracting such as pollution or an accident. The point is, wherever we go, we have these factors to deal with and there is little we can do to change them without making major changes, such as moving from the city to the country.

Behavior patterns are our learned ways of acting, thinking, and feeling in order to cope with family, friends, and society. Since behavior patterns are learned, we always have the option of developing new ways of behaving as you have chosen to do with your eating patterns.

Coping skills are the factors most open to change. They involve the ability to handle stress effectively by developing self-awareness, self-acceptance, emotional coping skills, problem solving skills, social skills, and assertive communication skills. Positive Choice focuses on developing these skills. Think about what areas have increased your functioning levels since starting this program. Be sure, though, to keep in mind that lasting change takes time and effort. Give yourself all the time you need to make the changes and reach your goals.

Staying within Your Stress Tolerance Range
You can approach the management of our STR by broadening your range so as to handle more stress or by learning to function within your STR by preventing stress from climbing above or sinking below your STR.

You accomplish this through exercise, nutrition, relaxation, and social skills, as well as by learning to recognize the limits of your STR and by paying attention to your stress symptoms.

Stress Symptoms
Functioning outside your STR creates an under-load or overload of stress which leads to stress symptoms. Stress symptoms are your warning signals to pay attention and to take steps to decrease your level of stress. If you choose to ignore the initial symptoms and allow your stress level to remain too high or too low, chronic stress symptoms will develop which are more serious and can lead to an overall decrease in the quality of life or even death. For example, tension headaches may be an initial signal. After several years of chronic stress, high blood pressure may develop and if this symptom is ignored, you may have a stroke. Effective stress management can intervene in this progression at almost any point. Of course, the goal is to halt the wear-and-tear of stress before a serious illness or injury occurs.
SEXUALITY

FOCUS
1. Exploring the relationship between your sexuality and the need to eat/protect yourself with excess weight.
2. Creating a safe environment in which to express your more attractive, more sensual self.

READ

JOURNAL
As your weight drops, you may notice yourself experiencing a number of different fears. These fears and desires that suddenly have been uncovered may interfere with your motivation to lose more weight. Insecurity and anxiety about sexuality or dating may lead to overeating for protection. This week explore your fears and desires. Ask yourself and write about:

1. What is my weight protecting me from?
2. How likely is it that my fears will come true?
3. Is there something I can do other than eat/gain weight to make myself feel more secure? If so, what other things might I try to create a safe environment in order to express my total self?

THINK
1. *Information Worth Thinking About* on pg. 82.
2. *How to Cope With Your Changing Sexuality* on pg. 84.
INFORMATION WORTH THINKING ABOUT

1. In a study of 131 sexually abused patients, 60% were over 50 lbs. overweight.
2. An additional 25% were over 100 lbs. overweight.
3. Fifty-five percent of the participants who dropped out of the Positive Choice Program in the midst of success were sexually abused.
4. In addition, another significant portion of our Weight Management Program participants have not been sexually-abused but experience blocks in their weight loss progress due to a variety of reasons resulting from weight loss and a more noticeable sexuality. Common reasons for blocks in weight loss progress include:
   A. Unwanted sexual attention from friends and friend's spouses, co-workers, and bosses.
   B. Unwanted/extra sexual attention from your spouse, girlfriend/boyfriend, strangers.
   C. Increased desire to have sexual relationships (fear of having affairs).
   D. Spousal or boyfriend/girlfriend jealousy which may threaten to end relationships.
   E. Fear of having to perform sexually.
HOW TO COPE WITH YOUR CHANGING SEXUALITY

As your weight drops and layer upon layer of security is peeled away, you may feel an increase in sexual tension. Fears and desires that have suddenly been uncovered may interfere with your motivation to lose any more weight. Insecurity and anxiety about sexuality and dating may lead to overeating for protection. This could be protection from sexual advances (real or anticipated), or protection from intimacy (letting someone really get to know you), or protection from rejection. (Maybe there's something else they don't like about you besides being fat.) This could also be about protection from your own desires (the belief that you will act out your sexual impulses).

Guidelines for Increasing Your Security and Decreasing Your Fears

Instead of being fat and depressed, but safe and secure, you can remain thin and learn to express your sexuality gradually and safely with no need to overeat.

**Step 1:** Your first step is to acknowledge all your fears. Talking with a trusted friend may help you to clarify these fears.

**Step 2:** Next, challenge your fears. Ask yourself: “What is the likelihood of these fears coming true?” and “If these fears do come true, would I rather be fat to avoid them?”

**Step 3:** When you have successfully dealt with your fears, you are ready to go on to creating a safe climate for the expression of your total self.

- Avoid singles bars or other scenes where the expressed purpose for being there is to pick up or be picked up. This will avoid the unnecessary shattering of your ego.
- Do not use alcohol as a relaxant. You want to stay under your own self-control.
- Be aware of your body mannerisms and flirtations. You may have felt free to flirt when you were overweight because there was a feeling of safety created by the extra weight. But now, as a thinner person, you may want to modify your interaction style so you don't create situations that are threatening to you. Go slow and give yourself time to adjust to the attention without the real or perceived protection of your weight.
- Prepare yourself for being assertive. Practice conversations at home with yourself, without the pressure of really being in the situation.
- Take a self-defense class to increase your confidence and ability to protect yourself.

**Step 4:** When you feel safe, venture out into new directions.

- Try changing your appearance...the way you wear your hair, or its color, the style of your clothes, or your make-up. But only make one change at a time unless you're prepared to be overwhelmed with attention.
- Take a dance, exercise, or Yoga class to get more in touch with your body.
- If you're single and interested in meeting someone, enroll in a class where you are likely to meet someone with your interests.
- Spend time in safe public places (like shopping malls) where you can observe others noticing you without the fear of them or you getting swept away.
- In dating situations, plan in advance what you will say in an anxiety-producing situation. For example, “I'm flattered by your compliments. I've had a wonderful time. I do not want to spend the night together. But I am looking forward to going out again.”

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REMEMBER: Once you have dealt with your fears and safely ventured into new situations, you can really begin to appreciate how good it feels to be more attractive, more sensual, and more expressive of your total self, and feel comfortable with yourself as you enjoy this changing/revitalized you.
SELF-RELAXATION

FOCUS
1. Introducing the uses and benefits of self-relaxation techniques.
2. Practicing Safe Place relaxation (a tool that you can easily use on your own to manage stress).

READ

JOURNAL
This week make a point of going to your safe place when you are in need of some non-food stress release or when you are looking for a way to increase/extend your good feelings. Then for your journaling topic write about:

1. What it feels like to experience your safe place.
2. The after affects of going to your safe place and using it as a non-food coping tool.

DO (See following pages)
1. Steps to Relaxation: Practice the Safe Place relaxation technique at least three times this week. You may find it particularly useful when eating urges hit or when you need to overcome feelings resulting from interactions at work or home. Use Steps to Self-Relaxation on pg. 86 to guide you through the process at home. Music can add to your self-relaxation experience.
2. The Meal Replacement Supplement Planner: Record keeping has proven to be a critical part of people’s success being on the supplement. At the beginning of each day this week, use the Meal Replacement Supplement Planner to plan when and where you will have your five supplements.

THINK
1. Read The Top Ten Reasons to Do Aerobic Exercise and plan an exercise activity that you will enjoy and remain committed to.
2. Read Visualize Success and set aside time each day to practice visualization.
STEPS TO SELF-RELAXATION

1. Close your eyes.
2. Get into a comfortable position.
3. Take five deep satisfying breaths.
4. Begin to see yourself walking down a path and crossing over a bridge.
5. Enter into your safe place.
6. See your safe place in as much detail as possible (see, hear, feel, smell what is around you).
7. As you experience and enjoy this place, begin to soak up all the tranquil feelings of contentment that your special place provides.
8. You may remain in your special place recharging yourself for as long as you desire.
9. While you are recharging yourself in your safe place, give yourself a few nurturing suggestions (e.g. “I can control how I feel each day by giving myself a few deep satisfying breaths before I get out of bed or as I drive to work.” or “Each time I drink the supplement I am going to remind myself how much courage I have for making the decision to do something about my weight and how strong my commitment is to continue and to participate fully in working towards my goal.”).
10. When you are ready, begin to see yourself gathering up your special place and pulling it into yourself. You may store it anywhere you like. Some people like to pull it into their heart or wrap it around themselves.
11. Begin to see yourself walking back down the path you used to enter your safe place.
12. Take five deep satisfying breaths.
13. When you are ready, count to three and open your eyes.

Your self-relaxation experience can be enhanced with the presence of music. Christaforie’s Dream by David Lanz is a wonderful selection to be used while doing self-relaxation.
THE TOP TEN REASONS TO DO AEROBIC EXERCISE

THE PAYOFF IS HUGE! Just by doing regular aerobic exercise you can:

1. **Strengthen your bones.** Regular weight-bearing exercise is a crucial adjunct to building bones.

2. **Relieve depression.** Mildly to moderately depressed people who exercise 15 to 30 minutes every other day will experience a positive mood swing in three weeks.

3. **Slow the aging process.** By strengthening your muscles and heart and thereby counterbalancing the age-related decline in physical abilities, exercise can help you maintain your physical independence and your ability to work.

4. **Ease stress and anxiety.** Activity disperses the hormones that accumulate during high-stress times. Exercise is also a natural tranquilizer—after exercising, you'll feel serene.

5. **Improve cholesterol profile.** Regular, vigorous exercise increases levels of *good* cholesterol, or high-density lipoproteins (HDLs), associated with a reduced risk of heart disease.

6. **Enhance your self-image.** Those who exercise regularly feel better and more confident than those who don't.

7. **Improve the quality of your sleep.** When you exercise regularly, you fall asleep more quickly, sleep more soundly and awake more refreshed.

8. **Reduce your risk of chronic diseases.** Non-exercisers are twice as likely to develop heart disease as those who exercise. Researchers have also found that exercise regulates blood sugar, a major factor in reducing the risk of diabetes.

9. **Improve your mental capacity.** Many studies have found that those who exercise have better reaction times, concentration levels and memory.

10. **Lower your risk of getting certain cancers.** Studies suggest that women who don't exercise have more than 2½ times the chance of developing a cancer of the reproductive organs and almost twice the risk of getting breast cancer of those who exercise.
**VISUALIZE SUCCESS**

**Visualization and Imagery**
Visualization and imagery are powerful tools that you can use to your advantage in weight management. Imagery and visualization involves using your imagination. Since everyone has an imagination, everyone can image and visualize. All of you do it more often than you think, whether you use your *mind's eye* for daydreaming or have mental conversations with yourself or others. Visualization has an impact on your real life behaviors. The more you practice, the greater the impact and the easier visualizing becomes. There is no right or wrong way to visualize. Whatever method works best for you is one you should use.

**How Visualization Works**
Mental images and thoughts stimulate the nervous system in much the same way as an actual event that occurs in the environment. The more vividly you imagine or visualize, the more powerful the effect in your brain. Your brain cannot tell the difference between something that is real and something that is vividly imagined. So if you visualize a situation using all of your senses, as far as your brain is concerned, the event has actually taken place. The result of this is that the imagining process has a *practice* effect, so when you actually physically engage in the behaviors that were imagined, the nervous system doesn't find the experience strange or new. It's more like deja vu.

**Uses of Visualization**
There are many ways you can use visualization and imagery in the behavior shaping process. Some of them are:

1. Imagine thinking positive thoughts, performing appropriate and useful actions, and experiencing positive sensations/feelings.
2. Rehearse handling *food cue* situations successfully. This involves:
   - A. Relaxing.
   - B. Developing planned Positive Alternative Responses (see below).
   - C. Verbalizing, writing out or imaging a detailed description of what will happen.
   - D. Watching appropriate behaviors being modeled.
   - E. Performing success behaviors in your mind and visualizing the entire scene.
   - F. Reinforcing yourself for visualization practice.
   - G. Replaying the scene in your mind until it feels natural for you.
3. Problem-solve in your mind by visualizing possible solutions to a problem.
4. Aversive imaging: associate something unpleasant with urges to eat such as imagining feeling stuffed and nauseated in response to a food cue.
5. Change your mood by using positive and pleasant imagery to cope with emotions. Visualize a happy, successful memory to lift your mood.
6. Reinforce behaviors with positive images.
7. Enhance body image by keeping a current mental picture of what you look like. (See the *Body Image* section in this guidebook.)

The key to making visualization and imagery work for you is to use them regularly and to always imagine yourself as a winner no matter what the situation is.

The most effective, long-term way to manage cues is by the use of *Positive Alternative Responses* (PARs). A PAR is any action, thought, or sensation/feeling that replaces the previous response to a cue.
Characteristics of PARs are:
1. The response is not associated with eating. (Visualizing.)
2. You obtain a similar positive consequence with a PAR as you would have received if you had eaten. (Feel relaxed, happy.)
3. The PAR is comfortable to the ongoing situation. (Easy to do.)
4. The PAR focuses on positive behaviors and solutions not problems. (Relaxation is a positive behavior.)

Further, PARs may be planned far ahead of time (planned PARs) or developed on the spot in response to a cue (spontaneous PARs). The goal is to use planned PARs as often as possible since you will experience fewer urges to eat this way.
MASKS—GETTING TO KNOW YOUR INNER SELF

FOCUS
1. Identifying your masks and the true feelings behind the mask.
2. Getting comfortable with discomfort.
3. Making a commitment to choices that allow you to be who you really want to be.

READ
1. Maximize Your Body Potential, Chapter 32, Overcoming Backsliding (pp. 451–478).

JOURNAL
After reading the poem, Please Hear What I'm Not Saying, you may have found yourself thinking about your own personal mask and the self that you keep hidden behind the mask. For this week, write:

1. Why and when you need to wear the mask?
2. What would happen if you took your mask off?
3. Situations where you have used your mask and situations where you have taken your mask off.
4. Ways you might protect yourself in the future without using your mask.

DO
Read The Top 10 Masks That We Wear and think about which masks you wear the most and in which situations you are most likely to wear each mask.
PLEASE HEAR WHAT I'M NOT SAYING
by Charles Fenn

Don't be fooled by me.
Don't be fooled by the face I wear.
For I wear a mask, a thousand masks,
masks that I'm afraid to take off,
and none of them is me.
Pretending is an art that's second nature with me,
but don't be fooled.
For God's sake don't be fooled.
I give you the impression that I'm secure,
that all is sunny and unruffled with me,
within as well as without,
that confidence is my name and coolness my game,
that the water's calm and I'm in command,
and that I need no one.
But don't believe me.
My surface may seem smooth but my surface is my mask,
ever-varying and ever-concealing.
Beneath lies no complacence.
Beneath lies confusion and fear and aloneness.
But I hide this. I don't want anybody to know it.

I panic at the thought of my weakness and fear being exposed.
That's why I frantically create a mask to hide
behind, a nonchalant sophisticated facade,
to help me pretend,
to shield me from the glance that knows.
But such a glance is precisely my salvation.
My only hope and I know it.
That is, if it's followed by acceptance,
if it's followed by love.
It's the only thing that can liberate me from myself,
from my own self-built prison walls,
from the barriers I so painstakingly erect.
It's the only thing that will assure me of what I can't assure myself,
that I'm really worth something.

But I don't tell you this, I don't dare. I'm afraid to.
I'm afraid your glance will not be followed by acceptance,
will not be followed by love.
I'm afraid you'll think less of me, that you'll laugh,
and your laugh would kill me.
I'm afraid that deep down I'm nothing, that I'm just no good,
and that you will see this and reject me.
So I play my game, my desperate pretending game,
with a facade of assurance without
and a trembling child within.
So begins the glittering but empty parade of masks, and my life becomes a front.
I idly chatter to you in the suave tones of surface talk.
I tell you everything that’s really nothing,
and nothing of what’s everything,
of what’s crying within me.

So when I'm going through my routine
do not be fooled by what I'm saying.

Please listen carefully and try to hear what I'm not saying, what I'd like to be able to say, what for survival I need to say, but what I can't say.

I don't like to hide.
I don't like to play superficial phony games.
I want to stop playing them.
I want to be genuine and spontaneous and me, but you've got to help me.
You've got to hold out your hand
even when that's the last thing I seem to want.
Only you can wipe away from my eyes the blank stare of the breathing dead
Only you can call me into aliveness.
Each time you're kind and gentle and encouraging,
each time you try to understand because you really care, my heart begins to grow wings,
very small wings,
very feeble wings,
but wings!
With your power to touch me into feeling
you can breathe life into me.
I want you to know that.

I want you to know how important you are to me,
how you can be a creator—a honest-to-God creator—
of the person that is me
if you choose to.
You alone can break down the wall behind which I tremble, you alone can remove my mask,
you alone can release me from my shadow-world of panic and uncertainty, from my lonely prison,
if you choose to.
Please choose to.  Do not pass me by.
It will not be easy for you.
A long conviction of worthlessness builds strong walls.
The nearer you approach to me the blinder I may strike back.
It's irrational, but despite what the books say about me
often I am irrational.
I fight against the very thing that I cry out for.
But I am told that love is stronger than strong walls, and in this lies my hope.
Please try to beat down those walls with firm hands
but with gentle hands
for a child is very sensitive.

Who am I, you may wonder?
I am someone you know very well.
For I am every man you meet
and I am every woman you meet.
THE TOP 10 MASKS THAT WE WEAR

We all take on roles and craft masks to project to the world what we most want others to see. These roles and masks can be ever changing and though there are times they serve you well, a profound step into self-discovery can begin with two questions. What story are you telling with your mask? What is your mask protecting you from? Here are just a few of your familiar masks and some of the thoughts that hold the illusions together.

1. **The Mask of the Victim**
   “As long as I wail about how helpless I am, well, I just don’t have to take personal responsibility.”

2. **The Mask of Silence**
   “If I speak out, I might cause someone pain or discomfort, might rock the boat, might actually have to take a stand or take some action.”

3. **The Mask of Blindness**
   “I'll refuse to see the things that are not working in my life and put a smile on that says everything is ok. Surely then, the problems will go away.”

4. **The Mask of Coolness, Aloofness**
   “If I actually revealed my feelings, I would have to own them, experience them. Way too scary!”

5. **The Mask of the Social Chameleon**
   “I want everyone to love me and approve of me; therefore, I shall be everything to everyone.”

6. **The Mask of Busyness**
   “If I slow down, I just might have to face the fact that my life is out of whack.”

7. **The Mask of Stuckness**
   “I really want to change, but ‘I can’t,’ ‘I’ve tried’ and as hard as this place is, in truth, as long as I stay here, I am in my familiar comfort zone.”

8. **The Mask of Morality and Judgement**
   “It is easier for me to see everyone else’s flaws and shortcomings than to look at my own.”

9. **The Mask of the Day-Dreamer**
   “I am a visionary, a highly creative individual who thrives on planning extraordinary things for the future...but, please don’t expect me to apply any of it to the here and now.”

10. **The Mask of Self-Sacrifice**
    “The way I earn my worth in the world is determined by how good I am at shelving my own needs to provide for the needs of others.”
SECRETS

FOCUS
1. Uncovering secrets that impact you emotionally and affect your weight management.
2. Safely exploring situations, events, and emotions that have affected who you are.

READ
1. Keeping Secrets on pg. 98.

JOURNAL
1. Make, or purchase, an I am sorry card and write a letter of forgiveness to yourself for some incident in which you may have felt shamed or guilty. This shame or guilt may be the result of the secret you wrote about in group.

DO
1. Review the Release Techniques worksheet on pg. 96 and try practicing at least one of the shame or guilt releasing techniques this week.

THINK
1. Where is the Real Me? on pg. 97.

THERE’S MORE
1. Family Secrets by John Bradshaw.
RELEASE TECHNIQUES WORKSHEET

There are two kinds of secrets: Healthy and Toxic. Keeping a toxic secret can be damaging to you. It may lower your self-esteem, increase your guilt, and weaken your immune system. In short, it may block your serenity.

A Healthy Secret is a confidence. If you keep that secret and you do not tell it, you will not be harmed and neither will anyone else.

By contrast, if you keep a toxic secret, or if someone keeps an important secret from you, which is also toxic, you may be harmed. The point is not that you have to go out and tell all your secrets, but rather that you begin a healing process for yourself by releasing the toxic aspects of your secrets. You can begin the releasing process in a variety of ways including the following:

1. One choice is just to remember the secret.
2. Another choice is to write down the secret in a safe place like a journal or a diary.
3. Another choice is to tell a safe person.
4. Still another choice is to have an imaginary conversation about the secret (talk to an empty chair).
5. Another choice is to choose to tell more than just one safe person (e.g., the members of a support/therapy group you belong to).
6. Another choice is to write a letter to the person involved with the secret. (Remember, you don't have to actually send the letter ... just writing the letter can be a release.)
7. And finally, you have the choice to give yourself permission to feel and express whatever it is you need to about the secret (e.g., cry, scream, curse loudly).

The above was adapted from A Gift to Myself written by Charles L. Whitfield, MD.
WHERE IS THE REAL ME?

There is a box inside me
the lid is shut and locked.
If only I could find the key
or maybe pick the lock.
I want to see what’s inside
what secret does it hold.
This secret is too much for me
or so I have been told.
This secret that will cause me pain
I’ve hidden deep inside.
I placed it in a little box
and bid the key good-bye.
I feel it’s worth the risk of pain
to see what’s in the box.
To find the key and then unlock
the lock that’s always locked.
Yesterday I pried at the lid
and it moved a little bit.
I peeked inside and got a look
at what it was I hid.
In my horror I found out
That I was in the box.
I had hid myself, put down the lid
and locked it with a lock.
I’m in a small box inside of me
the lid is shut and locked.
If only I can find the key
or maybe pick the lock.

A former New Life patient.
KEEPING SECRETS
By Barbara Fitzsimmons

For years, Bernard has lived with a dreadful secret: The young man whom everyone knows as his stepbrother is really his son. When he was 16, Bernard had sexual relations with his stepmother, and she got pregnant.

Michelle has a different kind of secret. While living with her grandparents years ago, she learned that her grandfather regularly beat her grandmother. Yet, when she told her parents, they told her to keep it quiet. For more than a decade, she has.

Bridget would like to share her secret, but fears what would happen if she does. Her brother has contracted the HIV virus from his lover, and his parents don’t even know he’s gay.

From the time we are little children and whisper something in another child’s ear, we all have secrets. Some help us maintain privacy. Some help us bond with other people. Some make our family relationships special.

However, other secrets, such as those described above, can be dark and foreboding.

“Dark secrets can limit the wholeness and freedom of every member of a family,” said John Bradshaw, author of Family Secrets: What You Don’t Know Can Hurt You (Bantam Books). “Often, they have an effect from generation to generation. A family secret can affect our behavior, even when we don’t know precisely what the secret is.”

That has been the case with the San Diegans above, who shared their secrets with Family Ties on one condition—that we not reveal their identities.

Until he called us, Bernard had kept his liaison with his stepmother to himself and, for that, he has paid a price. He is estranged not only from his father, his stepmother, and his stepbrother (son), but also from his extended family.

“I feel I betrayed my dad,” Bernard said. “My whole family lives on the East Coast. I came out here to be away from them. Being around them is too painful.”

Bernard has had trouble with relationships and work all his life, yet he seemed surprised when asked if his secret might be to blame.

“I had never really thought of it like that, but it could be,” he said.

As for Michelle, her grandparents are now dead, but the family secret has not been buried. One of her uncles is abusive with his wife, and the family keeps quiet about that, too.

“The sense is that is between them,” Michelle said. “It’s none of our business.”

However, just saying that out loud made Michelle wonder if, perhaps, she shouldn’t do something about her aunt and uncle’s situation.

“Maybe that would be the right thing to do,” she said.

Bridget wants her family to know her brother has HIV, but she worries her parents will be appalled by the news that he’s homosexual.

“In one way, I want them to know he’s sick so they can be supportive,” Bridget said. “But I’m afraid they’ll blow up if I tell them.”

Her brother also fears telling his parents, so they are keeping it a secret together. Bridget now suffers from insomnia.
“One of the problems with secrets,” Bradshaw said, “is that some families don’t recognize the difference between healthy secrets and unhealthy.”

For instance, a husband and wife should keep a portion of their relationship secret from their children. The kids don’t need to know of their pillow talk or details about their sex life.

At the same time, siblings should keep a portion of their relationships with each other private from their parents.

“There are times when I’m having dinner with my children, when they will give each other a certain look and smile,” Bradshaw said. “I don’t know what they’re smiling about. It’s probably something about me, and that’s fine. They have their own private jokes, and that’s healthy.”

Religious beliefs, financial standing and lifestyle preferences also are appropriate for a family to keep private, according to Bradshaw.

“Privacy creates natural realms of secrecy, and natural secrecy creates the silence that is worth its weight in gold,” Bradshaw said.

On the other hand, he said there are some things that should never be kept secret. These include: sexual, physical or emotional abuse; alcoholism or addiction; eating disorders; voyeurism; exhibitionism; adoption; and paternity.

**Freedom of speech**

He noted that telling a dark secret often frees a family, as may be the case when a family member is confronted about his alcoholism.

“If family members tell the secret and stop covering it up, the alcoholic has to face the consequences of his irresponsible behavior,” Bradshaw said. “The collapse of the secret-keeping system is often enough to propel the alcoholic into treatment.”

When the alcoholism secret is not revealed, family members often develop unhealthy traits that are then passed on to descendents,” he said.

“Then again, there are some secrets that are unknown to family members, who nevertheless, are affected by them,” Bradshaw said.

For example, one young woman he counseled told him what she felt was a terrible secret: Her husband was having multiple affairs. When Bradshaw asked her if her father had had affairs when she was a child, the young woman was shocked. Of course, he hadn’t, she said.

However, when Bradshaw recommended she ask other family members about it, she learned the truth: Her father had also been involved in multiple affairs. Her mother had known and was anguished about it, but the children had never been told directly.

“Secrets live on in a family when they are not dealt with, resolved and grieved,” Bradshaw said.

In his book, he guides readers in exploring their own family secrets, known and unknown.

He has had personal experience in this area, which he has related in previous books and television shows for Public Broadcasting. His father was an alcoholic who abandoned his family.

“When I took the time to deal with that, I was able to grieve it,” Bradshaw said. “I was able to stop drinking, and I didn’t abandon my children.”

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The San Diego Union-Tribune
Saturday, August 5, 1995
LOOKING FORWARD

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NO FREE LUNCH

FOCUS
1. Discovering in which situations you are most likely to rely on rationalizations.
2. Establishing a plan that gives you an alternative to using rationalizations.

READ

JOURNAL
Take 20 minutes and write a list of every rationalization you use. If you have trouble thinking up a list of rationalizations, ask yourself the following questions:

- In which situations do I find myself making excuses for my behavior?
- Which situations make me feel like a victim?
- When do I usually feel that I deserve something different or better than I am getting?
- Which situations do I usually avoid?
- In which situations do I usually worry about insulting someone?

DO
On the following page:
1. Tracking rationalizations over the next 7 days, write down every time you hear yourself start to make a rationalization. If you need additional lines, use another piece of paper. Don’t let the lack of space or paper keep you from keeping track!

2. Review Handling Challenging Situations on page 5.

THERE’S MORE
Rationalizations to Live by Henry Beard.
## TRACKING RATIONALIZATIONS

### Day 1
1. 
2. 
3. 

### Day 2
1. 
2. 
3. 

### Day 3
1. 
2. 
3. 

### Day 4
1. 
2. 
3. 

### Day 5
1. 
2. 
3.
Day 6

1. 

2. 

3. 

Day 7

1. 

2. 

3. 

Often just tracking and making note of your behavior will help you change it. However, there are also other ways to change your behavior. Imagine that you don’t make rationalizations. Figure out how you would respond differently in each situation if you did not make rationalizations. The next time you find yourself in a situation where you often make rationalizations, respond in this new way.
COMPLETE THE SENTENCE:

If I didn’t have conflicts about food ...

Examples:

1. I would have more energy than I do now.
2. My friends would wonder how I did it and feel threatened by me.

I would ...

My life would ...

My friends would ...

My family would ...

My days would ...

My dreams in life would ...
HANDLING CHALLENGING SITUATIONS

Problem Solving
In order to successfully manage challenging situations, you should focus on solutions in a systematic fashion. A positive, problem-solving model includes seven steps:

1. Collect data by keeping records.
2. Analyze data to identify problematic patterns.
4. Determine behaviors necessary to reach these goals.
5. Evaluate progress towards goals periodically.
6. Reinforce effective behaviors.
7. Readjust goals when needed.

The challenging situations that have led to and helped maintain an overweight lifestyle can be handled successfully by planning in advance. Once food cue situations have been identified, the problematic behavior chain can be broken by using Positive Alternative Responses (PARs) and Positive Alternative Thoughts (PATs) and powerful reinforcers. When developing a plan, remember that the earlier a behavior chain is broken, the greater your chance of success. Since food is such a powerful reinforcer, it may be necessary to use two or three reinforcers for your new behaviors in order to match the power that eating in that particular situation would have had. Below is a list of PARs for some different challenges you may be facing.

Time of Day Challenges
- Use Meal Replacement Supplement Planner to record daily intake.
- Use a Menu Planner for family’s meals.
- Plan instant meals for when time is short (cereal, yogurt, trail mix, etc.).
- Cook food in advance and store or freeze wrap in individual serving portions.

Eating Style Challenges
- Eat without distractions. (No television, reading, etc.) Conversation is allowed.
- Eat only in designated places. (Kitchen or dining room table, lunchroom. No eating in the car, standing up, at desk.)
- Take 10 minutes to consume the supplement or a planned snack; take at least 20 minutes for a meal.
- Put utensils down between each bite.
- Sip a glass of water.

Food Challenges
- Shop from a list.
- Shop only when not hungry.
- Store food out of view.
- Keep difficult foods stored away from your staples.
- Bake or broil instead of frying.
- Fry with non-stick cooking spray.
- Chew gum while cooking.
- Serve meals restaurant-style (no bowls on the table).
- Put leftovers away immediately.
- Ask someone else to clean up leftovers.
- Avoid buying foods you can’t resist.

Parties, Dining Out, etc.
• Eat a meal or drink the supplement before going to a party.
• Bring non-caloric drinks or salad dressing with you.
• Call the host to learn what is being served.
• Bring a healthy food choice to a potluck.
• Sip a non-alcoholic drink at a party.
• Escape—take a brief walk if a situation becomes difficult for you.
• Do not hang out near the food.
• Split an entrée with a friend.
• Ask for doggie bag at the beginning of meal.
• Ask for raw vegetables to chew on rather than bread or chips before a meal.
• Ask how menu items are prepared.
• Avoid All You Can Eat places or restaurants known for their large portions.

Thinking and Feeling Challenges
• Use relaxation techniques.
• Substitute positive self-talk for negative thoughts.
• Practice assertive communication.
• When angry, bored, depressed, etc., visualize or exercise instead of eating.
• Take one small step toward completing a task you have been avoiding.
• Pamper yourself with something you were putting off until you were thinner (manicure, massage, jewelry).
• Look in the mirror and remind yourself “I’m experiencing growth and success everyday.”
• Ask for support/encouragement from family and friends.
• Journal about your feelings and the day’s events.
• Call a friend to discuss something that is bothering you.

Activity Challenges
• Do stretching exercises.
• Invite someone to exercise with you.
• Take an exercise class or join a club.
• Take the stairs instead of the elevator.
• Park on far side of parking lot.
• Exercise while watching television (Stationary bike, treadmill, fitness machine, etc.).
• Take a stroll on work breaks or lunch hour.
CHOICES AND TAKING RESPONSIBILITY

FOCUS
1. Making Choices — taking responsibility for giving yourself a happy and satisfying life.

READ
1. Choices That Create Our Identity on pg. 18.
2. Self-Esteem and Personal Power on pg. 19.

JOURNAL
This week focus on making Choices that will bring joy to your life. As you sit down to journal, think about what it would be like if the next three weeks were especially dedicated to you and making your life happier. Begin your journal by answering the following questions:

1. If I dedicated the next three weeks specifically to me and making my life happier...
   
   What would I do?
   With whom would I spend my time?
   What would I ask for?
   What would I give myself?

DO
1. Consider the choices you are making in your personal life which are making you unhappy or bringing dissatisfaction into your life. Think about one choice you could make this week that would increase your personal satisfaction with whom you are. For example if you say yes to everything and this makes you feel badly about yourself, choose one time to put yourself first and say No.

2. Label Yourself Successful on pg. 8.

THINK
“Why not live today as if it were your special day? Why not live every day as if it were your day to be as happy as you can be? Why not?”
ASSESSING MY REALITY WORKSHEET

Step 1: List five things which are a part of your life that you enjoy:

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________

4. ____________________________________________

5. ____________________________________________

Step 2: List five things that are a part of your life that you dislike:

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________

4. ____________________________________________

5. ____________________________________________

Step 3: For the 10 items listed, briefly describe how each impacts your ability to manage your weight (either positively or negatively). Write your responses right beside the item you are referring to.

Step 4: Circle the one thing from each list that creates the greatest challenge for you in terms of managing your weight.

Step 5: In the space below, write the one small change/step you are committed to making for yourself within the next month. (Wait to fill this in until after you have completed Brainstorming Alternative Choices with your group.)
BRAINSTORMING ALTERNATIVE CHOICES

Jot down ideas for alternatives to eating in response to the item circled in list one.¹

1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________
4. __________________________________________________________________________
5. __________________________________________________________________________

Jot down ideas for ways of changing the item circled in the second list so that your weight efforts are better supported.²

1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________
4. __________________________________________________________________________
5. __________________________________________________________________________

¹Refer to Assessing My Reality Worksheet step 1.

²Refer to Assessing My Reality Worksheet step 2.
CHOICES THAT CREATE OUR IDENTITY

1. We all slip into identities on a daily basis.
2. The choices you make create your personal identity.
3. If you don't like the identity you have created for yourself...because it makes you feel bad about yourself or makes your life miserable...then it is within your power to change your identity.
4. You can change your identity by making different choices.
5. Making choices that create an identity that feels good will take practice. Don't give up on yourself!
SELF-ESTEEM AND PERSONAL POWER
(Excerpts taken from The Courage to Heal.)

I remember saying in fits of depression, "You think I'm a good person, but I'm not. I'm a bad person." Deep inside, under all this cheerleader, straight-A bullshit, there is this little kernel, this bad seed, that's forced me to become perfect on the outside. Because if I keep pretending that I'm good, it will make up for the awful person I really am.

Self-esteem is a basic issue for overweight people. Because our culture devalues being fat, we often fight feelings of inadequacy or struggle with self-doubt. You may find yourself experiencing low self-esteem as a constant feeling of worthlessness, a nagging voice that tells you that you didn't do enough, you didn't do it right, and you don't deserve it. Or your feelings about yourself may fluctuate. You may feel good about yourself most of the time, self-critical feelings lying dormant until some kind of setback—a loss, a period of change, an argument with someone you love. Then you suddenly lose touch with the good things about yourself. The self-love you've nurtured so carefully seems out of reach, unattainable. Feelings of self-hate can erupt seemingly out of the blue. A small interaction can trigger a whole avalanche of self-doubt and uncertainty. You get one problem wrong on a college exam and you say to yourself, "I'm a stupid idiot. I'll never amount to anything." You stop dating someone because you decide that person isn't good for you, and instead of feeling proud of yourself for setting limits, you feel abandoned, sure you'll never love again. Even though you are taking care of yourself, you somehow end up feeling wrong—again. Self-esteem is experienced in the moment, and your sense of yourself will fluctuate. Often feelings of shame, powerlessness, and self-hate are bottled up with the memories, and as the memories come through, these feelings do, too. The process of improving your self-esteem will involve learning to love yourself. The following information will give you some specific tools that can help you feel better about yourself.

Changing Internalized Messages
While you may think negative thoughts come without cause, the fact is that they are always sparked by something. Each time you feel bad about yourself, try to isolate the thought or event that set off the feeling. At first this won't be easy, but with practice you will be able to ask yourself a few quick questions to identify the source:

• When did I start feeling this way?
• Did I have a disturbing conversation with someone? Receive a disturbing phone call or letter?
• Did something scare me or make me angry?
• Is there a reason I'm feeling particularly vulnerable right now?
• When did I stop feeling good about myself?

Once you find the event or thought that started this feeling, ask yourself, “Is this feeling familiar?” Search back to find the first time you felt that way, the first time you were led to believe a certain thing about yourself (e.g., you're selfish). What was the context? Who told you, you were selfish?

Allow yourself to feel the pain of the child you once were. Allow your compassion for the child, your anger at those who lead the child to believe this false accusation, and any other feelings to rise. Recognizing and expressing these feelings helps to release the grip of negative internalized messages. Just paying attention and discovering the roots of your negative thoughts will dramatically interrupt your tendency to feel lousy about yourself. By seeking the origins of these negative images, you are acknowledging that they did indeed come from somewhere. You are affirming that you don't feel this way because it's true, but because you were conditioned to feel that way.

After rejecting the conditioned belief, replace it with the truth about yourself. If you think you don't...
deserve love, say to yourself, “I am a beautiful, deserving human being. Just because I'm breathing, I deserve love. Just because I'm human, I don't have to do anything.” This is the truth. If you don't believe it yet, say it anyway. In time, you will believe it.

**Setting Limits and Boundaries**
The capacity to set limits is essential to feeling good about yourself. Although learning to say no is a difficult challenge, it is a relief to be able to stop doing what you don't want to. By setting limits, you protect yourself and give yourself freedom at the same time. As you say no to other people, you start to say yes to yourself. But saying no isn't easy. If you can't imagine saying no, set up some practice situations. Get a friend to role-play with you. Try a scene in which you are asked—or told to do something you don't want to do. Then say no. Pay attention to the feelings that come up, but say no anyway. If you find yourself thinking, “I just can't say no,” ask yourself why not. What would happen if you said no? Do you think you or the other person couldn't handle it? If so, why? Talk about your feelings, and then say no anyway. Try reversing roles. Listen to the way your friend says no. Try out their style. Then watch for situations in your life in which you want to say no. Start with what's easiest and build up to the harder ones. When a friend wants you to go out to lunch but you've set aside time to play the piano (and playing is what you really want to do), say no.

If you never (or hardly ever) say no, your first attempts may feel awkward or even rude. When you feel you don't have the right to say no, or when you're new at it, you may add cumbersome explanations or refuse more strongly than necessary. Yet saying no doesn't have to be loud or hostile (although it can be if you want it to). As you feel more secure in your right to say no, you'll be able to do so with a simple statement: “No, I don't want to.” “No thanks.” “No, I'd rather not.” If you've been taking care of other people and saying yes all your life, you may encounter some angry resistance when you start to say no. People may say you were nicer before. They may say you're being selfish; that they prefer the old you. On the other hand, you might find that your honesty and clarity are respected by friends who are glad that you are finally taking care of yourself.

Although it's sometimes scary to say no, the rewards are worth it. You feel safer because you are protecting yourself from situations you don't want to be in. You get more of what you want, more of the time. You don't feel like a victim. You experience more confidence, power, and self-respect. Your self-esteem will rise.

**CREATING A POSITIVE SELF-IMAGE**

**Live for Yourself**
We all have the right to make choices that we believe will bring us satisfaction. We have the right to determine our own values, lifestyle, and priorities. If you are still trying to please others, if you are still hoping for someone else's approval, then you will never be smart enough, thin enough, and successful enough. Try approaching your life from your center, rather than from external considerations. Try putting aside your father's expectations. Stop comparing yourself to your best friend. Think about what you like to do, whom you like to spend time with, what you find worthwhile. Approach these changes gradually. Thinking for yourself and making your own decisions can be terrifying. Letting go of other people's expectations can leave you feeling empty for a time. And yet, seeing yourself as an independent adult who can stand up for your own choices frees you to accept yourself as you are. As you begin to trust your decisions and pursue your own goals, your self-respect will naturally increase.
Do Things You’re Proud of
It's impossible to feel good about yourself if you are doing things you aren't proud of. If you are gambling compulsively, not spending enough time with your children, or avoiding therapy, you're not going to feel good about yourself. To improve your self-esteem, it's essential that you stop doing things you don't feel proud of or start doing things you can respect and admire.

Affirmations and Visualizations
Many people have found affirmations to be helpful in creating a positive self-image. You can say things like “I am a worthwhile, deserving person,” “I like myself,” “I am lovable,” “I can trust my perceptions.” By repeating these daily—out loud or in writing you consistently affirm your positive qualities. Some people prefer to phrase the affirmation to reflect what they hope to become, even if they don't fully feel that way yet. For example, you may want to feel powerful and effective in your life. At present, perhaps you feel more powerful than you used to, but still not all that powerful. By making the affirmation “I am powerful and effective,” you create an image of yourself as you will be, and in doing so, you bring about what you wish for. Visualizing how you want to be is another effective way to move toward your goal. You can imagine different scenes that show you as a more capable, powerful person: you may be brilliantly arguing a case in front of a jury, receiving your black belt in karate, or simply walking along the street with your back straight and your head held high. You can visualize yourself in a healthy relationship or even having fun.

Accentuate the Positive
If you're used to seeing yourself as ineffective or worthless, you may not notice the wonderful things about yourself. Try making a list of all the things you do well. Include everything. “I make perfect fried eggs. I can whistle on pitch. I'm good at untangling knots.” Make another list of the things you like about yourself: “I like that I'm a good listener. I like my feet. I like my stubborn determination.” Read your lists to yourself when you're feeling self-critical. Find an appreciative friend and read the lists aloud. Or ask friends what they like about you. Listen and take notes.

Find a Task
If you find that you're sinking into the quicksand of self-hatred and desperation, it can help to get planted in the present by taking on some manageable task that you can handle competently. You might want to clean house, cook a pot of soup, or plant some flowers. Ellen says that when she feels miserable, accomplishing something helps:

“I often go to my desk and answer mail, pay bills, clear the mass of papers that accumulate. Throwing things out always helps. And doing dishes—the warm water and the clarity of the task. After doing such routine tasks, I may not feel great, but at least I got something done.”

Self-Esteem in Relationships
An important part of creating a healthy self-image is being with people who mirror you positively, who believe in your strengths, your goodness, your capacity to manage your own life. It's necessary to structure your life so that you are in contact with people who respect you, who understand and take you seriously. If this is what you did not have as a child, then it is important that you get it as an adult in order to construct healthy feelings of self-worth. It's important to stop being with people who make you feel bad about yourself, whether it's your husband or lover, the neighbor who always takes advantage of you or someone in your family. In their place, plant and nourish relationships with people who respect you and understand you. Those who appreciate you can be friends or even just acquaintances. They can be counselors, co-workers, teachers, family, or members of a support group.
LABEL YOURSELF SUCCESSFUL

Self-Concept
Self-concept is the learned set of beliefs we have about ourselves based on feedback we get from others and our own observations of ourselves.

From infancy on, we continually receive messages from the people around us about how they perceive us. We also observe ourselves and form conclusions about who we believe we are, based on our physical characteristics, values, abilities, goals, behavior patterns, accomplishments, social skills, relationships, history, and roles. These conclusions and the messages from others form our self-concept labels (e.g., intelligent, hard worker, attractive, fat, thin, honest, etc.).

How we behave reflects and reinforces our self-concept labels. And our labels affect how we behave. This forms a two-way feedback loop.

Example:

<table>
<thead>
<tr>
<th>Label</th>
<th>Behaviors</th>
<th>Results</th>
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<tbody>
<tr>
<td>athlete</td>
<td>jog, play tennis, ski</td>
<td>stay fit</td>
</tr>
<tr>
<td>fat</td>
<td>overeat, avoid exercise</td>
<td>stay fat</td>
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If we label ourselves positively, we will behave in ways that lead to positive feelings. This strengthens our positive label, leading to more positive behaviors. If we label ourselves negatively, we will develop a negative self-concept that leads to unpleasant feelings about our behaviors. This reinforces our negative label, leading to still more negative behaviors and feelings.

Labels are learned. They can be unlearned, and new labels can be formed. It is up to you to choose which labels you want to change, and which you want to keep. It’s not easy, but with frequent repetition (mental messages) of your new labels and frequent practice of behaviors that fit the new labels, you can do it.

Self-Esteem
Self-Esteem is our evaluation of our behavior relative to our self-concept. Self-esteem depends on how consistent our behavior is with how we feel it should be. When our behavior matches our self-concept, then our self-esteem is high; when our behavior does not reflect our self-concept; then our self-esteem is low.

This is why setting realistic goals and standards for our behaviors is important. They allow us to be successful and to experience high self-esteem. A perfectionist goal or self-concept label can never be lived up to, so our self-esteem will suffer and remain low. Low self-esteem can keep you stuck in old behavior patterns. Improved self-esteem allows you to try new behaviors. Henry Ford said, “If you think you can, or think you cannot, you are probably right.”

Body Image
Our body image, which is one aspect of self-concept, is the way we see our body in our mind’s eye.

As a result of your participation in this program, your body is undergoing a dramatic change. It is important that your image of how your body looks keeps abreast of the changes that you are making in your physical appearance. Too often, people who lose large amounts of weight, continue to see themselves as a fat person. When you believe and label yourself as slim and healthy looking, you increase your chances of behaving in ways that reinforce this body image (e.g., exercise, eat moderate sized, regularly scheduled meals). A fat body image only reinforces a negative self-concept and the fat maintaining behaviors leading to an increased possibility of relapse. For ways to reshape your body image, see the Body Image section in this guidebook.
RELATIONSHIP WITH FOOD

FOCUS
1. Exploring your past relationship with food.
2. Creating realistic expectations for your future relationship with food.

READ
2. For those on PFEs, also read Chapter 10, *Eating a Good Diet* (pp. 106–117).
3. *Nutrition and Your Health* on pg. 19 of this packet.

JOURNAL
Write about the following:
1. What needs do I try to meet by eating?
2. What are the costs to me for eating too much or when I’m not hungry? (Think about all the costs in addition to weight gain.)

DO
1. *Food in My Life* worksheet on pg. 16—take time this week to complete the worksheet. By paying closer attention to the specific situations which challenge you and by preparing for a way to handle those situations in advance, you will be setting the foundation for a future relationship with food that promotes successful weight maintenance.
2. *Energizers*: Use the *Energizers* on pg. 17 whenever you need to increase your mental alertness or to feel more energetic. With very little effort you will experience significant and positive results.

THINK
1. Review *Principles for a Successful Relationship with Food* on pg. 18.
2. Review *Creating a Food Plan That Works* on pg. 21.

THERE’S MORE
*When Food is Love* by Geneen Roth.
## FOOD IN MY LIFE WORKSHEET

<table>
<thead>
<tr>
<th>Eating Challenges</th>
<th>Coping Methods</th>
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<tr>
<td><strong>I.</strong> Favorite Foods</td>
<td>I will avoid feeling deprived by...</td>
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<th><strong>II.</strong> Meals / Snacks</th>
<th>I can live comfortably with...</th>
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<tr>
<td>Breakfast</td>
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<td>Lunch</td>
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<td>Dinner</td>
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<td>Snacks</td>
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<th><strong>III.</strong> Special Circumstances (e.g., after work, weekends, holidays, trips)</th>
<th>In order to meet my needs and feel successful, I plan to...</th>
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<th><strong>IV.</strong> Feelings that trigger appetite</th>
<th>I will take care of myself by...</th>
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ENGRIGERS

Energizers increase physical control by quickly causing changes in physiology (the ability to change breathing rate, heart rate, muscular tension, and so on). Use these when needed.

STAND and do the following:

1. **Breathing**
   Notice your breathing. Slowly inhale and exhale as fully as you can. Repeat 10 times and continue breathing in this way throughout the remainder of the exercise.

2. **Facial Muscles**
   Open your eyes, nostrils, and mouth as wide as possible. Relax. Repeat; this time add a smile. Relax. Repeat; this time add a frown.

3. **Chest Stretch**
   Extend your arms straight out in front of you. Thrust your elbows back as far as possible, keeping your arms parallel to the floor. Repeat 25 times.

4. **Arm Circles** (Windmill)
   Stand erect with feet shoulder width apart. Raise your arms out to your sides, parallel to the floor. Swing your arms forward in circles, making the circles progressively larger as you complete 25 repetitions. Repeat; swinging your arms backward in circles 25 times making the circles progressively smaller.

5. **Body Shake** (Rag Doll)
   Shake out your arms and legs, using a series of small kicks and fluttering motions with your arms. Keep knees loose (slightly bent).

Remember to keep breathing as instructed earlier. The remaining exercises are to be done SITTING DOWN:

1. **Buttocks Tightened**
   Put both feet flat on the floor. Tighten your right buttock muscles as hard as you can. Hold for 5 counts. Relax. Tighten the left buttock muscles as hard as you can. Hold for 5 counts. Relax. Tighten both sides. Hold for 5 counts. Relax. Repeat 5 times.

2. **Side Stretch**
   Allow your body to lean to the side, reaching for the floor. Repeat, leaning to the other side. Repeat 5 times.

3. **Flutter Kick**
   Straighten your leg from the knee down so it is out in front of you, then lower it back down. Repeat with the other leg. Alternate legs to complete 100 repetitions.

4. **Hand Press**
   Place palms together in front of your body at chest level. Raise elbows parallel to the floor. Inhale and press palms together full force to the count of eight. Relax. Repeat 5 times.

5. **Chair Pike**
   Place your hands on the seat of your chair. Raise your feet and legs, holding them perpendicular to your body. Tighten stomach muscles by pulling them in. Push yourself up off the chair and hold for 8 seconds keeping legs straight and knees locked. Relax. Repeat 5 times.
PRINCIPLES FOR A SUCCESSFUL RELATIONSHIP WITH FOOD

1. You, the person, are empowered; not the food.
2. Confining rules about food are eliminated.
3. Resentment surrounding food is released.
4. Deprivation is avoided and moderation is embraced.
5. Food is viewed as a trusted friend and not as a feared enemy.

SOMETHING TO THINK ABOUT

QUESTION: Have I been aware of the connection between my eating/obesity and other things in my life such as relationships, stress, anger, sexuality, limited communication skills, etc.? ... OR ... Has the food been working so well for me that I haven't had to deal with the difficulties in my relationships, my discomfort with expressing myself in conflict situations, or my discomfort with my more noticeable sexuality? Was the food already in my mouth and soothing/numbing my emotions before I had to face them?

COMMENT: If you feel you may be someone who is having difficulty seeing the connection, don't wait until it's too late and the weight has started coming back on. Talk to your counselor now. You may want to schedule an individual appointment with your counselor to discuss available support options in addition to your group (e.g., appointment with medical interviewer, referrals for counseling, reading suggestions, support groups, creative art therapy workshop). Your counselor is here to help you set yourself up for success during and after the 20-week group.
NUTRITION AND YOUR HEALTH

Nutrition Basics
The following guidelines, which are based on the U.S. Government’s, Dietary Guidelines for Americans, will tell you how to choose and prepare food for you and your family.

Eat a Variety of Foods
You can get the vitamins and minerals you need for good health with a variety of nutrient-dense, natural foods. Choosing a wide selection of fruits, vegetables, whole grains, and lean meats, poultry and fish will do the job.

Maintain a Desirable Weight
Tips for maintaining your weight:
- Eat fewer refined grains and high-sugar foods such as white bread, white rice and pasta, cookies, flavored yogurts.
- Avoid drinking juices and sodas if possible.
- Limit alcohol.
- Eat regularly at 3-4 hour intervals and do not skip meals. This takes planning!
- Include protein and/or healthy fat at all meals and snacks to manage hunger and blood sugar.
- Watch portion sizes and second helpings.
- Increase your physical activity.

Avoid Trans Fats and Too Much Saturated Fat
A number of factors have been linked to heart disease. Among them are high levels of blood cholesterol, high blood pressure, diabetes, a history of heart disease in the family and obesity. Many scientists believe that certain habits and characteristics raise the risk of heart disease. These traits include smoking, reaction to stress, physical inactivity, and inflammation, which can be exacerbated by immoderate consumption of trans and saturated fats. Higher levels of blood cholesterol are generally associated with a greater risk of heart disease; lower levels with a lower risk. Saturated and trans fats tend to raise unhealthy cholesterol, while unsaturated fats help lower it. As a rule of thumb, choose healthy sources of fats such as nuts, seeds, olive and canola oils, fish and avocado. Limit animal-derived fats by choosing lean meats and dairy products. Avoid trans fats at all cost by eliminating hydrogenated oils

Tips for Choosing the Best Fats
- Cook with oils rather than butter.
- Choose fresh, wild-caught fish over red meat and poultry whenever possible.
- Use extra-virgin, cold pressed olive oil in salads.
- Add almonds to salads, or pair with a piece of fruit at snack times.
- Use avocado as a spread in a sandwich instead of cheese.
- Limit fried foods, especially breaded or batter-fried foods as these may contain trans fats.
- Buy lean cuts of meat, trim fat before cooking, and remove skin from chicken.

Eat Foods with Adequate Amounts of Fiber
To eat more complex carbohydrates and fiber, choose:
- Whole grain breads and pastas made with whole wheat flour, steel-cut oats, wheat berries
- Fresh vegetables — raw, steamed or sautéed.
- Fresh fruit with skin.
- Beans and legumes. If canned, choose reduced sodium and rinse.
Avoid Too Much Sugar
We get most of our added sugar from soft drinks, candy, and desserts.

Tips for Decreasing Sugar
• Reduce the amount of sugar in recipes for baked goods and desserts by half.
• Select fresh fruit instead of canned fruit or fruit juices.
• Use less of all sugars and high sugar foods: jams, jellies, syrup, white sugar, brown sugar, honey, raw sugar.

Avoid Too Much Sodium and Salt
Sodium is a component of salt. Aside from the salt we add at the stove and at the table, much of the sodium we consume comes from the salt and other sodium compounds in commercially prepared foods.

Tips to Decrease Salt
• Use sparingly any commercially-prepared sauce or condiment. These include catsup, barbecue sauce, Worcestershire™ or soy sauce, mustard, relishes and pickles, bouillon cubes, meat tenderizer, monosodium glutamate (MSG), gravy mixes and canned soups.
• Use more fresh and frozen vegetables than canned or seasoned frozen vegetables which have salt added.
• Cut down on salty snack foods such as chips, pretzels and crackers.
• Cook with herbs and spices to enhance flavors.

If You Drink Alcohol, Do So in Moderation
Alcoholic beverages are high in calories and low in nutrients.

Adapted from: Nutrition and Your Health, Kaiser Member Health Education and Enrollments Publications, August 1988, #1218.
CREATING A FOOD PLAN THAT WORKS

The Basics
Three factors largely influence nearly all cases of being overweight:

- Physical activity (too little).
- Portion size (too large).
- Sugary/starchy foods/beverages (too often).
- Poor meal timing (too infrequent)

Food contains three calorie-providing nutrients:
- Protein (4 calories per gram/120 per ounce).
- Fat (9 calories per gram/120 per ounce).
- Carbohydrates (4 calories per gram/270 per ounce).

(Alcohol also contains calories, 7 per gram, but should not be considered a nutrient). As you can see, fat contains more than twice the calories per gram than protein or carbohydrates. Contrary to popular belief, carbohydrates are not the most fattening of the food components. In fact, they are a necessary part of a health-promoting food plan.

Healthy Food Plan
A food plan most supportive of weight management includes a balance of nutrients from lean proteins, high-fiber carbohydrates and healthy fats. It also provides food at regular intervals. Research shows people do best with three to five meals/snacks daily, rather than having one meal per day. If you eat most of your calories at one time (which is usually at day's end), you actually promote more fat being stored in your body. When you feed your body regularly you are less apt to overeat when you do eat. It is also important to include a balance of protein and fat (slowly broken down) and complex carbohydrate (more quickly broken down) to keep blood sugar levels in an optimal range throughout the day. For example, rather than just having an apple or a banana for a snack (both are carbohydrate foods), pair one or the other up with a small handful (10-15) almonds, or a piece of string cheese.

Portion control and feeding frequency represent a food plan that contributes to success in weight management. It’s all about blood sugar management and never being overly hungry! This of course takes planning. The more specific you can make your food choices ahead of time, the less guesswork and on-the-spot decision making you'll have to do while practicing maintenance. Deciding ahead of time about food items — how much you'll eat and how often you'll eat them — makes it easier to succeed in weight maintenance. You'll know exactly what you'll be eating and can plan to have those foods readily available; foods not on your food plan would be less available (if you shop from a list made up from your food plans). Having a food plan this specific is not unlike having a Meal Replacement Supplement Plan.
COPING STRATEGIES

FOCUS
1. Coping strategies that can last a lifetime.
2. Being aware of what you are feeling; taking the appropriate action.

READ
1. Maximize Your Body Potential, Chapter 20, Rewarding Desirable Behavior, (pp. 235–249) and Chapter 27, Learning to Think Smart, (pp. 329–351).
2. Creating Healthy Habits on pg. 23.

JOURNAL
1. Make a list of positive coping strategies you are willing to try; e.g., calling a friend or relaxation exercises.
2. Spend some time this week thinking and writing about your philosophy of weight loss and what it takes for a lifetime of maintaining weight loss.
3. What time(s) of day and what days of the week do you find yourself moving towards a 10 when taking your emotional temperature? What coping strategies could you apply in these particular situations? What has worked in the past and what hasn’t worked? Write about these.
4. Write a love letter to yourself emphasizing the positive steps you have already taken and how proud you are of all your efforts to continue to promote your health.

DO
1. Go to a large bookstore (like Barnes & Noble) and browse through their magazine section. Subscribe to one motivating magazine about health/fitness such as one of the following:
   - Self
   - Oprah Magazine
   - Living Fit
   - Shape
   - Women’s Sport & Fitness
   - Men’s Fitness
   Or subscribe to Nutrition Action
   Address: CSPI/Nutrition Action Newsletter
   P.O. Box 96611
   Washington, D.C. 20090-6611
2. Use the Internet to check on a variety of articles, chat lines, and hotlinks for more information.
   www.weightloss.about.com
   www.webMD.com
   www.Self.com
   www.dietwatch.com
3. Do an art collage using pictures from magazines or draw whatever comes up related to “What am I feeling?” Take a look at what feelings, thoughts, and pictures come to mind while you are creating, as well as what images/feelings the picture contains when finished. Are your feelings congruent on the inside with the outside? Ask yourself what you need at this moment.
CREATING HEALTHY HABITS

Learn Your ABCs
Habits can be broken down into three components:

Antecedents, Behaviors, and Consequences.

A = **Antecedents** can also be called a cue or a signal. The *antecedent* precedes the *behavior*.

- Example: Antecedent = TV Commercial
- Behavior that follows = eating

The commercial is the cue for this person to eat, so there must be a strong association between seeing a television ad and eating. These strong associations are formed through repeated pairing of the cue with the behavior. If a person only eats once in a while after seeing a commercial, no association is formed. But if a person regularly eats after seeing a commercial, the commercial becomes a strong cue and the habit of eating during TV commercials is formed. The commercial is called an *environmental cue*. There are also *thought cues* and *feelings cues*.

B = **Behaviors** are the thoughts, sensations/feelings, and actions that you experience in response to a cue. In the example above, watching TV and eating were the listed behaviors; they were the *actions* that followed the cue. Along with the *actions* come *thoughts* and *sensations*.

- Example: Antecedent = TV commercial
- Behavior = (action) watch ad/eat (thought) “Yum, tastes good.” “I really shouldn't.”
- Sensation—feeling of food in mouth, taste

Behaviors involve three interrelated factors: actions, thoughts, and sensations. One is not present without the other two.

C = **Consequences** are the results of behaviors. To identify a consequence you can ask the question "What do I experience immediately following a behavior?"

Example:

- Antecedent = TV commercial.
- Behavior = watch ad/eat. “Yum, tastes good.” “I really shouldn't.”
- Sensation of food in mouth.
- Consequence = satisfied. Or "Why did I eat that?" Feel guilty.

In this example, the main consequences are feelings and thoughts. However, consequences can be tangible items such as a paycheck for work done. Or consequences can involve interaction with others such as praise for work completed. Most of the time, the consequence is some kind of reward.
Breaking Old Habits
To break or change a habit it is necessary to first identify your own set of antecedents, behaviors, and consequences. When you have done this, you will be able to start making some behavior changes.

For example: Instead of eating in response to a TV commercial, you close your eyes, take a deep breath and imagine yourself in a favorite vacation spot.

The next step is learning to manage your cues/signals. You can either:
1. Avoid.
2. Eliminate.
3. Learn a new response to the old cues.

The most effective, long-term way to manage cues is by the use of Positive Alternative Responses (PARs).

A PAR is any action, thought, or sensation/feeling that replaces the previous response to cue.

Characteristics of PARs are:
1. The response is not associated with eating. (Visualizing.)
2. You obtain a similar positive consequence with a PAR as you would have received if you had eaten. (Feel relaxed, happy.)
3. The PAR is comfortable for the ongoing situation. (Easy to do.)
4. The PAR focuses on positive behaviors and solutions, not problems. (Relaxation is a positive behavior.)

Further, PARs may be planned far ahead of time (planned PARs) or developed on the spot in response to a cue (spontaneous PARs). The goal is to use planned PARs as often as possible since you will experience fewer urges to eat this way.
CREATING DREAMS, SETTING GOALS, EXPLORING POSSIBILITIES

FOCUS
1. Exploring personal goals and life dreams.
2. Turning possibilities into reality.

READ
2. *Set Your Own Goals* on pg. 29.
3. *Autobiography in Five Short Chapters* on pg. 32.

JOURNAL
1. Make a list of your short-term goals (those things you'd like to accomplish in the next year).
2. Make a list of your long-term goals or life dreams (those things you'd like to achieve in the next 2, 10, 20+ years).
   
   Remember, unless you know where you want to be, it will be very difficult to get there. Try to include goals and life dreams that have nothing to do with your weight. Too many times people focus on weight goals and put the rest of life exclusively on hold until they are thin.

DO
DREAMS AND GOALS PLANNER

Using the space provided, list your goals and dreams for each of these areas.

1. WEIGHT

2. HEALTH (PHYSICAL AND EMOTIONAL)

3. CAREER / FINANCIAL / EDUCATIONAL
4. **PHYSICAL ENVIRONMENT (HOME, WORK, ETC.)**

5. **RELATIONSHIPS**

6. **SPECIAL ACCOMPLISHMENTS**
THE PROCESS OF ACHIEVING GOALS AND LIFE DREAMS

1. Achieving the goals or life dreams I desire for myself is a process that I have to initiate and continue to put energy into. Achieving a life’s dream does not happen on its own and it doesn't happen if I don't take the first step.

2. The process of achieving my dreams or goals usually includes:
   - identifying my goal or dream.
   - identifying my first action step towards the goal.
   - initiating my first step.
   - identifying subsequent steps I need to take.
   - evaluating my progress made towards the goal.
   - continuing to take action steps that lead to my goal or dream.
   - achieving my goal or dream.
   - transitioning into the initiation of a new goal or dream.

3. It is important to remember that most of my goals/life dreams are not going to be achieved overnight, in a week, or even in a month. Patience is a must when working toward a life's dream or goal. Just because a goal is not achieved in the time period I would like does not mean I should take it off my list. Things happen when the time is right — when I'm ready.

4. Most importantly I need to have the courage to change. If I want to change something about myself or my life like:
   - resolve some anger,
   - improve a relationship with someone,
   - form a new relationship,
   - quit worrying,
   - stop controlling others,
   - learn to feel comfortable with my sexuality,
   - forgive someone, etc.

I can make it a goal and then make it happen.
SET YOUR OWN GOALS
Adapted from Codependent No More (Chapter 16)
by Melody Beattie

Set Your Own Goals

Believe that life is worth living and your belief will create the fact.
Be not afraid to live.

- William James

The most exciting thing I have discovered in my recovery is the magic in setting goals. Things happen. Things change. I accomplish important projects. I change. I meet new people. I find myself in interesting places. I make it through difficult times with a minimum of chaos. Problems get solved. My needs and wants get met. Dreams come true.

I am ecstatic about goal setting, and I hope I can transmit my enthusiasm to you. There is nothing in the world like going where we want to go, getting what we want, solving a problem, or doing something we always wanted to do.

Many people don't know this joy. It is new to me too. I spent many years of my life not even bothering to think about what I wanted and needed, where I wanted to go, and what I wanted to do. Life was to be endured. I didn't think I deserved good things. I didn't think most good things were in my reach. I wasn't that interested in my life, except as an appendage to other people. I didn't think about living my life; I was too focused on others. I was too busy reacting, rather than acting.

I am not suggesting we can control all the events in our lives. We can't. But I believe we can plan, make requests, and start a process in motion. “Desire, when harnessed, is power,” writes David Schwartz in his best seller, The Magic of Thinking Big. Failure to follow desire, to do what you want to do most, paves the way to mediocrity. "Success requires heart and soul effort and you can only put your heart and soul into something you really desire."

Goals give us direction and purpose. I don't get into my car, turn on the ignition, start driving, and hope I get someplace. I decide where I want to go or approximately where I would like to end up, then I steer the car in that general direction. That is how I try to live my life, too. Sometimes things happen, and for a variety of reasons I may not end up where I wanted to go. If I change my mind, or problems beyond my control interfere, I find myself doing something other than what I had planned to do. Timing and exact circumstances may vary. That's OK. At least I am not driving aimlessly through life. More of the things I want come to pass. I'm less worried about solving my problems, because I've turned my problems into goals. I am starting to think about and consider what I want and need.

Goals are fun. They generate interest and enthusiasm in life. They make life interesting and, sometimes, exciting. Many people can find new energy by selecting a goal and giving all they've got to accomplish that goal. Goals cure boredom. Goals even cure many chronic ailments.

There is magic in setting and writing down goals. It sets into motion a powerful psychological, spiritual, and emotional force. We become aware of and do the things we need to do to achieve and accomplish. Things come to us. Things begin to happen. Following is another excerpt from The Magic of Thinking Big.
Let's probe a little deeper into the power of goals. When you surrender yourself to your desires, when you let yourself become obsessed with a goal, you receive the physical power, energy, and enthusiasm needed to accomplish your goal. But you receive something else, something equally valuable. You receive the automatic instrumentation needed to keep you going straight to your objective. The most amazing thing about a deeply entrenched goal is that it keeps you on course to reach your target. This isn't double-talk. What happens is this. When you surrender to your goal, the goal works itself into your subconscious mind. Your subconscious mind is always in balance. Your conscious mind is not, unless it is in tune with what your subconscious mind is thinking. Without full cooperation from the subconscious mind, a person is hesitant, confused, indecisive. Now with your goal absorbed into your subconscious mind you react the right way automatically. The conscious mind is free for clear, straight thinking.

What are our goals? What do we want to happen in our lives—this week, this month, this year, for the next five years? What problems do we want solved? What material things would we like to possess? What changes do we want to make in ourselves? What would we love to do for a career? What do we want to accomplish?

I am not going to present a textbook lecture on exactly how you should set goals. Setting goals has been made too boring for too long. Following are some ideas I believe are important. Find a way that works for you.

**Turn everything into a goal:** If we have a problem, make its solution our goal. We don't have to know the solution. Our goal is solving this problem. Do we want something—a loving healthy relationship? Turn it into a goal. Do we want to go somewhere—a trip to Europe or South America? Turn it into a goal. Do we want to change something about ourselves—learn to say no, make a particular decision, resolve some anger? Turn it into a goal. I believe we can successfully turn every aspect of our lives into a goal. If it bothers us, make it a goal. If we're aware something needs to be changed, make it a goal. If we want it, make it a goal.

**Omit the shoulds:** We have enough shoulds controlling our lives; we don't need them in our goals. Make it a goal to get rid of 75% of your shoulds.

**Don't limit ourselves:** Go for all of it—everything we want and need, all the problems we want solved, all our desires, and even some of our whims. Don't worry. If we're not supposed to have it, we won't. If we are supposed to have it, I believe we'll stand an improved chance of getting it by turning it into a goal.

**Write our goals on paper:** There is extraordinary power in jotting down goals, rather than storing them loosely in our minds. We worry less, we have less to think about, and it gives focus and organization to our goals. Recording our goals also helps us direct our energy. We don't have to write our goals neatly or perfectly, or use particular words or systems. Commit them to paper—all of them.

**Let go:** Keep our goals close, where we can look at them as we need to but don't worry and obsess about how, when, if and what if. Some people suggest we monitor our goals daily. I don't except when I'm setting daily goals. But you can do it any way you choose. Once my goals are on paper, I try not to control or force.

**Set goals regularly and as needed:** I like to do my annual goals at the beginning of each new year. I don't believe in New Year's resolutions. I believe in goals. I also write down goals as they occur to me throughout the year. If I am facing a problem, spot a need, feel a new want, I turn it into a goal and add it to my list. I also use goals to get me through crisis times. Then, I write down all the things I want and need to accomplish on a daily, weekly, or monthly basis.
**Check the goals we reach:** Yes, we will start reaching our goals. Our wants and needs will get met. We will achieve certain things that are important to us. When this happens, cross off that goal, congratulate ourselves, and thank God. We will gain confidence in ourselves, in goal setting, and in the rhythm of life this way. We will see for ourselves that good things do happen to us. Sometimes we may experience a let down when we reach a goal, if it’s been an important goal that has required much energy or if we’ve done *magical thinking* about reaching it (magical thinking includes thoughts such as, “*I will live happily ever after once this problem is solved*” or “*I will live happily ever after once I...*”). To avoid a let down, it’s important to have a long list of goals and avoid magical thinking. I’ve never yet reached a goal or solved a problem that has enabled me to live happily ever after. Life goes on, and I try to live happily and peacefully. We may never be without a list of problems that we need to turn into goals. We will probably never be without wants and needs. But this process of goal setting, besides making life more enjoyable, helps develop a certain faith in the ebb and flow and general goodness of life. Problems arise. Problems get solved. Wants and needs come into awareness. Wants and needs get met. Dreams are born. Dreams are reached. Things happen. Good things happen. Then more problems arise. But it's all OK.

**Be patient:** Don't take an item off the list if it's still important to us just because we didn't achieve or receive something when we thought we should have. Sometimes, my goals carry over for years. When I do my annual goal setting, I have looked at my sheet and thought, “*Oh, this problem will never get solved. It's been on my list for years.*” Or “*This dream will never come true. It's the fourth year in a row that I've written it down.*” Not true. It just hasn't happened yet. Here is one of the best thoughts I've encountered on patience. It is an excerpt from Dennis Wholey's book on alcoholism, *The Courage to Change.*

> “I've started to realize that waiting is an art; that waiting achieves things. Waiting can be very, very powerful. Time is a valuable thing. If you can wait two years, you can sometimes achieve something that you could not achieve today, however hard you worked, however much money you threw up in the air, however many times you banged your head against the wall ...”

Things happen when the time is right—when we're ready.
I

I walk down the street.
There is a deep hole
in the sidewalk.
I fall in
I am lost...I am helpless
   It isn't my fault.
It takes forever to find a way out.

II

I walk down the same street.
There is a deep hole in the
sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
   But it isn't my fault.
It still takes a long time to get out.

III

I walk down the same street.
There is a deep hole in the
sidewalk.
I see it is there.
I still fall in...it's a habit.
My eyes are open.
I know where I am.
   It is my fault.
I get out immediately.

IV

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

V

I walk down another street.
REWARD YOUR WAY TO BEHAVIOR CHANGE

We are motivated to engage in a behavior either to obtain a positive consequence (+ reinforcer) or to avoid a negative consequence (– reinforcer).

Example: Motivated to obtain positive reinforcer:

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Get (+) Reinforcer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk</td>
<td>Feel relaxed.</td>
</tr>
<tr>
<td>Eat</td>
<td>Tastes good.</td>
</tr>
<tr>
<td>Go to work</td>
<td>Get pay check.</td>
</tr>
</tbody>
</table>

Example: Motivated to avoid negative reinforcer:

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Avoid (–) Reinforcer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat</td>
<td>Procrastinate starting bill-paying.</td>
</tr>
<tr>
<td>Go to work</td>
<td>To keep from getting fired.</td>
</tr>
</tbody>
</table>

Reinforcers are the maintainers of our behaviors. When developing new behaviors (Positive Alternative Responses or PAR), it is important to reinforce the behavior each time it is used. This increases the chance of the behavior being reported and eventually becoming a habit.

**Characteristics of Reinforcements/Rewards**

Reinforcements need to be valued, available, and specific.

1. **Valued** refers to the fact that in order for a reinforcer to have a strengthening affect on a behavior, it must be valued by the person receiving the reinforcement.

2. **Available** involves receiving reinforcement as soon after a behavior as possible...the more immediate the reinforcement the greater the impact on the behavior.

3. **Specific** means to reinforce a specific behavior with a specific reinforcer.

**Types of Reinforcement**

There are several types of effective reinforcement.

1. **Token/Symbols**—money, poker chips, stars on a calendar, etc. You will surprised how useful these can be.

2. **Frequently occurring behaviors**—make something you enjoy doing often contingent on a PAR. (Watching a favorite TV show only if you exercise.)

3. **Thoughts/Sensations/Actions**—reinforcing behavior with a positive thought or self-praise. This will lead to positive feelings and more positive actions. “I’m so proud of myself for saying no.”

4. **Other people**—spending time with others or receiving compliments from people. Ask people for their help. Most will be happy to give it.

**Shaping**

When setting goals for behavior change, it is important to understand the concept of shaping. Shaping involves:

1. Setting realistic, not perfectionistic goals.

2. Taking small steps or making gradual changes which move you towards an end goal. Success leads to success. Small changes lead to bigger changes.

3. Describing the goals in terms of behaviors. (Pounds off are not behaviors but are the result of certain behaviors.)

4. Being flexible with your goals so that if changes are called for, you can make them.
ENHANCING INTIMACY

FOCUS
1. Identifying the correlation between being overweight and your capacity for intimacy.
2. Increasing your capacity for intimacy with loved ones.

READ
1. *Third Age Interview* with Dr. David Schnarch. Pay particular attention to his concepts of *self-soothing* and *self-validation* on pg. 35.

JOURNAL
1. Write about:
   A. According to author and marital sex therapist, David Schnarch, *Intimacy is an I–Thou experience*. He has deliberately chosen this old-fashioned language to reflect his ideas about intimacy. Reflect on why the sentence is phrased this way, as opposed to saying … *I–You experience*, or a *We experience*. What does *I–Thou* imply that makes these words important?
   B. Contrast the definition of intimacy; *Intimacy is an I–Thou experience*, with common cultural definitions of intimacy.

2. Write about:
   A. The ways your relationship with food and your relationship with your body have served as barriers to intimacy.
   B. The feelings that come up when you imagine removing the barriers to intimacy. Are these positive or negative feelings?
   C. What might really happen if you were to remove your own barriers to intimacy in your relationships today—as opposed to what you’ve feared would happen based on childhood experiences.

DO
Look for more information from Dr. David Schnarch on the web at [www.passionatemarriage.com](http://www.passionatemarriage.com).

THERE’S MORE
*Passionate Marriage* by Dr. David Schnarch.
THIRD AGE INTERVIEW WITH DR. DAVID SCHNARCH

Conducted by Mary Tudor of Third Age in January, 1998.

(The following appears with the kind permission of Third Age. Visit their website at www.thirdage.com.)

Introduction
Dr. David Schnarch is a certified sex therapist and recipient of the Professional Standard of Excellence Award from the American Association of Sex Counselors, Counselors, and Therapists. He is the author of two books, Constructing the Sexual Crucible, and Passionate Marriage and cofounder of the Marriage and Family Health Center in Evergreen, Colorado, which sponsors workshops offering his unique approach to marital counseling.

Question: How is your approach to marital counseling different from traditional approaches now in vogue?

Schnarch: Our approach focuses on people’s adult rather than their childhood wounds because what's good and solid in us is what can change us—and our relationships. That's also the part of us that is truly loving. We help people trying to get acceptance from their partner, and instead finally understand and accept themselves, because that's what makes it safe to love. We don't focus on communication skills per se because communication is no virtue if you can't stand the message or you can't stand truly being known. We focus on developing self-soothing and self-validation because these abilities let us speak and hear difficult truths. We help couples develop themselves within their relationship rather than focus on compromise and negotiation, because compromise and negotiation sound great but they really kill sexual desire and passion.

Question: What do you mean by self-soothing and self-validation?

Schnarch: I'm referring to our ability to validate our own perceptions, feelings, and self-worth, and soothe our own heartache when the inevitable marital disappointments, frustrations, and misunderstandings occur. These aspects of our “relationship with our self” determine how we handle the good and bad times in our relationships with others, how intimate or erotic we can be, how much we can afford to love someone else, and whether we feel like we're losing our self or even just bailing out when the relationship becomes more important or more difficult. Paradoxically, the better we are at soothing and validating ourselves, the less we need our partners to “be there” for us and the more we can “be there” for others. Likewise, we can let ourselves be influenced by our partners, taking their needs and opinions into consideration without feeling like we're weakening our own position or interests in the process. Our ability to self-validate and self-soothe is absolutely vital to maintaining long-term passion in marriage as well as expanding our sexual relationship.

Question: You use the term “marriage” in a way. What do you mean?

Schnarch: I use the term “marriage” to refer to any emotionally committed relationship. Marriage creates a complex system and part of loving and living with someone involves dealing with difficult conflicts—where simple solutions just won't work. These conflicts will surface around issues like kids, money, in-laws, and most especially sex and intimacy. What makes these issues unique is that common solutions either don't work or destroy sex. As long as we're simply focusing on feelings, everyone's entitled to their opinions, and we can communicate and “agree to disagree.” But when the issue involves behavior, disciplining the kids, spending, having in-laws visit, or having sex, the solution is more complex.
because one partner's behavior dramatically affects the other. For instance, you can't “agree to disagree” about having intercourse, and “compromise and negotiation” usually destroys desire, eroticism, and passion. We refer to these aspects of emotionally committed relationships, which intensify when people become legally married, as the people-growing machinery of marriage.

**Question:** Do you see other problems in our common beliefs about marriage?

**Schnarch:** Although people usually assume that marital problems are caused by their past or “what's wrong with them,” I have found that many common beliefs destroy relationships, such as “love naturally leads to good sex,” “sex is a natural function,” and “compromise and negotiation are the key to marriage.” A particularly destructive development is the expectation and demand for empathy, understanding, acceptance, and validation from your partner. There's nothing wrong with validation and acceptance, per se, but our dependence on them—especially when our relationship is contentious, creates two things: First, it destroys intimacy; and second, it creates emotional gridlock and freezes the relationship because both partners are dependent on validation from the other.

These common erroneous beliefs combine with common limited personal development to create the common “marital problems” that either commonly get us divorced or, conversely, can help us become the people we're capable of being.

**Question:** How does this mutual validation pact undermine intimacy?

**Schnarch:** After the easy mutually compatible things to say are said, dependence on our partner's validation eventually makes us shift from self-disclosure to self-presentation—presentation of ourselves as we want to be seen, not our true selves.

Our partner's reactions—and getting the acceptance we want—become more important to us than truly being known. We start shading how and what we say to keep ourselves, our partner, and the relationship calm. But this destroys intimacy, sexual passion, and desire, and diminishes our sense of security and self-worth in the process. In the approach I take in Passionate Marriage, this is a normal, inevitable and potentially productive developmental process! The conflict forces us into what I call the “two-choice dilemma.” You can either destroy your relationship, your integrity, and true caring for partner or do the necessary things that scare you: stand up, validate yourself and what you have to say, and become more intimate and more of a human being. This is an example of what I referred to earlier as the people-growing machinery of marriage.

**Question:** What's the relationship between intimacy and passion?

**Schnarch:** What really turns you on is personal and unique, like your thumbprint. People who can't validate their own eroticism hide it in their most important relationship, and passion always suffers. When you're capable of self-validated intimacy, you can let yourself be known at a very profound level, including revealing what you really like sexually and daring to try out new things. You stop worrying about your partner's reaction and become deeply engrossed in the sexual drama unfolding with him/her. This involves more than just “getting into sex” and getting the sex you like. Many people focus on sensations during sex as a way of keeping intimacy to tolerable levels. They tune out their partner and tune into their body. But when you're capable of self-validated intimacy, you can let your partner look into you during sex without pulling away. This makes for what my clients refer to as electric “wall-socket” sex.
Question: Why do you say that most people don't reach their sexual potential until their fifth or sixth decade of life?

Schnarch: Modern society mistakenly assumes that adolescence is the sexual prime of life, because we commonly confuse genital prime with sexual prime. When adults stop to examine their own lives, they often realize that they are much better in bed when they're 50 or 60 than they were when they were 20. If you're interested in intimacy and eroticism during sex, the more mature person is usually a better partner. Men get to the point that they can tolerate a woman who's an equal in bed, and they can stop performing and let someone hold them. Women stop hiding their eroticism or protecting the man's ego and openly enjoy their sexual prowess.

Men and women often become more sexually compatible as they mature, and Third Agers often have the best sex of their lives. It turns out that cellulite and sexual potential are highly correlated!

Question: Why do you say that Third Agers bring more to the experience of sex and intimacy? More of what?

Schnarch: More selfhood, more capacity for meaningfulness. The more “self” you have to disclose and the greater your ability to disclose it, the greater your capacity for intimacy—particularly during. Likewise, the more you can validate your erotic preferences and the more you've developed your eroticism, the more profound and passionate sex can become. These abilities are the fruits of personal maturity, which usually coincides with physical maturity. When you've been around for five or six decades and had your share of successes and failures, you know yourself—for better and worse. When you know who you are, and you stop apologizing for yourself, you can let your partner really look inside you during sex. Third Agers more likely recognize that they won't live forever, and neither will their partners. True friends, intimate friends, are to be cherished and that's one of the most powerful aphrodisiacs there is.
C. What I wanted most as a child that I didn’t get was…

D. As a child, I had these negative feelings over and over again:
G. What I enjoy most about my partner is …

H. What I want from my partner and don’t get is …
(The traits that you circled in A, E and G.)

I have spent my whole life searching for a person with these character traits ...

(The traits that you circled in B and F.)

When I am with such a person, I am troubled by these traits ...

(What was written next to C and H.)

I wish that this person would give me ...

(What was written next to D.)

When my needs aren't met, I have these feelings ...
CREATING SATISFYING RELATIONSHIPS

FOCUS
1. Examining harmful expectations and conditions in relationships and how they impact weight and eating.
2. Exploring steps to creating more satisfying relationships.

READ

JOURNAL
Write about the following questions:
1. What is it that you want in a loving and/or friendship relationship?
2. How closely does your current intimate relationship(s) match what you want in a relationship? What are the similarities and differences?
3. What role does food play in your life for giving and receiving friendship and/or love?
4. What is the connection between food, intimacy, and weight gain in your life?

DO
1. Relationship Awareness Worksheet on pg. 42.

THINK
1. Did You Know? on pg. 43.
2. Fear of Intimacy on pg. 44.

THERE'S MORE
Co-dependent No More by Melody Beattie.
RELATIONSHIP AWARENESS WORKSHEET

Fill in the blank with as many answers as you can think of:

1. If you love me, you'll...

2. If I love you, I'll...

3. I need you, because...

4. Briefly describe how you would like your relationships to be.
DID YOU KNOW?

1. Even in the best of relationships, there tend to be conditions placed on loving, liking, trusting, helping, etc., the other person.

2. Because these conditions on the relationship are often unspoken, you may not be aware they exist on a conscious level.

3. But on an unconscious level, your body lets you know the conditions exist. As the stress of meeting these conditions/expectations increases, your body speaks out to you in many ways, including:
   A. Headaches.
   B. Stomach problems.
   C. Neck tension.
   D. Irritability.
   E. Uncontrollable urge (that seems to come out of nowhere) to eat, smoke, drink, etc.

4. It is important to take a closer look at your relationships and become aware of any expectations or conditions that may exist. By becoming aware, you then have the opportunity to get rid of, or work on changing expectations or conditions that impact you in a negative way.

5. You have the power to choose and create the kinds of relationships you want in life.

6. By using your power of choice in your relationships, you can increase your life satisfaction and decrease the need to turn to food for satisfaction.
FEAR OF INTIMACY

Excerpts taken from *Co-Dependent No More* by Melody Beattie.

Most people want and need love. Most people want and need to be close to people. But fear is an equally strong force and it competes with our need for love. More specifically, this force is fear of intimacy. For many of us, it feels safer to be alone or in relationships where we are “unemotionally involved” than it does to be emotionally vulnerable, close, and loving. In spite of the range of needs and wants that go unmet when we don't love, it may feel safer to not love. We don't risk the uncertainty and vulnerability of closeness. We don't risk the pain of loving and for many of us love has caused a great deal of pain. We don't risk being trapped by ourselves in relationships that don't work. We don't risk having to be who we are, which includes being emotionally honest and the possible rejections of that. We don't risk people abandoning us; we don't risk. And we don't have to go through the awkwardness of initiating relationships. When we don't get close to people, at least we know what to expect: nothing. Denial of love feels protects us from the anxiety caused by loving. Love and closeness often bring a sense of loss of control. Love and closeness challenges our deepest fears about who we are and whether it is okay to be ourselves, and about who others are and whether that is okay. Love and closeness—involvement with people—are the greatest risks a man or woman can take. They require honesty, spontaneity, vulnerability, trust, responsibility, self-acceptance, and acceptance of others. Love brings joy and warmth, but it also requires us to be willing to occasionally feel hurt and rejection.

Many of us have learned to run from closeness, rather than take the risks involved. We run from love or prevent closeness in many ways. We push people away or do hurtful things to them so they won't want to be close to us. We do ridiculous things in our minds to talk ourselves out of wanting to be close. We find fault with everyone we meet; we reject people before they have a chance to reject us. We wear masks and pretend to be something other than who we are. We scatter our energies and emotions among so many relationships that we don't get too close or vulnerable to anyone. We play roles instead of being a real person. We withdraw emotionally in our existing relationships. Some of us run; we physically remove ourselves from any situation where love, emotional vulnerability, and risk are, or might be, present.

We run from intimacy for many reasons. Some of us may have made a habit of running from, or avoiding, closeness and intimacy. This habit may be preventing us from getting the love and closeness we really want and need.
CHANGE, LOSS, AND POSITIVE TRANSITIONS

FOCUS
1. Exploring the relationship between transition, change and eating
2. Acknowledging the opportunities that come from change if you make a Positive Choice to look for them.
3. Practicing the process of expressing feelings about loss and change and having them validated

READ
1. Transition and Change—an Opportunity for Growth on pg. 47.
2. Additional Support Options on pg. 49.
3. The Positive Choice Hall of Fame on pg. 51.

JOURNAL
For this week, do a Personal Inventory. Focus on your growth and personal experiences throughout the program.
1. List five things you have learned about your eating habits.
2. List five things you have learned about yourself emotionally.
3. List the five achievements you are most proud of during your time in the program.
4. List the areas in which you feel you have grown the most.
5. Write one to two paragraphs to describe positive changes you have experienced since joining the program and losing weight.

(You can periodically update your Inventory as you continue through the Maintenance Program. Remember this sort of evaluation/recognition process is an important step in goal achievement. It also helps keep motivation high.)

DO
1. Steps to Self-Relaxation on pg. 45.
2. Practice the Safe Place relaxation technique at least three times this week. You may find it particularly useful when eating urges hit or when you need to overcome feelings resulting from interactions at work or home that are too intense to deal with.

THINK
1. Support Options at Positive Choice on pg. 50.
2. Info Line on pg. 53.

THERE’S MORE
If you or someone you know needs some help, call INFO LINE for free information and referral to health and human care services in San Diego County. (Phone numbers on pg. 53.)
STEPS TO SELF-RELAXATION

1. Close your eyes.
2. Get into a comfortable position.
3. Take five deep satisfying breaths.
4. Begin to see yourself walking down a path and crossing over a bridge.
5. Enter into your safe place.
6. See your safe place in as much detail as possible. (See, hear, feel, smell what is around you.)
7. As you experience and enjoy this place, begin to soak up all the tranquil feelings of contentment that your special place provides.
8. You may remain in your special place recharging yourself for as long as you desire.
9. While you are recharging yourself in your safe place, give yourself a few nurturing suggestions (e.g., I can control how I feel each day by giving myself a few deep breaths before I get out of bed or as I drive to work … or each time I drink a supplement, I am going to remind myself how much courage I have for making the decision to do something about my weight and how strong my commitment is to continue and to participate fully in working towards my goal).
10. When you are ready, begin to see yourself gathering up your special place and pulling it into yourself. You may store it anywhere you like. Some people like to pull it into their heart or wrap it around themselves.
11. Begin to see yourself walking back down the path you used to enter your safe place.
12. Take five deep satisfying breaths.
13. When you are ready, count to three and open your eyes.

Your Self-Relaxation experience can be enhanced with the presence of music. Christaforie’s Dream by David Lanz is a wonderful selection to be used while doing self-relaxation.
TRANSITION AND CHANGE—AN OPPORTUNITY FOR GROWTH

SOMETHING TO THINK ABOUT...

1. Food is often used to avoid dealing with the feelings that come about from losses (e.g., losses in relationships) and changes in your lives (e.g., change in marital status, a career relationship or a change in a support group).

2. If you learn to express your feelings about the losses and changes in an environment where you feel supported/validated/listened to, you can create an outcome other than eating and weight gain for yourself.

3. Exploring your feelings and allowing yourself to feel discomfort is a necessary part of the change process. Sharing that discomfort with a close friend or support group can make it easier to bypass/eliminate the need to eat. By making these choices, you set yourself up for success and are less likely to turn to food.

4. When thinking about the upcoming changes in this group, MAKE THE POSITIVE CHOICE and focus on the opportunities you have for personal growth as a result of this transition phase. Think of it as a new experience along your weight loss journey.
## YOUR OPTIONS WHEN THIS GROUP ENDS

<table>
<thead>
<tr>
<th>Group</th>
<th>Focus</th>
<th>Duration</th>
<th>Cost</th>
<th>Comments</th>
<th>To Enroll</th>
</tr>
</thead>
<tbody>
<tr>
<td>Another 20-week weight management group.</td>
<td>Same as current group, although individual topics may vary.</td>
<td>As many weeks as you need.</td>
<td>Same as current weekly payment.</td>
<td>With same counselor or another counselor.</td>
<td>Speak with current counselor.</td>
</tr>
<tr>
<td>BLAST</td>
<td>1 ½ hour exercise class focusing overall fitness for all ability levels.</td>
<td>As many weeks as you need (ongoing enrollment).</td>
<td>Same as current weekly payment.</td>
<td>Open to individuals meal replacement as well as those on PFE status.</td>
<td>Speak with current counselor.</td>
</tr>
<tr>
<td>Strategies¹</td>
<td>Making lifelong healthy behavioral changes with SMART goal setting.</td>
<td>12 weeks</td>
<td>Same as current weekly payment.</td>
<td>Open to individuals meal replacement as well as those on PFE status.</td>
<td>Speak with current counselor.</td>
</tr>
<tr>
<td>Solutions¹</td>
<td>Helps people who think they are addicted to food.</td>
<td>12 weeks</td>
<td>Same as current weekly payment or $420 for group only.</td>
<td>Increase ability to cope with overeating as an addictive process.</td>
<td>Speak with current counselor.</td>
</tr>
<tr>
<td>Maintenance</td>
<td>Nutrition and exercise.</td>
<td>10 weeks</td>
<td>Payment required by Week 7 of weight loss.</td>
<td>Must be on full food. Do not have to be at goal weight.</td>
<td>Speak with current counselor.</td>
</tr>
</tbody>
</table>

¹Sign up three weeks in advance.
ADDITIONAL SUPPORT OPTIONS

Participate in the Maintenance Program.

Maintenance Program descriptions and options are as follows:

Regular Maintenance includes the initial series of weekly Maintenance groups, opportunity to earn nine free Booster groups; and the option to purchase, at a reduced rate, as many additional Booster groups as desired during the one year maintenance period. **Regular Maintenance must be completed by all participants who use the supplement and those participants in the Nutrition program interested in qualifying for the Hall of Fame.**

Extended Maintenance provides the opportunity to attend as many Booster groups as desired in the purchased six-month extended maintenance period (after the first year if you have not been elected to the Hall of Fame). Fee required.

Month by Month provides opportunity to those not in their maintenance year to purchase Booster sessions on a month by month basis. Fee required.

Become Active in one of our many programs or services.

- Individual counseling appointment with Medical Provider or staff counselor
- BLAST (Become Lean And Start Toning)
- Biofeedback
- Exercise Membership
- Personal Training
- Exercise and Nutrition Consults
- Body Age Fitness Testing
- Fitness Testing
- Muscle Toning, Yoga, Pilates Exercise Classes

For more details, see your weight counselor or ask for information at the front desk.
SUPPORT OPTIONS AT POSITIVE CHOICE

Solutions
This group focuses on helping individuals that feel addicted to food regain a sense of control and end cycles of weight loss and regain. The groups meet weekly for 12 weeks and utilizes many of the same strategies that help people overcome addictions to drugs and alcohol. Each group session is two hours. Fee required.

BLAST (Become Lean And Start Toning)
This group focuses on cardiovascular exercise, strength training and flexibility work in a 1 ½ hour exercise class. It features ongoing enrollment and is open to individuals who are on meal replacement or are on PFE status.

Strategies (A Tool Kit for Weight Management)
This 12 week program is open to individuals who are on meal replacement or are on PFE status. It focuses on the use of SMART goal setting to create lifelong healthy behavioral changes that will foster long-term successful weight management. Each class is 1 ½ hours long.

Fitness Options
Your fitness options at Positive Choice include personal training, exercise and nutrition consultations, Body Age fitness testing, and, for the serious athlete, Performance VO2 testing. Additionally, we offer Exercise Memberships to the Positive Choice gym and exercise classes including yoga, muscle toning, and Pilates. Prices vary for each option. Please see Reception for more information.

Biofeedback
Relaxation training/biofeedback involves individuals working with a counselor practicing relaxation techniques such as deep breathing, meditation, visualization and healing touch. Multi-sensory biofeedback equipment may be used to monitor people’s progress. Fee required.
The Positive Choice Hall of Fame
Positive Choice has a long-standing tradition of honoring Weight Program participants who have maintained their weight loss and demonstrated weight maintenance skills. Each individual who is awarded Hall of Fame status receives a Hall of Fame card that allows them to attend an unlimited number of free Booster Groups at Positive Choice for one year. The Hall of Fame card is renewed each year that weight maintenance is demonstrated and Hall of Fame criteria is met.

Nomination
Weight Program participants can be nominated for The Positive Choice Hall of Fame by any Positive Choice employee or they can nominate themselves by filling out a Hall of Fame application. Guidelines used to decide Hall of Fame eligibility are on the next page. Questions should be directed to the Hall of Fame Coordinator, (858) 616-5600.

Rules subject to change.
GUIDELINES FOR HALL OF FAME ELIGIBILITY

- Maintain good attendance and participation in the Positive Choice Integrative Weight Management Program. Good attendance is considered attending a minimum of 16 group meetings.

- Purchase, actively participate, and have good attendance in the Positive Choice regular Maintenance Programs. Good attendance is considered attending a minimum of eight of the ten initial weekly Maintenance Group meetings. Nutrition Program participants may opt to purchase and participate in two consecutive extended Maintenance Programs instead of the regular weekly ten Maintenance sessions. (If you choose to attend the Extended Maintenance Booster Program, you must attend twice a month for each month.)

- Achieve your goal weight and maintain approximately 90% of that goal for at least one year. Goal weights are determined at the Body Analysis appointment.

- Upon completion of a Positive Choice initial Maintenance Program, remain active in monthly Booster classes at Positive Choice for the remainder of your first maintenance year and turn in body weight measurement when attending each support option. Support options include:

  In the event you are unable to come to the Positive Choice Integrative Wellness Center, you may send in one week’s worth of food records plus a weigh-in. This will count as a support option; however, this option may only be used two non-consecutive times during each maintenance year.

- You are eligible to be considered for election into the Hall of Fame one year from your first Maintenance class. You can begin the review process by completing the Hall of Fame application form and submitting it to a receptionist or your Booster counselor.

Hall of Fame Benefits
- Bonus free year of attending Maintenance Booster sessions as many times as you like.
INFO LINE — LAY YOUR TROUBLES ON THE LINE

If you, or someone you know, needs some help...call INFO LINE...for free information and referral to Health and Human Care services in San Diego County.

The staff and volunteers at INFO LINE have information on more than 1,000 organizations in San Diego County that are waiting to help you. Last year INFO LINE successfully put thousands of callers in touch with the resources they needed.

THE STAFF AND VOLUNTEERS AT INFO LINE CAN ASSIST YOU IN FINDING HELP WITH THE FOLLOWING PROBLEMS:

HOUSING
Eviction
Landlord

CHILD CARE
Baby's First Shots
Physically-Challenged Child
Day Care

EMERGENCY CRISIS
Warm Clothes
Enough Food
Food Stamps
Emergency Shelter
Abandoned Child

ELDERLY
Home Nursing
Medicare
Nursing Home
Hot Lunch
Home Delivered Meals

PERSONAL
Divorce
Depression
Support Groups
Gambling
Facing a Crisis
Teenage Pregnancy

HEALTH
Stroke Victim
Substance Abuse
First Aid Courses
Malnutrition
Venereal Disease
Finding a Doctor
Disabling Diseases
Mental Health

CONSUMER
Faulty Product
How to Shop Wisely

FAMILY
Parent-Child Conflict
Family Planning
Natural Childbirth
Classes
Marriage Crisis
Disabled Family Member
Adoptions
Illness in Family
Child Abuse or Neglect
Battered Spouse

LEGAL
Can't Afford Lawyer
Tenant-Landlord
Legal Advice
Discrimination

EDUCATION
Can't Read
Can't Speak English
Slow Learner

RECREATIONAL
Day Camps
Summer Camps

FINANCIAL
Debts
Government-Assistance
Help with Tax Returns
Vets Benefits

MISCELLANEOUS
I.D.s
How to Volunteer
New in Town
Donations
State/County/City Services

INFO LINE/TOLL FREE SAN DIEGO COUNTY AREA PHONE NUMBERS

(760) 943-0997
Oceanside
Vista
(619) 230-0997
La Mesa
San Diego
National City

(619) 230-0997
Carlsbad
Valley Center
San Diego/Mira Mesa
Chula Vista

(760) 740-0997
San Marcos
Escondido
San Diego/Linda Vista
Coronado

(858) 230-0997
Encinitas
Rancho Bernardo
La Jolla
Dulzura

or all others in San Diego County 1-800-227-0997.
CHANGING SELF-IDENTITY

FOCUS
1. Looking at the deeper issues affecting your self-identity.
2. Reviewing how your actions and interactions with others affect your sense of self.

READ

JOURNAL
1. Imagine that you are your own best friend and can clearly see all of your positive qualities. Write a letter of acknowledgement and appreciation to yourself from this perspective.
2. Write a list of all the things you will do when you are thin.

DO
1. Pick one activity from your list of what you will do when you are thin and do it this week.
2. Find a full-body photo of your happy self that you really like. If you are larger than your ideal in the photo, take some scissors and carefully trim away the extra pounds under your arms, or around your hips, waist, and legs, and put the photo up on your refrigerator. Or if you are familiar with Photoshop or a similar computer program, use this medium to transform your body shape to the way you want it to look. Each time you open the fridge, look at the picture and know that you are joyfully moving in that direction.
THE FAT ME IS:

Examples:
1. Plodding.
2. Awkward.
3. Safe.

THE FAT ME IS:

THE FAT ME WEARS CLOTHES THAT ARE:

WHEN I AM AT A PARTY, THE FAT ME:

WHEN I AM ALONE, THE FAT ME:

THE FAT ME LIKES:

THE FAT ME DESERVES:
THE THIN ME IS:

Examples:
1. Sexy.
2. Outgoing.

THE THIN ME IS:

THE THIN ME WEARS CLOTHES THAT ARE:

WHEN I AM AT A PARTY, THE THIN ME:

WHEN I AM ALONE, THE THIN ME:

THE THIN ME LIKES:

THE THIN ME DESERVES:
MANAGING STRESS

FOCUS
1. Controlling your RESPONSE to stress.

READ
Maximize Your Body Potential, Chapter 30, Improving Your Coping Skills (pp. 408–430).

JOURNAL
1. Write about something in your life that bothers you. Be sure to cover all the feelings that arise from it.
2. Pick a facet of your personality that often ends up causing you to be stressed (e.g. perfectionism, procrastination, shyness, etc.) and write about it.

DO
1. Read Hanging on to Stress? on pg. 58.
2. Complete your Personal Power Grid on pg. 59.
3. Think about the following statement: Fear is what you feel when a tiger charges; anxiety is what you feel when you think there might be a hungry tiger in the grass. Write about how that statement might apply to you.

THERE’S MORE
The Feeling Good Handbook by David D. Burns, MD.
Don’t Sweat the Small Stuff by Richard Carlson.
HANGING ON TO STRESS?

Many of us feel overwhelmed by the constant load of stress in our lives. We are overloaded by stressors at work and at home, and sometimes feel like we can never get out from under the load. As hard as it is to believe, some people actually hang on to their stress, because it gives them something. The advantages of being chronically stressed are seldom obvious, but they do exist. Take a moment to review the list below, and see if any might apply to you. Recognizing that you might be hanging on to your stress can be the first step to learning how to release it.

- Stress can become a great way to avoid dealing with difficult situations or people. ("Things are too crazy to talk about it right now." "I’ll deal with that when things calm down.")
- It can be used to set boundaries with people when we might feel guilty setting boundaries in other ways. ("I’d love to help, but I haven’t been sleeping well lately and I’m just too tired." "I wish I could go with you, but I’m just too swamped.")
- Our stress can be an excuse to avoid pursuing goals. ("I’ll start exercising when things slow down at work." "I don’t have time to plan and prepare healthy meals for myself." "I’ll take that class when I feel better.")
- Stress can be a way to hide depression. (It’s a lot more acceptable to be run down, unhappy, anxious, etc. because of overwork than because of depression.)
- It can be a substitute for communicating anger, especially if we have the belief that being angry is inappropriate. ("I didn’t mean what I said—I’m just so stressed.")
PERSONAL POWER GRID

Events within our control  |  Events beyond our control

<table>
<thead>
<tr>
<th>TAKE ACTION</th>
<th>Events beyond our control</th>
</tr>
</thead>
<tbody>
<tr>
<td>MASTERY</td>
<td>CEASELESS STRIVING</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TAKE NO ACTION</th>
<th>Events within our control</th>
</tr>
</thead>
<tbody>
<tr>
<td>HELPLESS HOPELESS</td>
<td>ACCEPTANCE</td>
</tr>
</tbody>
</table>

“If I can’t change the situation, I can change how I can respond to it!”
“If I can’t change the situation, I can change how I can respond to it!”
MANAGING HOLIDAYS

FOCUS
1. Identifying holiday and special occasion expectations, fears, and challenging situations.
2. Planning for the upcoming occasion.

READ
1. *Making It Through the Holidays* by Geneen Roth on pg. 69.

JOURNAL
1. The connection between being happy and eating is probably stronger during a special occasion or holiday than any other time. Write about your holiday observations, focusing on what happens, how you feel, and how your eating urges are impacted. Complete as many of the writing activities on the following pages as you find useful. These writing activities may help you determine why you may be experiencing feelings of sadness, loneliness, or anxiety during an occasion that is supposed to be a time of happiness.

DO
Practice problem solving on your own this week by taking a personal situation with which you are struggling and create an action plan using the *Planning for Key Situations* form on pg. 68.

THERE'S MORE
JOURNAL WRITING EXERCISES

Holiday Fears
What are your fears during this holiday?

EXAMPLES:
1. I’m afraid that I will get into a painful argument with my mother.
2. I am afraid that I will eat pumpkin pie—whole.

When the holiday comes, I’m afraid I will:

1. 
   
2. 
   
3. 
   
4. 
   

On Being Alone
Complete the sentence:

If I am alone during this holiday, I will:

1. 
   
2. 
   
3. 
   
4. 
   

Only ___________ people are alone during this holiday:
(Check the answers that apply)

___ desperate       ___ unhappy
___ unloved         ___ busy
___ self-satisfied  ___ self-confident

Holiday Socializing
Complete the sentence:

If I spend time during this holiday with people I’m not truly connected to, I will feel:

1. _____________________________________________________________
2. _____________________________________________________________
3. _____________________________________________________________
4. _____________________________________________________________

Holidays Past
It is important to separate the nostalgia for holidays past from the reality of what is possible this year, this holiday, now. Because this holiday comes once a year, we use them as marking points to look back on the past and compare it with the present. If, in the comparison, this year falls short of what we think is possible (based on memories of holidays past), we become depressed or sad and are likely to turn to food for comfort. Yet our memories of a past holiday do not necessarily reflect what actually happened during that holiday. For instance, when I remember favorite Christmases, I see my father taking my brother and me to see Santa Claus at the Daily News building. I see us telling him what we wanted; I see his beard; and I see him smiling and handing each of us a red helium balloon. That day is usually relegated to my category of unequivocally happy times, and when I am feeling lonely during the holidays, recalling it makes me long for the kind of well-being I felt on Santa’s lap, with my father and brother nearby. Now, as I write, and the details of that day become clear, I remember the fight my brother and I had about who had the best balloon and the tears that ensued when he put a pin in mine.

If a memory is perfectly happy, it is usually an indicator that we are remembering how we wanted it to be instead of the way it actually was. My image of a daddy taking his children to see Santa is colored by the perfection that is only possible with the passage of time. When we compare past holidays with the present and turn to food for comfort because the present lacks the love of the past, it is not because this holiday is so awful, but because we have warped the past into a time so flawless that it can never be achieved in the moment. This holiday can never be as good as the past one because the present is not — nor will it ever be — perfect.
Complete the sentences:

*My perfect memories of past holidays include:*

1. 

2. 

3. 

4. 

*If I didn’t compare the holiday this year with memories in the past, I would:*

**EXAMPLES:**

1. *Not decide that something was wrong with me because I am not part of a couple this year.*
2. *Stop trying so hard to make each day a perfect day for my kids.*

1. 

2. 

3. 

4. 
Being Realistic
The truth about holidays is that someone’s balloon will always get a pin stuck in it. During holidays we are likely to be lonely or deprived. Not only because we are comparing the past with the present, but also because we experience a broad range of emotions, some of which are happy and some of which are not. At holidays, the expectation that we’ll be happy and loving all the time is exaggerated by media images of cozy families, loving couples, and blissful reunions. No one reminds us that occasional misery is part of living from day to day; sometimes even in the midst of a special occasion. No room is provided for loneliness; no permission granted for sadness or depression; and when, inevitably, these feelings do arise, we use food to push them underground. If we can allow ourselves the expression of our feelings, we will not gain ten pounds in an attempt to bury them. Is it possible, then, to have a happy and delicious holiday amidst unrealistic memories? The answer is: Yes, yes, a thousand times, yes.

Creating Happier Holidays
If you could have exactly what you wanted this holiday, what would you have?

Complete the sentence:
For me, a happy holiday would mean:

EXAMPLES:
1. Eating what I want when I am hungry and not overeating.
2. Receiving only gifts that I like.
3. Not having to go to parties when I’d rather stay home.

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________

Things I like best about this holiday are:

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
This year, I can include those things by:

1. 
2. 
3. 
4. 

The people I want to spend time with during this holiday are:

1. 
2. 
3. 
4. 

If I were my ideal weight this holiday, I would move....

**EXAMPLE:**

... with grace and a swish.

1. 
2. 
3. 
4. 

I would talk...

**EXAMPLE:**

... with ease.

1. 
2. 
3. 
4.
I would eat/drink:

EXAMPLE: 
*BBQ chicken and fudge.*

1. 
2. 
3. 
4. 

I would act…

EXAMPLE: 
*… as though I know I’m special.*

1. 
2. 
3. 
4. 

Being aware of what happiness during the holidays means to you is the first step. The next step is giving yourself permission to have it.
PLANNING FOR KEY SITUATIONS

1. **ANTICIPATE THE SITUATION.**

   A. Describe the situation: (Include people, time, place, feelings and everything associated with the situation.)

   B. Identify specific problems:
      - Food cues
      - Thoughts
      - Feelings
      - Actions

2. **DEVELOP A PLAN.**

   A. Brainstorm possible solutions, tactics or strategies for handling this situation:

   B. Evaluate Ideas: Go back to (A) and circle tactics you intend to use. Now list them in order by preference and specify how and when you will use them.

3. **DECIDE ON REINFORCERS:** To avoid feeling *deprived*, how are you going to build in positive reinforcement both during and after the situation?

4. **PRACTICE VISUALIZING:** Picture yourself using your alternative activities and alternate thoughts and receiving the reinforcers.
MAKING IT THROUGH THE HOLIDAYS
Excerpt taken from Geneen Roth’s
Why Weight

The Holidays...
Ah, the holidays. The impossible mixture of nostalgia for a childhood Chanukah or Christmas (or other special occasion) that may — or may not — have been real. The hope that this year will be different. The disappointment when it’s not. And the food. The food. The connection between being happy and eating is probably stronger during a holiday than at any other time. For many of us, being happy is the same as eating with abandon. Something about a holiday only coming once a year. Something about working hard and deserving to celebrate. Something about assuaging a vague sense of bewilderment with what seems to be making everyone else happy: Food. When I talk to participants in Breaking Free workshops about their attempts at good cheer, most of them say that they handle food with a kind of recklessness, while masking an underlying sense of despair about the weight they know they must be gaining. They want to be happy. They want to have holidays of roasted chestnuts and open fires, but they feel overwhelmed by expectation and memories and instead of paying close attention to their needs and being gentle with themselves, they deal with their feelings by eating. Whether they are alone and do not wish to be or not alone and wish they were, their common problem is how to untangle themselves from the complicated web of nostalgia, feigned merriment, obligatory buying, and frantic eating to create a holiday in which they can enjoy the pleasures of the moment without burying themselves in food.

Suggestions for During the Holidays...
If You Are Alone
• Be aware that holidays are promoted as a time of togetherness and love and that you are very susceptible to the belief that something is wrong with you because you don’t have a lover. Nothing is wrong with you. Remind yourself that, as my mother once said, “Going to bed alone is lonely, but going to bed with someone who tears your heart out is worse.” Congratulate yourself for not going to bed with someone who tears your heart out.
• Make contact with people you love. Write letters; send cards; make phone calls. Let yourself be filled with the love that is already in your life.
• Do something holiday-like for yourself; something you would ordinarily save for a time when you’re with someone. Buy yourself a present. Set the table with holiday candles; decorate using the holiday as your theme.
• If you know ahead of time that certain days trigger depression or loneliness or sadness, plan ahead. Be sure you take care of yourself especially well at those times, either by being with friends and/or being in an environment that you find nourishing.

If You Are Returning Home
• Bring reminders of your present life: A journal; a tape; a favorite pillowcase; a cherished letter. Use them when you have forgotten that you ever left your parents’ home.
• Do not expect to reenact holidays past. That was then and this is now. All of you have changed.
• Do, however, be aware of what made those holidays so special. If it was traditional family events like playing with dreidels, eating potato latkes, or going to midnight Mass, and it seems appropriate to continue the tradition, suggest that you do so. But if, for instance, a family member has developed an allergy to potatoes (or to Mass) in the past few years, be creative about ways to be together. Remember that it’s the sharing that’s important and not the event that triggers it.
• Do not confuse receiving love with eating what was made in its name. You cannot eat love. If you are not hungry and food is placed in front of you, you can: comment on how it looks and smells; ask about the ingredients; express your appreciation for the time it took to prepare the food; eat it when you are hungry.

• Eat exactly what you want when you are hungry. Give yourself permission to really enjoy what you eat. Do not solicit opinions from family members about how you look or what you eat; keep that power for yourself.

• Do something just for yourself. Spend some time alone. Remind yourself of your separateness. And your beauty.

Wherever You Are and Whomever You Are With
• If the holiday is particularly hectic for you, make a schedule for yourself. Decide which days you will shop and which days you will cook. Decide on a budget (and stick to it). Don’t allow yourself to be the victim of last minute panic. You really can have a relaxed celebration.

• Be conscious of food. Very, very, conscious. While holidays are not a time to deprive yourself, the attitude that “This holiday only comes once a year and this is my last chance to eat ______________ (fill in the blank) so I’d better eat all I can now” leads to emotional and physical discomfort. It is not an attitude that’s based in reality. You can bake Christmas cookies in mid-April; Hummantaschen in October; you can whip up homemade candy at the beginning of June; or have a barbecue in the middle of winter. Eating with abandon during a holiday is not a way to have fun; it is a way to numb yourself so that you never feel anything but alternately gleeful about how much you are eating and miserable about how fat you are getting. When you knock yourself out with food, you never feel the subtle but tender moments; the fleeting glances of intimacy; the energy of the special occasion; the excitement that has nothing to do with food. You also never feel, and therefore, can do nothing about your discomfort or bewilderment or dissatisfaction.

• Set aside some time for yourself. In the rush of a holiday, we often forget to do the quiet things that nourish us. We spend our time thinking about others (which is, admittedly, a lovely thing to do) and have the tendency to forget to pay attention to our own needs. When we feel depleted, and food is as available as it tends to be during a holiday, we use it to fill us. Go for a motorcycle ride; begin a novel; sit in a chair and do nothing. When you take time for yourself, you remind yourself that you are worth taking time for.

• Make a list of the things you like most about the holiday. Do at least one of them. Give yourself something to look forward to; give yourself some power in creating a holiday that is joyful to you.

• When you go to a party at which there is a buffet, take a sampling of three dishes that look inviting to you. Take your time eating them. Enjoy them. If you want more, take more but do it slowly, savoring each bite so that you don’t feel sickened by the amount of food.

• Remember that you do not have to go to a party simply because you are invited to it. Be aware that you have choices about what to do with your time.

Taking care of yourself during any holiday means that when you are hungry for food, you eat with pleasure and gusto, savoring the tastes of the holiday. When you are hungry for something else—a touch, a word, a moment of contact, some time alone—taking care of yourself means being willing to ask for and receive those pleasures; those tastes of the special occasion.
The holidays are the time when the sun begins to return to us; when the days become lighter and longer. They are the time when people are willing to put their ordinary concerns aside and spend their time giving, wishing for the best, and thinking about peace. When I see, even for a moment, that people are capable of giving and bending and making peace, it makes me believe it is possible for another moment and another. For a whole string of moments; for a year. For the rest of our lives.
MANAGING HOLIDAY STRESS

The holiday season is a time of celebration and good cheer, of love and family, of faith and giving. Unfortunately, it can also be a time of increased stress. You have presents to buy, crowds to fight, traffic to endure, people to visit, cards to write, gifts to mail. During the holidays, you feel the absence of loved ones you have lost or who are far away more than during other times of the year. You spend too much, eat too much, drink too much.

Use some of the following tips to manage stress. To enjoy this season joyous season to the fullest,

- **Eat healthy.** Plan regular, well-balanced meals. Limit indulging on sweets and fatty foods to special occasions. (A party is a special occasion; someone bringing candy or cookies to work is not.) Proper nutrition gives you more energy and allows your body to handle stress more easily.

- **Set aside some time to do things you enjoy doing.** Soak in a hot bubble bath, listen to music, read a book, get a massage. These things all help to recharge your mind, body, and soul.

- **Exercise.** Aerobic exercise is one of the best ways to reduce stress. Take a brisk walk at lunchtime, or after work.

- **Say no.** Do more of the things you want to do, and less of the things others want you to do. Trying to please everybody is a sure recipe for added stress.

- **Plan, plan, plan.** Taking the time to plan is the key to getting more done with less frustration. Make lists (presents to buy, people to call, cards to send). Combine errands to avoid unnecessary trips. Plan shopping and other errands during less crowded times. Prioritize and plan to do the most important things first.
TIPS FOR PREPARING YOUR HOME AND SOUL FOR THE HOLIDAYS

The holidays are a time for happiness, sharing and reflecting on your blessings. However, it is very easy to find yourself feeling stressed and disorganized as each special holiday approaches. Experiencing such tension makes it difficult to enjoy the holiday season and really feel what it is all about. Here are some tips that may help you prepare for the upcoming holidays.

Organize: Use only one calendar and write down everything. You can use a different color for different events and people.

Cooking: Plan menus in advance. Plan for a week or two and make your grocery list according to your menu. Try to plan it so you can use leftovers from the beginning of the week in meals toward the end of the week. Be sure to save your menus to use again after a few weeks have passed.

Cook ahead. By doubling your recipe and freezing half, you can save a great deal of time. Use your freezer to its fullest. You can even make your cookies in advance and freeze them. Try some crock-pot cooking.

Cleaning: If you can do a good cleaning to your house at the beginning of the season, it’s just a matter of maintaining it through the holidays. To reduce cleaning time and clutter, put away extra knickknacks and unnecessary items. Try not to over do it with the holiday decorations either.

Shopping: Do your shopping early in the season and (if possible) early in the day. Try to go alone for the bulk of your shopping. Make a list! Write down ideas as you get them. If you are unsure of a specific gift idea, write down a few hobbies or skills of the person you will be shopping for to help you focus while you shop.

Gift Wrapping: If possible, have items wrapped at the store. If you must do your own wrapping, here are a few suggestions: Many stores have complimentary boxes—don’t hesitate to ask for one. Have an area set aside for wrapping with all your wrapping supplies. Wrap and label your gifts as you buy them. You can also try using gift bags. With a little tissue and a tag you are done.

If mailing gifts, start filling your holiday mail packages early. This will free up some storage space and make sure your gifts get to your family and friends with time to spare. Check your local parcel service for holiday deadlines.

You can also give gifts of the heart to eliminate gift wrapping all together. Be creative.

Holiday Cards: To avoid last minute scrambling, keep your holiday card list up-to-date all year long. Simply send cards to people that you will not say happy holidays to in person. You can work on your cards while commuting on a bus or waiting for an appointment. Mail them as you go.

Alternative ideas to the usual card include holiday postcards or a holiday letter of which you print many copies and sign your name. You can even send your holiday greetings on a smaller holiday (such as Valentine’s Day) to give yourself more time and energy to focus elsewhere during the big holiday season.
**Listening to your soul**

- Schedule your time. Make a daily *to-do* list. Rank the priority of each task. Use this system to cover work, personal and family items. Be sure to include your spiritual goals. This allows you to strike a balance in your daily living.

- Don’t procrastinate the things you don’t want to do. Just buckle down and complete those activities and you will be able to relax without those things weighing on your mind.

- Be decisive and learn to say no to people. Also, delegate what you can, it helps to share the load and free up some time for you.

- Schedule time to relax. If you plan for it in advance, you are likely to take that needed time for relaxing. Do whatever relaxes you. This is important, because it is only by being at ease that we can really feel the holiday spirit all around us.

- Eliminate distractions as much as possible. Decide what you would like to focus on during the holidays and remove the distractions that would keep you from reaching your goal.

- Continue or create family traditions. These help bind the family and make lasting memories.

Try your best to keep in mind why it is that we celebrate each holiday. Make that a part of you and it will become a part of your every day.

Much of this information is located on the following website: www.stretcher.com.
KEEPING TRACK

Table of Contents

Weight Graph ................................................................. F-1
Meal Replacement Supplement Planner ........................................ F-2
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My observations and comments:  

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(Total Daily Fluids must equal 120-150 oz.)

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*As prescribed.*
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(Total Daily Fluids must equal 120-150 oz.)

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</tr>
<tr>
<td>Day ______</td>
<td>When?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date ______</td>
<td>Where?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time consumed</td>
<td></td>
<td></td>
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</table>

(Total Daily Fluids must equal 120-150 oz.)

<table>
<thead>
<tr>
<th>Potassium*</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 oz. Fluid Servings</td>
</tr>
<tr>
<td>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15</td>
</tr>
</tbody>
</table>

Day 1

Day 2 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 AM PM

Day 3 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 AM PM

Day 4 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 AM PM

Day 5 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 AM PM

Day 6 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 AM PM

Day 7 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 AM PM

My observations and comments:

________________________________________

________________________________________

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________________________________________

________________________________________

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________________________________________

*As prescribed.
# PROGRESSIVE FOOD ENCOUNTER (PFE)

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<td>Sample Menu Option A</td>
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<td>G-9</td>
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<td>PFE Phase 1 thru 5 Food Records</td>
<td>G-11</td>
</tr>
</tbody>
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PROGRESSIVE FOOD ENCOUNTER (PFE)

For females, begin Progressive Food Encounter when you are at or within five pounds of your goal weight. For males, begin Progressive Food Encounter when you are at or within seven pounds of your goal weight.

FOCUS
1. Learning the what, when, how and why of Progressive Food Encounter.
2. Committing to keeping food records.

READ
1. This entire section.
2. Maximize Your Body Potential. If you haven’t been reading it, start now!

JOURNAL
Adding food back into your eating can trigger a number of feelings. Make a list of all the feelings you have about adding food and then pick one feeling and write for 15 minutes about that feeling.

RECORD
Keep daily food and activity records. Keeping food and activity records are the most effective technique to help people manage their weight.

REFLECT
Think about all the positive health and wellness changes you have made since you started this program. Keep in mind this is only the beginning of a lifelong journey. Think about what motivates you and why you care about being healthy!

INSTRUCTIONS FOR PROGRESSIVE FOOD ENCOUNTER (PFE)

If you have been on a MODIFIED meal replacement plan using NutriMed®, begin your transition to full food with Phase 2.

If you have been on a full meal replacement or the MODIFIED meal replacement plan using OPTIFAST 800® or OPTIFAST® HP, see page 9 of this section for how to transition.

Transition from using supplements to eating food.

Each phase of Progressive Food Encounter will typically take one week to complete. When you start Progressive Food Encounter, you will follow a five phase plan which reintroduces six food groups. The plan explains appropriate serving sizes, as well as the number of servings of each food group to consume in each phase. This process is designed to allow your body to adjust well to food.

For females, begin Progressive Food Encounter when you are at or within five pounds of your goal weight.
For males, begin Progressive Food Encounter when you are at or within seven pounds of your goal weight.

The transition from losing weight using a supplement to maintaining or losing more weight using food can, at first, seem overwhelming. It is best to raise your food intake conservatively instead of too quickly. As you add healthy food back into your system, the muscles will rehydrate and your metabolism will slowly increase. It is not unusual for women to put on an average of three to five pounds, and men five to eight pounds of water weight. **IF this happens to you, DON’T PANIC! When you follow the PFE plan you will not be gaining fat weight, only rehydrating.**
Continue the same eating schedule you followed while on meal replacement. Eat every three to four hours and be sure each meal or snack includes a good source of protein or healthy fat. By doing this, your blood sugar stays as even as possible, giving you optimal energy and minimal hunger. Eating protein/healthy fat at frequent times throughout the day protects you from becoming overly hungry, making poor choices, or slipping back into old, unhealthy eating patterns. Sample menus are included as helpful guidelines.

Make food selections from the PFE Food List. This is not a complete list of acceptable food choices. It has been kept limited to simplify Progressive Food Encounter. We want you to be successful. Simplicity and structure help people be successful. Please consult your counselor when choosing foods not listed. Measuring and weighing portions are great tools for protecting yourself from overeating.

When preparing foods follow these guidelines:
A. If you are preparing meat, trim off any visible fat and cook the meats so that fats are allowed to drain. If you eat poultry, choose white meat without the skin. Broil, bake, barbecue, or microwave to reduce your fat intake.
B. During this transition back to food, avoid using salt or any spices that contain sodium, even for cooking, as they can cause you to retain excess water weight. Experiment with other herbs and spices.
C. For cooking, you can use small amounts of non-stick vegetable sprays.

Continue to drink 64 ounces of fluids a day in addition to the fluids mixed with NutriMed® supplements.

Take a Multiple vitamin and mineral supplement when you begin Phase 3 of Progressive Food Encounter. Vitamin and mineral supplements are strongly recommended for people who eat less than 1,200 calories per day for more than two weeks.

STOP taking potassium and doing bi-weekly lab work when you are on full food (or as directed by your physician).

Keep Food and Activity Records
These can be handwritten (sample food records are on the last pages of this section), or electronically recorded using smartphone apps or online websites designed for tracking food and activity. A few suggestions:
• Calorieking.com
• Loseit.com
• Myfitnesspal.com
• Sparkpeople.com
Wearable devices that can help you track your energy intake and activity expenditure:
• BodyMedia Fit
• Fitbit
• Fitbug Orb
• Jawbone UP
• Nike + Fuelband

More information on weight maintenance and nutrition will be covered in your Maintenance Program. If you have questions about Progressive Food Encounter or Weight Maintenance Guidelines, ask your counselor or attend a Nutrition /Fitness Forum Session Monday through Thursday 5 to 5:30 p.m., and Tuesday 11:45 a.m. to 12:15 p.m. at the Positive Choice Integrative Wellness Center. These sessions do not require an appointment and are free of charge.
**PROGRESSIVE FOOD ENCOUNTER NutriMed® SUPPLEMENT EATING PLAN**

The Progressive Food Encounter is a progressive food plan that slowly takes away servings of the NutriMed product while adding nutritious food. It is designed to help you learn how to manage portion sizes, select nutritious foods, and transition into a way of eating that will keep your weight off. The approximate daily total caloric intake is listed below for each phase. Each phase will typically take one week to complete, although you and your counselor will decide when it’s appropriate for you to progress to the next phase.

Most program participants will need 77 NutriMed packets to complete the PFE transition to full food. When you no longer need to purchase NutriMed, ask your counselor for a PFE card. Show the PFE card to Reception, and they will change your payment status to "PFE rate" which means you will only be charged for your class and the continuing medical oversight - not the product. After that point, if you would like to purchase NutriMed to supplement your full food plan, you will be allowed to purchase up to 8 boxes per month, as long as you are an active participant in a Positive Choice program.

<table>
<thead>
<tr>
<th>Product and Food Group</th>
<th>Phase 1 (or week 1)</th>
<th>Phase 2 (or week 2)</th>
<th>Phase 3 (or week 3)</th>
<th>Phase 4 (or week 4)</th>
<th>Full Food/Maintenance</th>
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<tr>
<td>NutriMed</td>
<td>5</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Proteins: Lean and Vegetarian</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1</td>
<td>2</td>
<td>4</td>
<td>5</td>
<td>5 +</td>
</tr>
<tr>
<td>Grains/Legumes/Starchy Vegetables</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>2-3</td>
</tr>
<tr>
<td>Fruits</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>2-3</td>
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<tr>
<td>Healthy Fats</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Milk/Soy Milk/Yogurt</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1-2</td>
</tr>
<tr>
<td>Multi Vit/Min Supp.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>660</td>
<td>745</td>
<td>880</td>
<td>1110</td>
<td>1230-1460</td>
</tr>
</tbody>
</table>

- See *Progressive Food Encounter*, Lists of Foods and Servings, to plan your Progressive Food Encounter regimen.
- For menu ideas see sample menus Option A and Option B.
**PROGRESSIVE FOOD ENCOUNTER**  
Lists of Foods and Servings

### Proteins: Lean and Vegetarian

1 Serving =

- Meat, 3 oz. cooked poultry (skinless), fish, lean beef (sirloin, flank or round) or pork tenderloin
- Cottage cheese, non-fat ¾ c.
- Egg Whites, 6 whites
- Egg substitute, ¾ c.
- Nonfat, plain, Greek yogurt, 8 oz.

**Beginning in Phase 2 (week 2) you may include these protein foods. These foods contain both proteins and carbohydrates. Because of this, 1 serving should be counted as a serving of Protein AND a serving of Grain/ Legume/Starchy Vegetables.**

- Tofu (lite, firm or extra firm), 9 oz.
- Seitan (plain), 4 oz.
- Soybeans, ½ c. cooked
- Tempeh, 2 oz. or 1/3 c.
- Beans - black beans, garbanzo beans, kidney beans, lima beans, navy beans, pinto beans, ½ c. cooked
- Lentils, ½ c. cooked
- Quinoa, ½ c. cooked
- Vegetarian alternatives, 3 oz. veggie burger, soy protein, etc.

### Vegetables

1 serving is ½ cup cooked or 1 cup raw

<table>
<thead>
<tr>
<th>Vegetables</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Artichoke</td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td></td>
</tr>
<tr>
<td>Bamboo shoots</td>
<td></td>
</tr>
<tr>
<td>Beans (wax, green)</td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td></td>
</tr>
<tr>
<td>Bell Pepper, all colors</td>
<td></td>
</tr>
<tr>
<td>*Broccoli</td>
<td></td>
</tr>
<tr>
<td>*Brussels Sprouts</td>
<td></td>
</tr>
<tr>
<td>*Cabbage</td>
<td></td>
</tr>
<tr>
<td>Carrot</td>
<td></td>
</tr>
<tr>
<td>*Cauliflower</td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td></td>
</tr>
<tr>
<td>Cucumber</td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td></td>
</tr>
<tr>
<td>*Greens: (bok choy, collards, kale, spinach, etc.)</td>
<td></td>
</tr>
<tr>
<td>Jicama</td>
<td></td>
</tr>
<tr>
<td>Kohlrabi</td>
<td></td>
</tr>
<tr>
<td>Leeks</td>
<td></td>
</tr>
<tr>
<td>Lettuce, all varieties, (romaine, butter, etc.)</td>
<td></td>
</tr>
</tbody>
</table>

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mung bean sprouts</td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td></td>
</tr>
<tr>
<td>Okra</td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td></td>
</tr>
<tr>
<td>Pea Pods</td>
<td></td>
</tr>
<tr>
<td>Peppers, all kinds</td>
<td></td>
</tr>
<tr>
<td>Radishes</td>
<td></td>
</tr>
<tr>
<td>Seaweed, cooked</td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
</tr>
<tr>
<td>Summer Squash (zucchini, yellow)</td>
<td></td>
</tr>
<tr>
<td>*Tomatoes</td>
<td></td>
</tr>
<tr>
<td>Turnips</td>
<td></td>
</tr>
<tr>
<td>Water chestnuts</td>
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</tbody>
</table>

*These vegetables may cause excess gas and indigestion. If you have a problem, switch to the other vegetable choices until your body adjusts. Also, cooked vegetables may be better tolerated than raw vegetables.

**Salad Dressing:** Use salad dressings that are fat-free and approximately 16 calories or less per tbsp. or you can use lemon juice, lime juice, balsamic vinegar, unseasoned rice vinegar, or other vinegars.
### Grain/Legume/Starchy Vegetables

1 serving =

*Beans - black beans, garbanzo beans, kidney beans, lima beans, navy beans, pinto beans, ½ c. cooked
*Lentils, ½ c. cooked
*Quinoa, ½ c. cooked
*Soybeans, ½ c. cooked
*Split peas, ½ c. cooked
*Tempeh, 4 oz. or ½ c.

Barley, ½ c. cooked
Cereal (Fiber >5 g. per serving), ½ c.
Corn, ½ c.
**Couscous, cooked, ½ c.
Grits, ½ c.
Millet, cooked, ½ c.
**Oats, cooked, ½ c.
**Pasta, ½ c.
**Pita, ½ of 6 inch round

Polenta, ½ c.
Popcorn, air popped, 3 c.
Potato, ½ c.
**Rice, ½ c.
**Rice cakes, multi-grain, 2
**Rye bread, 1 slice
Squash, winter (acorn, butternut), ½ c.
**Tortillas, 1, 6-inch round
**Whole wheat bread, 1 slice
Wild rice, cooked, ½ c.
Yam, ½ c.

*Count as one serving Protein AND one serving Grain/Legume/Starchy Vegetable

** Choose whole wheat or whole grain. Strive to get **80 to 100 calories and 5 g fiber per serving.**

Read labels for accuracy.
Nutrients, fiber and protein are in greater abundance in whole grain foods versus processed and enriched food.

### Fruits

1 Serving =

| Apple, 1 small (tennis ball) | Melon, 1 c., (watermelon, cantaloupe, etc.) |
| Apricots, 3 | Orange, 1 medium |
| Banana, 1 small (4-6 in) | Nectarine, 1 medium |
| Berries, 1 c. | Peach, 1 medium |
| Grapefruit, ½ | Pear, 1 medium |
| Grapes, 15 | Pineapple, 1 c. |
| Kiwi, 3 | Plums, 2 |

### Healthy Fats

1 Serving = approx. 45 calories and 5 g fat

Avocado, ¼ whole
Nuts, 6 almonds, 2 Brazil nuts, 8 peanuts, 4-6 pecan halves, 1 tbsp. pignolias (pine nuts), 10 to 12 pistachios, or 4 walnut halves
Oil, 1 tsp., (Canola, olive oil, avocado)
Seeds, 1 tbsp., (pumpkin (pepitas), sesame, or sunflower)
Olives, 8 to 10 small
<table>
<thead>
<tr>
<th>Milk/Soymilk/Yogurt</th>
<th>Alternative to milk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 Serving =</strong></td>
<td></td>
</tr>
<tr>
<td>Nonfat Milk, 1 c.</td>
<td>For those choosing to eliminate milk/soymilk or yogurt, consume:</td>
</tr>
<tr>
<td>Nonfat or Light Soymilk, 1 c.</td>
<td>1 serving grain/legume/starchy veg.</td>
</tr>
<tr>
<td>Yogurt (less than 120 calories, more than 10g. protein, and less than 10 g. sugar per serving)</td>
<td><strong>plus</strong></td>
</tr>
<tr>
<td></td>
<td>1 oz. lean protein to = 1 milk serving.</td>
</tr>
</tbody>
</table>
Sample Menu Option A
Sample Meal Times and Food Choices
(You do not have to eat according to the sample times, or the specific foods listed. These are to give you an idea of what a day of eating could look like. Just be sure to eat every three to four hours, including protein each time.)

| PHASE 1 (660 calories) | 6 a.m. – NutriMed  
9 a.m. – NutriMed  
12:30 p.m. – NutriMed, ½ c. raw snow peas, ½ c. raw cauliflower  
4 p.m. – NutriMed, 3 oz. chicken breast  
7:30 p.m. – NutriMed |
|---|---|
| 5 NutriMed™ supplements  
1 serving protein  
1 serving vegetables, cooked or raw |  |
| PHASE 2 (745 calories) | 6 a.m. – NutriMed  
9 a.m. – ¾ c. non-fat cottage cheese  
12:30 p.m. - 3 oz. cooked tuna, 8 olives, 1 c. cooked broccoli  
4 p.m. – NutriMed, ½ c. cooked butternut squash  
7:30 p.m. – NutriMed |
| 3 NutriMed supplements  
2 servings protein  
2 servings vegetables, cooked or raw  
1 serving whole grain/legume/or starchy vegetables  
1 serving fat |  |
| PHASE 3 (880 calories) | 6 a.m. – NutriMed, MV  
9 a.m. – 6 egg whites, ½ c. combo of sauteed onions, mushrooms and broccoli  
12:30 p.m. – 1 cup uncooked spinach, ½ c shredded carrot, ½ c. shredded beets, ½ avocado, fat-free dressing, apple, 100 cals whole grain crackers  
4 p.m. – 3 oz chicken breast, ½ c potato, ½ c. cooked cabbage, 1 tsp. olive oil  
7:30 p.m. – NutriMed |
| 2 NutriMed supplements  
2 servings protein  
4 servings vegetables, cooked or raw  
2 servings whole grain/legume/or starchy vegetables  
1 serving fruit  
2 servings fat  
Begin multiple vitamin and mineral supplement (MV) |  |
| PHASE 4 (1110 calories) | 6 a.m. – NutriMed, MV, 1 c. berries  
9 a.m. – ¾ c. nonfat cottage cheese with 1 c. pineapple  
12:30 p.m. – 2 c. romaine, 1 c. raw broccoli, ½ c. garbanzo beans, 1 tbsp. olive oil w/ balsamic vinegar  
4 p.m. – ½ c. butternut squash, 1 c. cooked chard, 3 oz. salmon  
7:30 p.m. – 1 c. nonfat Greek yogurt, 12 almonds |
| 1 NutriMed supplement  
3 servings protein  
5 servings vegetables, cooked or raw  
2 servings whole grain/legume/or starchy vegetables  
2 servings fruit  
3 servings fat  
1 serving milk/soy milk or yogurt  
Multiple vitamin and mineral supplement |  |
| FULL FOOD (1230-1460 calories) | 6 a.m. – ½ c. cooked quinoa w/ 1 c. nonfat milk, 1 small banana, MV  
9 a.m. - 6 egg whites, 1 c. combo of raw tomatoes, cucumber, pepperoncini’s, 1 c. romaine, ¼ avocado  
12:30 p.m. – 3 oz. veggie burger, 1 medium apple  
4 p.m. – 6 oz. tofu, 2 c. combo of sautéed onions, broccoli, purple cabbage and carrots  
7:30 p.m. – 1 c. berries, 8 peanuts |
| 0 NutriMed supplements  
4 servings protein  
5 + servings vegetables, cooked or raw  
2 to 3 servings whole grain/legume/or starchy vegetables  
2 to 3 servings fruit  
4 servings fat  
1 to 2 servings milk/soy milk or yogurt  
Multiple vitamin and mineral supplement |  |

Note: garbanzo beans count as a protein and a grain/starch/legume in this menu

Note: quinoa and veggie burger each count as a protein and a grain/starch/legume in this menu
**Sample Menu Option B**

**Sample Meal Times and Food Choices**

(You do not have to eat according to the sample times, or the specific foods listed. These are to give you an idea of what a day of eating could look like. Just be sure to eat every three to four hours, including protein each time.)

<table>
<thead>
<tr>
<th>PHASE 1 (660 calories)</th>
<th>8 a.m. – NutriMed</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 NutriMed™ supplements</td>
<td>Noon – 2 NutriMed</td>
</tr>
<tr>
<td>1 serving protein</td>
<td>3:30 p.m. – NutriMed</td>
</tr>
<tr>
<td>1 serving vegetables, cooked</td>
<td>6:30 p.m. – 3 oz chicken breast, ½ c. cooked green beans</td>
</tr>
<tr>
<td></td>
<td>10 p.m. – NutriMed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PHASE 2 (745 calories)</th>
<th>8 a.m. – NutriMed</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 NutriMed supplements</td>
<td>Noon – 3 oz. turkey breast, 1 c. salad w/1 tsp. olive oil</td>
</tr>
<tr>
<td>2 servings protein</td>
<td>3:30 p.m. – NutriMed</td>
</tr>
<tr>
<td>2 servings vegetables, cooked or raw</td>
<td>6:30 p.m. – 3 oz. veggie burger, ½ c. cooked winter squash, ½ c. cooked snowpeas</td>
</tr>
<tr>
<td>1 serving whole grain/legume/or starchy vegetables</td>
<td>10 p.m. – NutriMed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PHASE 3 (880 calories)</th>
<th>8 a.m. – NutriMed, MV, 1 c. berries</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 NutriMed supplements</td>
<td>Noon – 3 oz. veggie burger, 100 calorie whole wheat bun, 2 c. salad: leafy greens, cucumber, tomatoes, bell peppers w/fat-free dressing</td>
</tr>
<tr>
<td>3 servings protein</td>
<td>3:30 p.m. – 1 c berries, 6 almonds</td>
</tr>
<tr>
<td>4 servings vegetables, cooked or raw</td>
<td>6:30 p.m. – 3 oz. grilled fish, 1 c. cooked zucchini, onions and mushrooms, ½ c. brown rice, ¼ avocado</td>
</tr>
<tr>
<td>2 servings whole grain/legume/or starchy vegetables</td>
<td>10 p.m. – NutriMed</td>
</tr>
<tr>
<td>1 serving fruit</td>
<td>Begin multiple vitamin and mineral supplement (MV)</td>
</tr>
<tr>
<td>2 servings fat</td>
<td>MV</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PHASE 4 (1110 calories)</th>
<th>8 a.m. – 6 egg white omelet w/ 1 c. sautéed mushrooms, onions, and spinach, 1 small whole wheat tortilla, MV, 1 small banana</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 egg white omelet w/ 1 c. sautéed mushrooms, onions, and spinach, 1 small whole wheat tortilla</td>
<td>Noon – 3 oz. tuna, 1 slice whole grain bread, 1 c. celery and carrots</td>
</tr>
<tr>
<td>1 small whole wheat tortilla</td>
<td>3:30 p.m. – 1 orange, 12 almonds, 1 c. nonfat Greek yogurt</td>
</tr>
<tr>
<td>MV, 1 small banana</td>
<td>6:30 p.m. – 3 oz. grilled chicken, 1 c. steamed broccoli, 1 Tbsp. olive oil</td>
</tr>
<tr>
<td>10 p.m. – NutriMed</td>
<td>Note: kidney beans count as a protein and a grain/starch/legume in this menu</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FULL FOOD (1230-1460 calories)</th>
<th>8 a.m. – 1 c. berries, ½ c. oatmeal, 1 c. light soymilk, MV</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 NutriMed supplements</td>
<td>Noon – salad w/ ½ c. kidney beans, 2 c. leafy greens, 1 c. mixed raw veggies, ¼ avocado w/fat-free dressing</td>
</tr>
<tr>
<td>4 servings protein</td>
<td>3:30 p.m. – 8 walnut halves, 1 medium apple, 1 c. nonfat Greek yogurt</td>
</tr>
<tr>
<td>5 + servings vegetables, cooked or raw</td>
<td>6:30 p.m. – 3 oz. salmon, ½ c. cooked zucchini, ½ c. cooked cauliflower, ½ c. winter squash,</td>
</tr>
<tr>
<td>2 to 3 servings whole grain/legume/or starchy vegetables</td>
<td>10 p.m. – ¾ c. nonfat cottage cheese with grilled tomatoes and/or peppers</td>
</tr>
<tr>
<td>2-3 servings fruit</td>
<td>Note: kidney beans count as a protein and a grain/starch/legume in this menu</td>
</tr>
<tr>
<td>4 servings fat</td>
<td>MV</td>
</tr>
<tr>
<td>1-2 servings milk/soy milk or yogurt</td>
<td>MV</td>
</tr>
<tr>
<td>Multiple vitamin and mineral supplement</td>
<td>MV</td>
</tr>
</tbody>
</table>

**Note:** kidney beans count as a protein and a grain/starch/legume in this menu.
### PROGRESSIVE FOOD ENCOUNTER OPTIFAST™ 800 SUPPLEMENT EATING PLAN

See **PROGRESSIVE FOOD ENCOUNTER Lists of Foods and Servings** to plan your eating regimen.

To complete the transition to full food over four weeks, participants will need 84 OPTIFAST 800 supplements.

<table>
<thead>
<tr>
<th>Product and Food Group</th>
<th>Phase 1 (or week 1)</th>
<th>Phase 2 (or week 2)</th>
<th>Phase 3 (or week 3)</th>
<th>Phase 4 (or week 4)</th>
<th>Full Food/Maintenance</th>
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<tbody>
<tr>
<td>OPTIFAST 800</td>
<td>5</td>
<td>4</td>
<td>2</td>
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<tr>
<td>Proteins: Lean and Vegetarian</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td>3</td>
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</tr>
<tr>
<td>Vegetables</td>
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<td>Grains/Legumes/Starchy Vegetables</td>
<td>0</td>
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<td>1</td>
<td>2</td>
<td>2-3</td>
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<tr>
<td>Fruits</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>2-3</td>
</tr>
<tr>
<td>Healthy Fats</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Milk/Soy Milk/Yogurt</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>1-2</td>
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<td>✓</td>
<td>✓</td>
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<tr>
<td>Calories</td>
<td>960</td>
<td>1010</td>
<td>1085</td>
<td>1170</td>
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### PROGRESSIVE FOOD ENCOUNTER OPTIFAST™ HP SUPPLEMENT EATING PLAN

See **PROGRESSIVE FOOD ENCOUNTER Lists of Foods and Servings** to plan your eating regimen.

To complete the transition to full food over four weeks, participants will need 56 OPTIFAST HP supplements.

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<td>4+</td>
<td>5+</td>
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<td>2</td>
<td>2-3</td>
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<tr>
<td>Fruits</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>2</td>
<td>2-3</td>
</tr>
<tr>
<td>Healthy Fats</td>
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<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Milk/Soy Milk/Yogurt</td>
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<td>1</td>
<td>1</td>
<td>1</td>
<td>1-2</td>
</tr>
<tr>
<td>Multi Vit/Min Supp.</td>
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<td>✓</td>
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<td>910</td>
<td>1150</td>
<td>1240</td>
<td>1230-1460</td>
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</table>
IF YOU NEED TO ADVANCE TO FULL FOOD FASTER
See PROGRESSIVE FOOD ENCOUNTER Lists of Foods and Servings
to plan your eating regimen.

This plan is ONLY for individuals on NutriMed™ who for medical or other reasons require a higher calorie level sooner.

<table>
<thead>
<tr>
<th>Product and Food Group</th>
<th>Day 1-5</th>
<th>Day 6-10</th>
<th>Day 11-14</th>
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<tr>
<td>NutriMed</td>
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<tr>
<td>Proteins: Lean and Vegetarian</td>
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<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>Healthy Fats</td>
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<td>4</td>
</tr>
<tr>
<td>Milk/Soy Milk/Yogurt</td>
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<td>0</td>
<td>1</td>
<td>1-2</td>
</tr>
<tr>
<td>Multi Vit/Min Supp.</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
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</tr>
<tr>
<td>Calories</td>
<td>745</td>
<td>880</td>
<td>1110</td>
<td>1230-1460</td>
</tr>
</tbody>
</table>
### Sample Food Record

#### PFE PHASE 1 for NUTRIMED™

(660 calories)

| Time:          | Breakfast –  
|----------------|----------------- 
|                | Snack –         
|                | Lunch –         
|                | Snack –         
|                | Dinner –        

| 5 NutriMed supplements | ☐☐☐☐☐       
| 1 serving protein      | ☐             
| 1 serving vegetables, cooked or raw | ☐     
| 8 servings of fluids/water (1 svg = 8 ounces) | ☐☐☐☐☐       

| Time:          | Breakfast –  
|----------------|----------------- 
|                | Snack –         
|                | Lunch –         
|                | Snack –         
|                | Dinner –        

| 5 NutriMed supplements | ☐☐☐☐☐       
| 1 serving protein      | ☐             
| 1 serving vegetables, cooked or raw | ☐     
| 8 servings of fluids/water (1 svg = 8 ounces) | ☐☐☐☐☐       

| Time:          | Breakfast –  
|----------------|----------------- 
|                | Snack –         
|                | Lunch –         
|                | Snack –         
|                | Dinner –        

| 5 NutriMed supplements | ☐☐☐☐☐       
| 1 serving protein      | ☐             
| 1 serving vegetables, cooked or raw | ☐     
| 8 servings of fluids/water (1 svg = 8 ounces) | ☐☐☐☐☐       

| Time:          | Breakfast –  
|----------------|----------------- 
|                | Snack –         
|                | Lunch –         
|                | Snack –         
|                | Dinner –        

| 5 NutriMed supplements | ☐☐☐☐☐       
| 1 serving protein      | ☐             
| 1 serving vegetables, cooked or raw | ☐     
| 8 servings of fluids/water (1 svg = 8 ounces) | ☐☐☐☐☐       

©2019 Kaiser Permanente. All rights reserved SCPMG Positive Choice Integrative Wellness Center, San Diego
<table>
<thead>
<tr>
<th>Time</th>
<th>Breakfast</th>
<th>Snack</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
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<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>1 serving protein</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>1 serving vegetables, cooked or raw</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>8 servings of fluids/water (1 svg = 8 ounces)</td>
<td>☒ ☐ ☐ ☐ ☐</td>
<td>☐</td>
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### Sample Food Record

**PFE PHASE 2 for NUTRIMED™**
(745 calories)

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<td></td>
<td>Snack –</td>
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<tr>
<td></td>
<td>Lunch –</td>
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<tr>
<td></td>
<td>Snack –</td>
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<tr>
<td></td>
<td>Dinner –</td>
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<table>
<thead>
<tr>
<th>3 NutriMed supplements</th>
<th>☐☐☐</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 servings protein</td>
<td>☐</td>
</tr>
<tr>
<td>2 servings vegetables, cooked or raw</td>
<td>☐</td>
</tr>
<tr>
<td>1 serving whole grain/legume/starchy veg</td>
<td>☐</td>
</tr>
<tr>
<td>1 serving fat</td>
<td>☐</td>
</tr>
<tr>
<td>8 servings fluids/water (1 svg = 8 ounces)</td>
<td>☐☐☐</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Time:</th>
<th>Breakfast –</th>
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<tbody>
<tr>
<td></td>
<td>Snack –</td>
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<tr>
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<thead>
<tr>
<th>3 NutriMed supplements</th>
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</thead>
<tbody>
<tr>
<td>2 servings protein</td>
<td>☐</td>
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<tr>
<td>2 servings vegetables, cooked or raw</td>
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<tr>
<td>1 serving whole grain/legume/starchy veg</td>
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</tr>
<tr>
<td>1 serving fat</td>
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<td></td>
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<tr>
<td>1 serving whole grain/legume/starchy veg</td>
<td>☐</td>
</tr>
<tr>
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<tr>
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<th>Breakfast –</th>
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<td></td>
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<td></td>
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<tr>
<td>2 servings protein</td>
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<tr>
<td>2 servings vegetables, cooked or raw</td>
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<tr>
<td>1 serving whole grain/legume/starchy veg</td>
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<tr>
<td>1 serving fat</td>
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<tr>
<td>8 servings fluids/water (1 svg = 8 ounces)</td>
<td>☐☐☐</td>
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<tr>
<td>Time:</td>
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<td>1 serving fat</td>
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<th>Time:</th>
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<th>Lunch –</th>
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<td>1 serving whole grain/legume/starchy veg</td>
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<th>Snack –</th>
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Sample Food Record

### PFE PHASE 3 for NUTRIMED™

*(880 calories)*

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<td>2 servings protein</td>
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<td>Lunch –</td>
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<tr>
<td>2 servings whole grain/legume/starchy veg</td>
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<td>Snack –</td>
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<tr>
<td>1 serving fruit</td>
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<td>Dinner –</td>
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<tr>
<td>2 servings fat</td>
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<td>Breakfast –</td>
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<tr>
<td>8 servings of fluids/water (1 svg = 8 ounces)</td>
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<td>Snack –</td>
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<td>Dinner –</td>
</tr>
<tr>
<td>☐☐</td>
<td>Breakfast –</td>
<td></td>
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<tr>
<td>☐☐</td>
<td>Snack –</td>
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</tr>
<tr>
<td>☐☐☐☐</td>
<td>Lunch –</td>
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<tr>
<td>☐☐☐☐</td>
<td>Snack –</td>
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<tr>
<td>☐☐☐☐</td>
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<td>☐☐</td>
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<td>☐☐☐☐</td>
<td>Dinner –</td>
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<tr>
<td>☐☐</td>
<td>Breakfast –</td>
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<td>☐☐</td>
<td>Snack –</td>
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<tr>
<td>☐☐☐☐</td>
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<td>Snack –</td>
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<tr>
<td>☐☐☐☐</td>
<td>Dinner –</td>
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<tr>
<td>Time:</td>
<td>Breakfast –</td>
<td>Snack –</td>
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<tr>
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<tr>
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<td>2 servings protein ☐☐</td>
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<td>4 servings vegetables, cooked or raw ☐☐☐☐</td>
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<tr>
<td></td>
<td>2 servings whole grain/legume/starchy veg ☐☐</td>
<td>☐☐</td>
</tr>
<tr>
<td></td>
<td>1 serving fruit ☐</td>
<td>☐</td>
</tr>
<tr>
<td></td>
<td>2 servings fat ☐☐</td>
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<tr>
<td></td>
<td>8 servings of fluids/water (1 svg = 8 ounces) ☐☐☐☐</td>
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<tr>
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## Sample Food Record

### PFE PHASE 4 for NUTRIMED™

(1110 calories)

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<tr>
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<tr>
<td>2 servings whole grain/legume/starchy veg</td>
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<tr>
<td>2 servings fruit</td>
<td>☐☐</td>
</tr>
<tr>
<td>3 servings fat</td>
<td>☐☐☐</td>
</tr>
<tr>
<td>1 serving milk/soy milk or yogurt</td>
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</tr>
<tr>
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<tr>
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**Time:**
- Breakfast –
- Snack –
- Lunch –
- Snack –
- Dinner –

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- Dinner –

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- Snack –
- Dinner –
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| 5 servings vegetables, cooked or raw |                |                |
| 2 servings whole grain/legume/starchy veg |                |                |
| 2 servings fruit |                |                |
| 3 servings fat |                |                |
| 1 serving milk/soy milk or yogurt |                |                |
| 8 servings of fluids/water (1 svg = 8 ounces) |                |                |

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| 1 NutriMed supplement |                |                |
| 3 servings protein |                |                |
| 5 servings vegetables, cooked or raw |                |                |
| 2 servings whole grain/legume/starchy veg |                |                |
| 2 servings fruit |                |                |
| 3 servings fat |                |                |
| 1 serving milk/soy milk or yogurt |                |                |
| 8 servings of fluids/water (1 svg = 8 ounces) |                |                |

| Multivitamin and mineral supp. (MV) |                |                |
### Sample Food Record

#### PFE PHASE 5 FULL FOOD for NUTRIMED™

(1230-1460 calories)

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<tr>
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<tr>
<td></td>
<td>2 to 3 svgs whole grain/legume/starchy veg</td>
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<td>□☐☐☐☐</td>
<td>□☐☐☐☐</td>
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<td></td>
<td>2 to 3 svgs fruit</td>
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<td>1 to 2 svgs milk/soy milk or yogurt</td>
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<td>8 servings of fluids/water (1 svg = 8 ounces)</td>
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<td>2 to 3 svgs fruit</td>
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<td>4 svgs fat</td>
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<td>1 to 2 svgs milk/soy milk or yogurt</td>
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<td>2–3 svgs whole grain/legume/starchy veg</td>
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<tr>
<th>Breakdown</th>
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<tr>
<td>Lunch</td>
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#### NutriMed supplements
- 4 svgs protein
- 5 + svgs vegetables, cooked or raw
- 2–3 svgs whole grain/legume/starchy veg
- 2–3 svgs fruit
- 4 svgs fat
- 1–2 svgs milk/soy milk or yogurt
- 8 servings of fluids/water (1 svg = 8 ounces)
- Multivitamin and mineral supp. (MV)
LOOKING OUT

Table of Contents

What Happens When This Group Ends? .......................................................... H-1
San Diego County Information ........................................................................ H-2
Book References ................................................................................................ H-5
WHAT HAPPENS WHEN THIS GROUP ENDS?

At Positive Choice we allow everyone the amount of time they need to lose weight. That means that each individual will be ready for his/her next stage of weight loss or maintenance at different times. After session twenty, the group you are now attending will end. Even though the group you have been with for many weeks will come to an end, support through the clinic does not. Below are some of the options that your counselor will be discussing with you. Take a moment to read through them. Once you have decided what is right for you, your counselor will assist you in making the transfer. Congratulations.

Continuing Weight Loss in a Weight Loss Group
Many people choose to continue into a new weight loss group that has new people just beginning their weight loss efforts. Your counselor will be giving you the days and times of the new classes opening up. It is very likely that you will be able to continue with your same counselor or you may choose a different counselor who has expertise in a different area. Individuals who are continuing into a new group will only attend the group for as many weeks as needed to accomplish their goal. Once you reach your goal, and are on full food, you are ready for the Maintenance Program.

Continuing Weight Loss in a Solutions or BLAST Group
You may not want to join another group with people who are just starting out with weight loss. Instead you have the option to continue on the meal replacement supplement while participating in a Solutions or BLAST group. After completing one of these groups, you may continue in that group or transfer to the Maintenance Group. Your counselor can tell you when the next available group begins. BLAST features ongoing enrollment and may be entered and exited at any time.

Maintenance
Once you have reached your desired weight and have completely phased off the supplement, you are ready for the Maintenance Program. The initial 8-week Maintenance Program focuses on food and nutrition skills, exercise, and behavior modification. Group support and discussion is encouraged. Your current counselor can help you sign-up for a maintenance group. Earned Booster classes will complete your first year of Maintenance.
SAN DIEGO COUNTY INFORMATION

Conventions and Visitors Bureau: (619) 232-3101
United Way Community Resource Line: Call INFOLINE (619) 230-0997
No. County Coastal (760) 943-0997
No. County Inland (760) 740-0997
Outlying Areas (800) 227-0997

MILITARY

Marine Family Service Center
Camp Pendleton: (760) 725-5361
Marine Corps Air Station Miramar: (858) 577-4099
Marine Corps Recruit Depot: (619) 524-5728

Navy Family Service Center
32nd Street: (619) 556-7404
Naval Submarine Base: (619) 553-7505
North Island: (619) 545-6071

TRANSPORTATION

Transportation Services
Red Cross Transportation Information (800) 921-9664
City and County
Dial a Ride (619) 460-9611
La Mesa and El Cajon
Chula Vista/Handytrans: (619) 691-5260

Rural Bus System
Northeast Route: (760) 767-4287
Southeast Route: (619) 478-5875
Ride Link: (619) 237-7665

San Diego Transit
Greater San Diego: (619) 233-3004
North Coastal: (760) 722-6283
North Inland: (760) 743-6283
Wheels (American Red Cross): (800) 921-9664
Visitor Information Center: (619) 276-8200

OTHER SERVICES

Abuse/Violence
Adult Protective Services (800) 510-2020
Battered Women’s Service (619) 234-3164
Battered Women’s Program (760) 753-1156
Center for Community Solutions (888) 272-1767
Child Protective Services (800) 344-6000
Children’s Hospital Center for Child Protection (858) 576-5803
Crime Victims’ Hotline (619) 688-9200
Domestic Violence Referral Hotline (888) 305-7233
Elder Abuse Reporting Line (800) 510-2020
Counseling/Mental Health Support Groups
Access Center for the Disabled (619) 293-3500
Catholic Charities (619) 231-2828
Center for Women’s Studies and Services (888) 272-1767
Children’s Hospital Outpatient Psychiatry (858) 576-5832
Compassionate Friends of San Diego (619) 583-1555
Crime Victims Crisis Line (858) 272-1767
Depression (800) 421-4211
Door of Hope (unwed pregnant teens) (858) 279-1100
Empty Cradle (families who lost an infant) (619) 595-3887
EYE Counseling and Crisis Services (760) 747-6281
Family Services (858) 279-0400
Incest Survivors Anonymous (858) 541-0558
Lesbian and Gay Men’s Center (619) 260-6380
Parents United (Sexual Abuse/Safe Pass) (619) 691-1331
Rape Crisis (858) 272-1767
 Survivors of Suicide (619) 482-0297

Domestic Violence/Sexual Assault
Casa De Paz (Battered Women) YWCA: (619) 234-3164
Casa De Amparo (North County): (760) 754-5500
Center for Community Solutions: (858) 272-1767
EYE/Hidden Valley House: (760) 747-6281
Women’s Resource Center (North County): (760) 757-3500
YMCA Domestic Violence Hotline: (888) 305-7233

Sleeping Disorders www.sleepfoundation.org

Smokers Helpline:
English: (800) 766-2888
Spanish: (800) 456-6386
Chinese: (800) 400-0866
Korean: (800) 556-5564
Vietnamese: (800) 778-8440
TDD: (800) 933-4833

Substance Abuse
Alcoholics Anonymous: (619) 265-8762
Alcoholics Anonymous (North County): (760) 758-2514
McAlister Institute of Treatment and Education: (619) 440-4801
McAlister Institute of Treatment and Education (North County): (760) 721-2781
Narcotics Anonymous: (619) 584-1007 or (800) 479-0062
Smokenders: (858) 455-5321
**Substance Abuse/Recovery**

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<td>(619) 221-6550</td>
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<td>AA</td>
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<tr>
<td>Cocaine Anonymous</td>
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<td>Codependents Anonymous</td>
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<tr>
<td>Stepping Stones (for lesbians and gay men)</td>
<td>(619) 584-4010</td>
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**Volunteers of America Detox:**

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<td>Pathfinders of San Diego</td>
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</tr>
</tbody>
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