Medical Weight Management

Full/Modified Meal Replacement Program

Welcome

We will begin promptly.

What you'll need for class today…

Something to write with and paper to write on.

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER | thrive SAN DIEGO, CA

Session #14:

Family Messages

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Mindful Minute

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Check-In

- Successes/Wins?
- Challenges/Struggles?
- Questions?

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“Sticking to rules just because they're there does not make them right. You need to learn when the rules should be broken.”
Ilsa J. Bick

“The number one rule in life is to set and live up to your own standards.”
Clyde Lee Dennis

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Messages to Beliefs

DIRECT/INDIRECT MESSAGE → INTERPRETED MESSAGE → BELIEF

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Family Rules and Messages

The way we think about ourselves, the world, and what is happening around us is a result of different messages and experiences we received while growing up.

Types of Messages

DIRECT	INDIRECT
spoken to us	unspoken; modeled through behaviors or expressions that we interpreted meaning from

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Messages to Beliefs

- From direct and indirect messages, we interpret an underlying message about ourselves and how we relate to others.
- Messages repeated over time begin to form our core belief system. It becomes the lens through which we view or interpret what we experience today.
- These core beliefs directly influence our attitudes, choices, and behaviors throughout life.

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Group Exercise

- One positive message I received growing up is…
- One negative message I received growing up is…

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Group Exercise

For the negative message you identified above, explore the underlying meaning it had for you and what belief it created.

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Messages to Beliefs

Punished for “B” grade or 2nd place in sports. Called “an embarrassment”

I need to be perfect to be loved; I’m responsible for others’ emotions

Love is earned; I’m not worthy of unconditional love

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Example Continued

How has the belief affected you as an adult?

- Pattern of unhappy, unsuccessful relationships
- Lack of setting boundaries, poor communication skills
- Low sense of self-worth
- Intense need to be in-control

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- In what circumstances does your negative belief pop-up for you currently?
- How do these messages and beliefs affect your weight/eating behaviors today?

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The good news is…

- We can create our own rules and messages that we would like to live our life by.

- Just as repetition of negative messages became negative beliefs, repetition of positive thoughts and messages can become positive beliefs!

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Something to think about…

A new message I would like to live my life by is…

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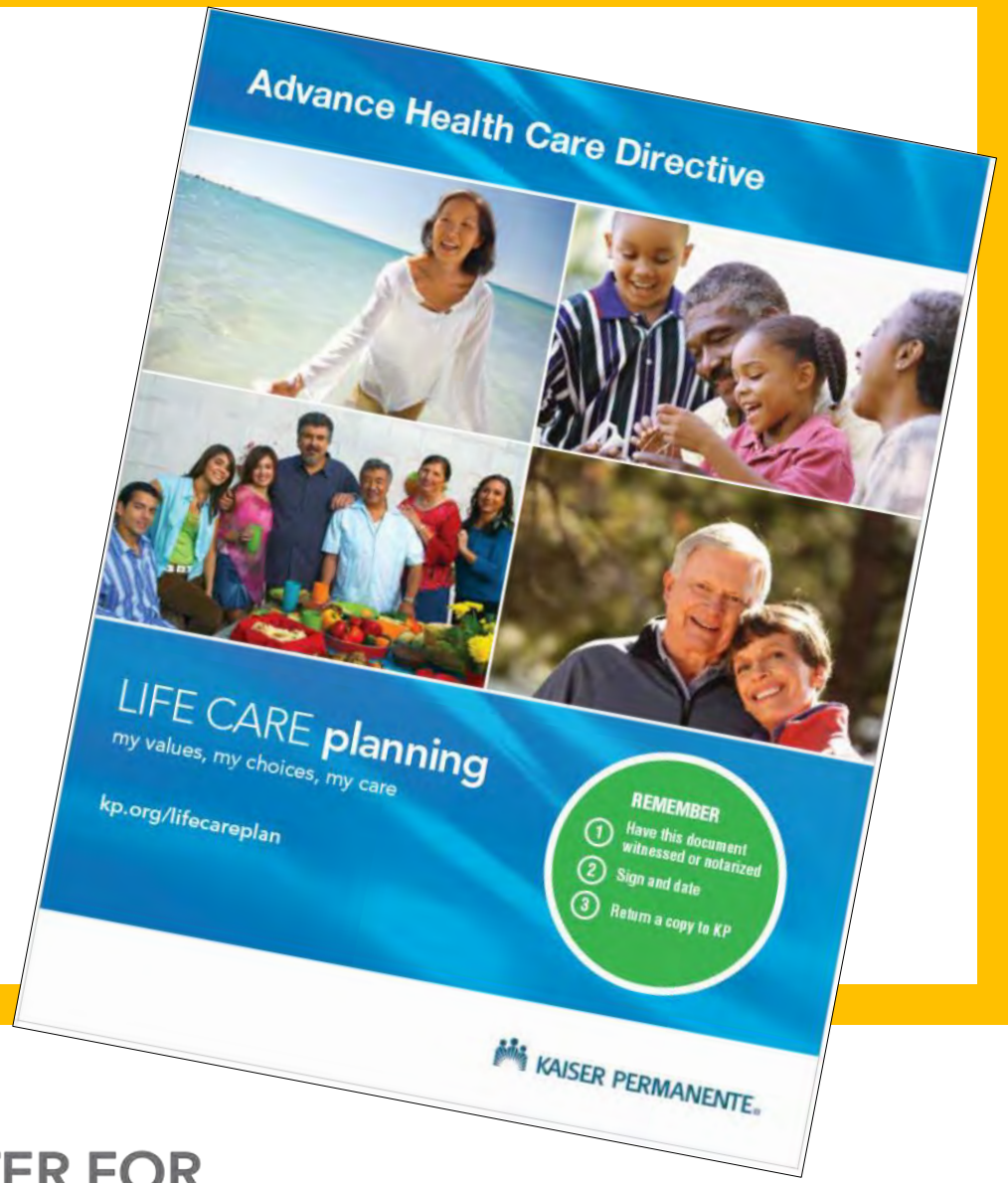
Discover Life Care Planning

- Capture your values and treatment preferences in an *Advanced Health Care Directive*.
- Get help making your *Advanced Care Directive* become part of your medical record.
- Learn the four key qualities you should look for when choosing your health care decision maker.
- Get tips on how to start the conversation when asking someone to be your chosen health care decision maker and how to discuss your preferences, so that he/she can advocate for you if you are unable to communicate.



Learn more at kp.org/lifecareplan

Schedule a Life Care Planning Workshop

619-641-4194

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