

## Online Classroom Reminders

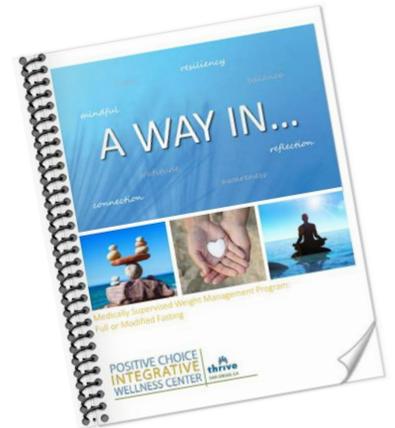
- Please have yourself on mute when you are not speaking.
- If you would like to share or ask a question, use the chat box or raise your hand then unmute yourself.
- If connection is lost on my end, please give me about 15 minutes to reboot my router. If it takes longer than 15 minutes for me to return, that means there is an issue with the internet service in the area. We will resume class next week.
- Ensure that you are in a private room, by yourself to ensure the privacy of your classmates. If you are unable to be in a room away from others use headphones.
- Remember that everything discussed in class is confidential. No recording.



# 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 your "A Way In"  
Guidebook (or a piece of paper to write on)



## Session #8: Choices and Taking Responsibility



# Mindful Minute

# Check-In

Successes/Wins?

Challenges/Struggles?

Questions?



“The only reality you have to stay stuck in is the reality you choose to stay stuck in.” -Unknown



# Story Time!



As I read the following two short stories, make a note about why the main character of each makes the choices that they do.

- Polar Bear Story
- Pot Roast Story

# Character Choices

## Polar Bear Story

- Comfort Zones
- Autopilot
- Going along with behaviors just because we are accustomed to them



## Pot Roast Story

- Hanging onto certain behaviors although they are no longer useful
- Never questioning behaviors as helpful or hurtful



Which story or character could you personally relate to most and why?

How do the stories relate to your eating habits?



# What does it mean to take responsibility for my behaviors?

Learning what drives my choices (as the stories highlight).

Taking responsibility for my behaviors in a way that better supports my health.

Most of life is outside of my control, but I can always take control of how I respond to a situation.

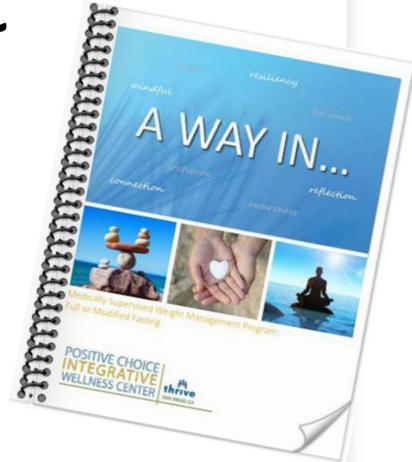
- Your past experiences play a large role in determining how you react in a situation.
- If you want to change how you react (your behaviors) to get a different outcome,
- you need to learn more about why you do what you do and...
- take responsibility for things that maybe have become automatic.



# Assessing My Reality Worksheet

- *In you're a Way In* Workbook look under Session #8 For the My Reality Worksheet

- For steps 1 and 2, write down five things in your life that you like and five things in your life that you dislike.



# Assessing My Reality Worksheet

- **Step 3:** Circle one thing from **each list** that creates the greatest challenge for you in terms of managing your weight.
- **Step 4:** With your breakout group, share how the circled items from steps 1 and 2 impacts your ability to manage your weight.

# Brainstorming Alternative Choices

- Now, turn to book
- Write down ideas for alternatives to eating in response to the item circled in step 1.
- Write down ideas for ways of changing the item circled in step 2 so that your weight efforts are better supported.
- Raise your hand if you'd like help brainstorming alternative ideas!

# Assessing My Reality Worksheet

- **Step 5:** Choose one idea and write down one small change or step you are committed to making for yourself this week.



Reminder!

Making choices that creates an identity that feels good will take practice.  
Don't give up on yourself!

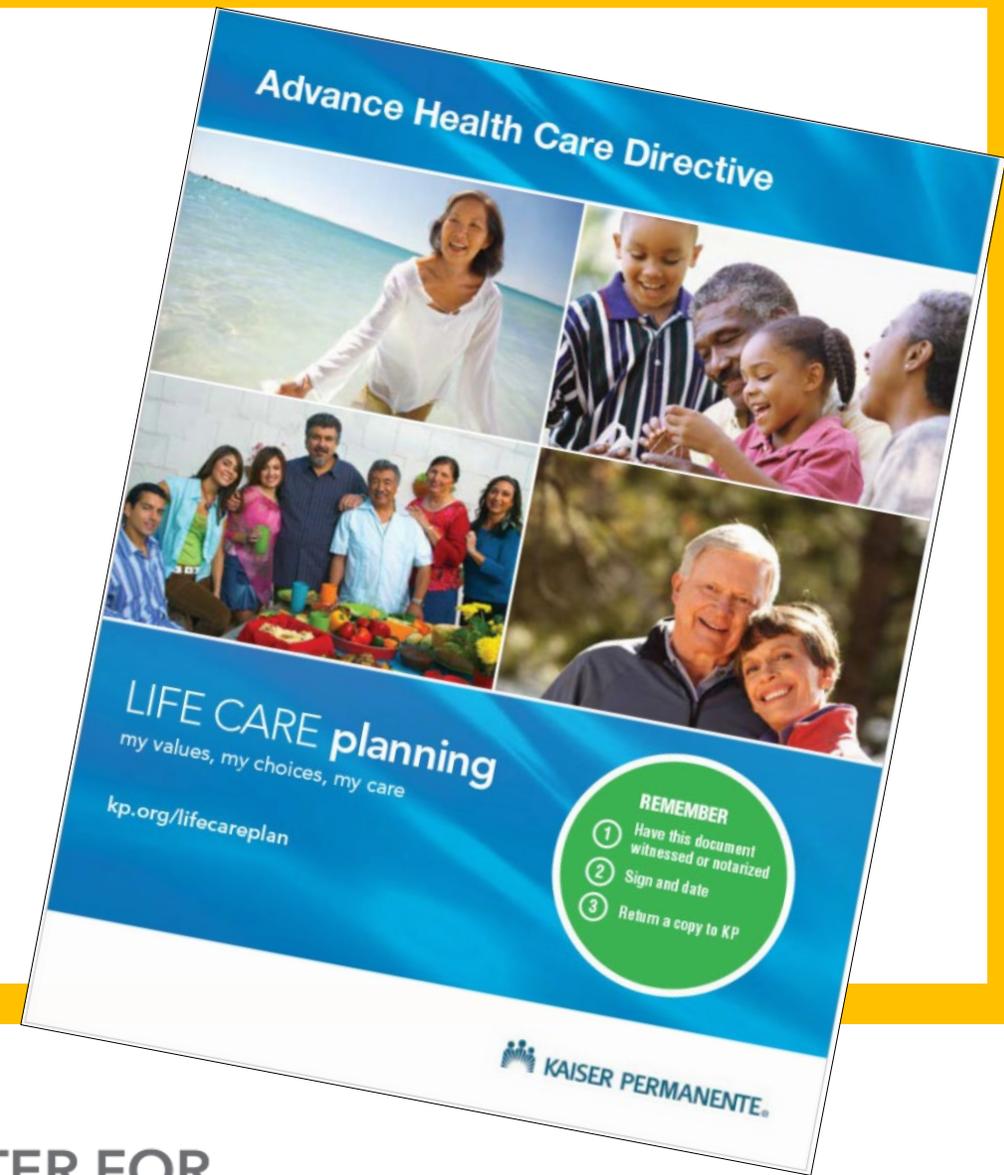
Something to  
think about...

One small behavior  
change I will commit to  
making for myself this  
week is...



# 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](https://kp.org/lifecareplan)

Schedule a *Life Care Planning Workshop*

**619-641-4194**



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HEALTHY LIVING**

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# Advanced Directive Video Coming This Week!

In this video you will learn about the importance of filling out an advanced directive so your loved ones will know your wishes in the event that something happens to you.

Empower yourself and your loved ones by filling out this critical document! We'll discuss the experience of filling out this document next week.



# Questions?