

## Mindset Matters Most

## Fun Exercise #4-Weight Cycling Check-In

**Ask Yourself:** What do I think about the idea that maintaining weight could be more healthful than weight gain or loss?

What emotions come up?

- Anger
- Disbelief
- Discouragement
- Curiosity
- Excitement
- Confusion
- Grief

When you notice an emotion, look for the thoughts that create that emotion. **Why** do you think you feel the way you do? Be curious and compassionate here, there are no wrong answers.

Can you gently challenge or reframe your thoughts.

- Are they true or accurate, any or all the time?
- What else could be true?

**Reframe some of your thoughts.** Use your “buts, thoughts and yets”. Here are a couple examples:

- Even though I feel discouraged by this yo-yo dieting effect, I know that if I focus on really taking good care of myself, my weight and my health will be at their best!
- I may want my body to look differently, BUT I understand better now that “It’s about the well-being, not the weight”.
- It makes me angry that the body wants to defend its current weight, BUT I feel good remembering that my body is always working for my best, for my survival.

Practice YOUR Reframes here: Watch for opportunities to USE them when you are AWARE of being in a negative mindset. Have some fun with it!