

Session 12: The Slippery Slope of Lifestyle Change.



Changes you've made to be more active:

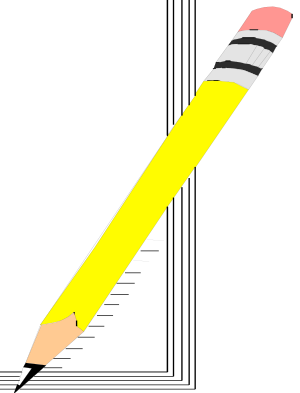


Changes you've made to eat less fat (and fewer calories):

Have you reached your weight goal? Yes No

Have you reached your activity goal? Yes No

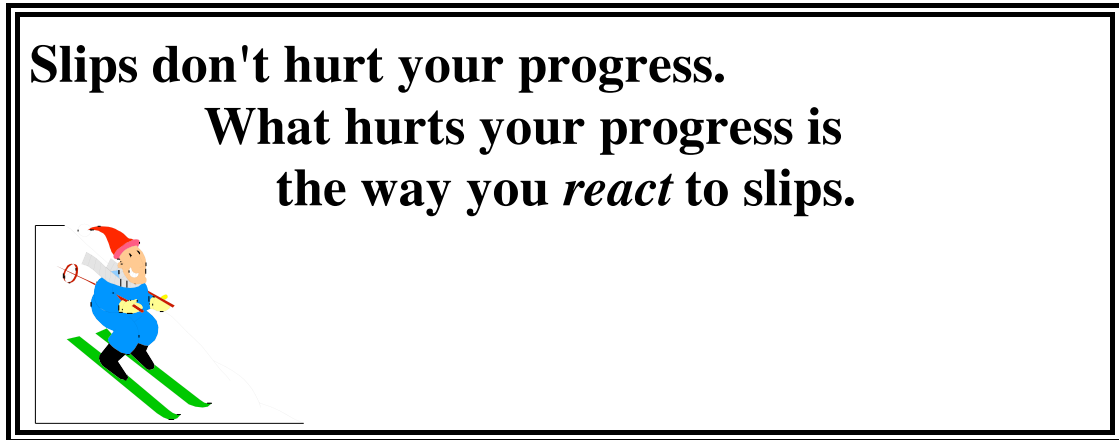
If not, what will you do to improve your progress?



The Slippery Slope of Lifestyle Change.

“Slips” are:

- Times when you don't follow your plans for healthy eating or being active.
- A **normal** part of lifestyle change.
- To be expected.



What things cause you to slip from healthy eating?



What things cause you to slip from being active?

What causes you to slip is learned. It is a **habit**.
The way you react to slips is also a habit.

**You can learn a new way to react to slips
to get back on your feet again.**

What to do after a slip:

First, remember two things:

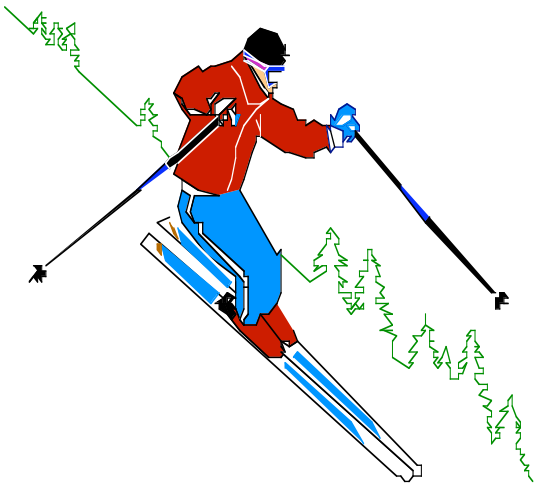
→ **Slips are normal and to be expected.**

99.99% of all people on their way to losing weight and being more active have slips.

→ **No one time of eating too much or not being active, no matter how extreme, will ruin everything.**

The slip is not the problem. The problem occurs if you don't get back on your feet again and keep going toward your goals.

So after you slip:



1. Talk back to negative thoughts with positive thoughts.

Negative thoughts can be your worst enemy. Talk back. "I'm not a failure because I've slipped. I can get back on my feet again."

2. Ask yourself what happened.

Learn from the slip. Can you avoid it in the future? Manage it better?

3. Regain control the very next time you can.

Do **not** tell yourself, "Well, I blew it for the day." Make your very next meal a healthy one. Get back on schedule with your activity plan right away.

4. Talk to someone supportive.

Talk with a family member or call a friend. Discuss your new strategy for handling slips. Commit yourself to renewed effort.



5. Focus on all the positive changes you've made.

You are making life-long changes. Slips are just one part of the process.



Slips from healthy eating:

Describe one thing that has caused you to slip from healthy eating:

Can you avoid it in the future? If so, how?

If not, make a plan for how _____ to get back on your feet the next time you slip:

**Problems
can be solved.**

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:	I will handle them by:
_____	_____
_____	_____
_____	_____

I will do this to make my success more likely:

How can we help you?



Slips from being active:

Describe one thing that has caused you to slip from being active:

Can you avoid it in the future? If so, how?

If not, make a plan for how to get back on your feet the next time you slip:

**Problems
can be solved.**

I will: _____

When? _____

I will do this first: _____

Roadblocks that might come up:	I will handle them by:
_____	_____
_____	_____
_____	_____

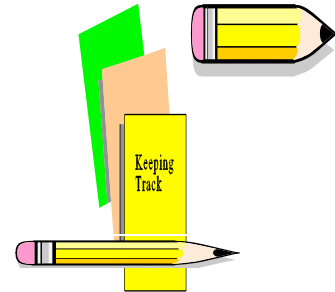
I will do this to make my success more likely:

How can we help you?

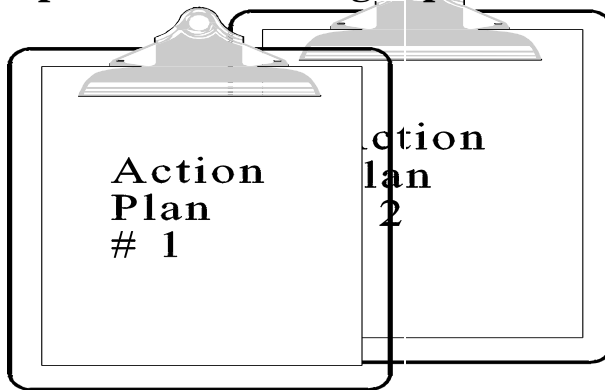
 **To do next week:**

I will:

- Keep track of my weight, eating and activity.**



- Try my two action plans for handling slips.**



- Answer these questions:**

➔ Did my action plans work? _____

➔ If not, what went wrong? _____

➔ What could I do differently next time? _____