



Group Session 13

Key Behavioral Strategies	<ul style="list-style-type: none"> ■ Cognitive methods ■ Identifying negative triggers ■ Problem solving
Participant Behavioral Strategies	<p>Before the next group session, the participants will:</p> <ul style="list-style-type: none"> ■ Practice positive self-talk ■ Repeat affirmations to themselves during difficult or challenging times
Process Objectives & Session Content	<ul style="list-style-type: none"> ■ Recognize that everyone has negative thoughts and be able to identify examples of them ■ Learn how to stop negative thoughts and replace them with positive ones ■ Explore negative emotional states and discuss how negative emotions may disrupt efforts to maintain a healthy diet and regular physical activity ■ Learn to identify distortions present in negative thoughts ■ Develop affirmations to say to themselves during the difficult times
Handouts	<ul style="list-style-type: none"> ■ What is Ms. Jones Thinking? ■ Think Again ■ Practice, Practice, Practice (includes I Am Great tips at bottom of page) ■ My Action Plan for the Week ■ Food and Fitness Diary (FFD) ■ New Leaf Module Handouts: " Thoughts, Feelings, And Weight: Break the Cycle" and "Negative Thoughts"
Topics/Agenda (2 hours)	<p>CHECK-IN ~30 MINUTES</p> <p>TRY IT! DISCUSSION/ACTIVITIES ~40 MINUTES</p> <ul style="list-style-type: none"> Negative thoughts Negative emotional states <p>TASTE IT! ~30 MINUTES</p> <p>NEXT STEPS ~20 MINUTES</p>



I. Check-In

- Importance of support systems

~ 30 minutes

■ **Check- In**

- Sample discussion approach:
 - *Last week we talked about the importance of having support systems to help you make healthy changes in your life. This form of support can come from family or friends and even local resources. Did anyone think of other community resources?*
 - *Did you talk with your family members about how they could be supportive? How did they respond? Were you surprised at the reactions or is it what you expected? How do you plan to handle situations where individuals are not as supportive? What can you do?*
 - *What about changes in your communication style? Did anyone practice changing your "you" statements to "I" statements?*
 - *Today we are going to talk about how we communicate with ourselves and how this self talk can hurt our efforts.*

Your Notes:



II. Try It

- Challenging negative self talk (**"What is Ms. Jones thinking"** **"Think Again"**)
- Keeping a negative mood log

1. Challenging negative self talk

- Discuss the impact of negative self talk
- Identify helpful tips for overcoming negative feelings

- Sample discussion approach:
 - *Today we're going to talk about negative thoughts. Everyone has negative thoughts at times. How do negative thoughts and bad moods affect your eating habits? Your exercise habits?*
 - *As you've said, negative thoughts and moods can lead you to overeat or be inactive. Then afterwards you may feel even worse about*

Your Notes

Refer participants to New Leaf handout "Thoughts, Feelings, and Weight: Break the Cycle" and "Negative Thoughts" for additional information. The handout can serve as a resource for more information but will not be covered in class.

■ Practicing positive affirmation (“I am Great” “Practice Practice Practice”)

~ 40 minutes

yourself. A vicious cycle of self-defeat can result. For example, suppose you came home after a hard day at work. You think to yourself, “I’m tired of working so hard. I’m sick of being in this study. I can never eat what I want.” This negative thought might lead you to eat some potato chips. And then you think, “I did it again – I’ll never lose weight.” Next, you’re discouraged and go on to eat more of them.

Sometimes we aren’t aware we are having negative thoughts. Negative thinking becomes such a habit for most of us that we tend to believe and act on our negative thoughts without even hearing them. The purpose of this session is to help you hear your negative thoughts and teach you to change them to positive ones.

*Let’s use an example to help us identify negative attitudes. (Distribute **What is Ms. Jones Thinking?** Handout) Who wants to share her thoughts? What is she thinking? Is this negative way of thinking helpful? What are some positive thoughts she may be thinking? How can you transfer your negative thoughts into positive ones? One of the first steps in changing any behavior is to recognize when negative thoughts are occurring. Then, you can take control of the situation and change your thoughts. Here are some traps that we typically fall into. (Distribute **Think Again** worksheets and discuss).*

2. Keeping a negative mood log

- Discuss how logs can help

Sample discussion approach:

As we just mentioned, one of the first steps in changing these negative thoughts is identifying when they happen and if possible determine what is triggering these negative moods so that we can try to avoid the triggers – remember this topic from a couple of weeks ago? One way we can do this is to keep a record of our feelings and our reaction to them. One of the components of the Food and Fitness Diary is related to this topic. How many people have been tracking

= *their moods on each day? Have you noticed any patterns? Even if*
 = *you have not been tracking these feelings, you may be able to recall*
 = *the 'bad days.'* *What did these days have in common? Did you*
 = *exercise that day? We have talked before about the use of exercise as*
 = *a potential stress reliever. Exercise can also help you change your*
 = *mood. Has anyone experienced this? For instance, walking around the*
 = *block a few times after eating a whole bag of potato chips may help*
 = *you change those negative feelings. Instead of thinking, "Great – now*
 = *I will never lose weight, I might as well have that piece of cake, too"*
 = *you can go for that walk and think, "Well I shouldn't have eaten the*
 = *whole bag of potato chips and will be more careful next time, but at*
 = *least I was able to get a walk in and use some of those calories."*

= *If you have not been doing so, we recommend that you start*
 = *recording your emotions. Pay close attention to those 'bad days.'*
 = *Look for potential triggers and start recognizing when those negative*
 = *thoughts creep in so you can take charge and change them.*

= **3. Practicing positive affirmation**

- = • Practice using positive affirmation

= Sample discussion approach:

= *It is important to practice using positive affirmation so that when you*
 = *do have negative thoughts, you can talk yourself out of it. Here are*
 = *some positive reaffirmations related to body image and health*
 = *(Distribute **I AM Great** worksheet). Which of these statements can*
 = *you identify with? Which ones can you use? Are there other ways to*
 = *feel good about yourself? What are some other statements you can*
 = *say to yourself when you are feeling down?*

= *Let's use the Practice worksheet to help us transfer some of our*
 = *negative thoughts into positive ones. (Distribute **Practice, Practice,***
 = ***Practice** worksheet).*

III. Taste It



THEME: Healthy Alternative Desserts

~30 minutes

Purpose:

- To taste and discuss healthy dessert options.
- Learn to incorporate desserts into a healthy meal.

Materials/Equipment:

- 2 –3 flavored lowfat/fat-free frozen desserts, sorbets, sherberts or yogurt.
- May have samples of ice cream for comparison to modified ice cream.
- Samples of desserts presented and labels, cups, spoons, napkins, drinking water

Healthy Alternative Desserts

Desserts are often difficult for people to control when they are trying to make healthy changes. Keeping undesired foods out of reach and having desired alternatives for appropriate occasions is helpful in situational and portion control. Moderate amounts of desserts can be part of a healthy meal plan.

Sample discussion approach:

How many of you enjoy a dessert now and then? Desserts can be difficult to control when you are trying to make healthy eating changes.

In what situations do you find yourself that makes it difficult to control desserts? Some examples include social occasions: birthdays, anniversary, holidays, church socials, etc., dining out, gifts of sweets, desserts brought to workplace by co-workers. What can you do in these situations to avoid temptation?

What are some feelings or emotions that we sometimes associate with

desserts? Often desserts are used for various celebrations or comfort – remind us of our childhood and are used sometimes as rewards. Be careful when using desserts this way as it can lead to overeating and emotional guilt.

What are your thoughts or concerns about desserts when you are in these situations? You may tend to eat too much or feel that desserts are not good for you. This can make you feel guilty. Eating desserts should not make you feel bad, so long as you can eat healthier desserts and do so in moderation. However, know your limits. If you cannot control how much you eat, then try to limit these foods.

IV. Next Steps



- Plan for the Week
- Tracking (Self-Monitoring)
- What to Expect Next Week

~ 30 minutes

1. Plan for the Week

Participants write a weekly action plan on the inside cover of the diary in at least the following areas:

- Practice using positive affirmation
- Physical activity links
- Participant choice

2. Tracking (Self-Monitoring):

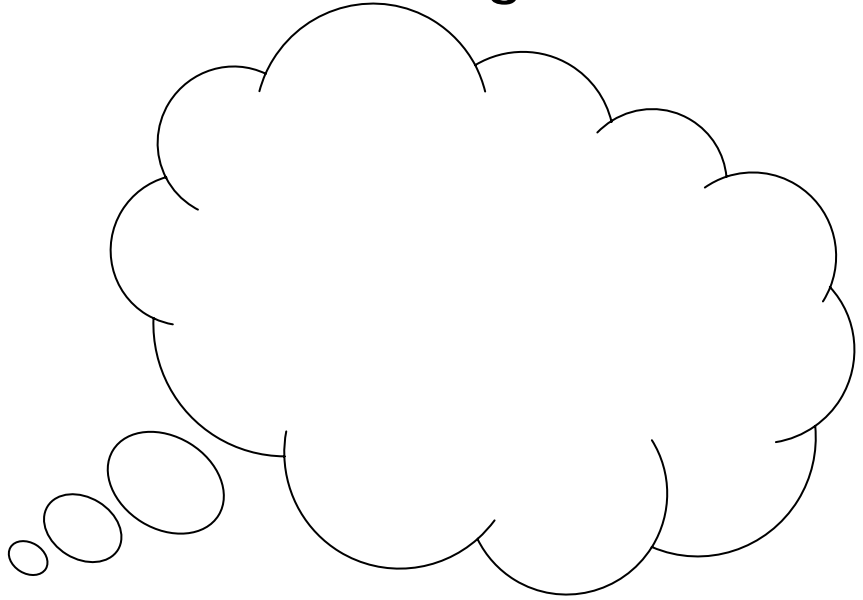
The recommended tracking for the week is:

- a. Write down all the food you eat and drink every day.
- b. Calculate the calories from the foods you eat and drink, total, and summarize for at least 3 days.
- c. Keep track of servings of fruits and vegetables each day.
- d. Write down the minutes of exercise above your normal routine.

3. What to expect next week

- Bring comfortable clothes and shoes for the Do It!

What is Ms. Jones Thinking?



Ms. Jones has had a tough day.

She woke up late for work and had to skip breakfast. She was hungry, so she ate two donuts at her morning meeting.

Her day was very busy and she was not able to go on her usual walk during lunch. In fact, she did not have time for lunch at all.

At 3:00pm, she was so hungry that she had a candy bar and package of peanut butter crackers to tide her over until dinner.








When she comes home from work, she finds that her husband has picked up fast food for dinner.

How does she feel? What is she thinking? How can she change any negative thoughts into positive ones?

Think Again

First thought	What you're doing ...	Think again
"I had potato chips at lunch, so I failed my diet."	All or nothing thinking you are looking at things in black or white, no grays	"I had potato chips for lunch, so I need to be extra careful with my calories at dinner."
"I should have worked harder to lose weight."	Should statements you criticize yourself or others with "shoulds, musts and should not"	"I have not worked as hard as I could have so I am going to start exercising one more day of the week."
"I did not lose as much weight as her."	Discounting the positives you concentrate on the negatives and ignore the positives	"Wow. Some people have really lost a lot of weight. I need to find out what they are doing so I can lose even more weight."
"If I make another mistake, I should just drop out of the program."	Thinking the worst you blow things out of proportion	"This program is a lot harder than I thought it was going to be, but I am determined to work hard and do the best I can to make changes in my life."
"I always eat too much. I'll always be fat."	Labeling you view a single negative event as a lifelong pattern	"I ate too much today. I need to go for an extra long walk and remember that tomorrow is another day."
"My sister has not called me in awhile. She is angry at me for changing my lifestyle."	Jumping to conclusions you assume the worst based on little or no information	"I wonder if my sister is OK. I have not heard from her in awhile."

Practice, Practice, Practice

Negative Thought	STOP	Positive Thought
		
		
		
		
		
		
		

Examples of positive thoughts:

- *I can do anything I set my mind to*
- *If she can do it, I can do it*
- *I feel good when I exercise*
- *I like the way I feel after I eat a healthy meal*
- *I can say no to things that are not important to me*
- *I accept myself for who I am*
- *I will work hard to be a better me*
- *I look nice today*
- *This is a great color on me*
- *I have great eyes*
- *I am a good person*
- *I have the will power to change*



My Action Plan for the Week

GOAL #1: Think positive thoughts

3 positive statements I will think this week
1.
2.
3.

GOAL #2: 30 minutes of moderate physical activity on 5 days of the week

Day	Activity	Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
	TOTAL	

GOAL #3: Keep track of all food/drinks and physical activity in the Food and Fitness Diary every day

Things that may get in my way	How I can make sure they don't
1.	1.
2.	2.
3.	3.

GOAL #4: My other goal is: _____

What I need to do to reach this goal:

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