



WEIGHT LOSS PROGRAMS

Cheat Sheets - SESSION 7

I DEAL WITH SABOTEURS AND EAT MINDFULLY

The Dangerous Situations



- Travel
- Parties
- Family
- Work
- Vacation
- Happy or unhappy
- Certain people
- All of it...

My Dangerous Situations

Please list your most challenging situations (places or people):

Your Attitude/Strategy Matters

Are you:

- Assertive?
- A Diplomat?
- Good at Avoiding Dangerous Situations?
- A White Liar?
- A Schemer?
- A Planner?
- All of the above or are you also just sabotaging yourself?

Your Attitude/Strategy Matters

Your Style	Potential answers and strategies
Assertive	You stand up for yourself. Nobody can bully you. You will explain why you say “no, thank you.”
Diplomat	You will conform to the environment and minimize the impact of a “no, thank you.” You will make sure not to hurt feelings. But you will not eat what you do not want to eat.
Avoider	You know the dangerous situations or danger zones. You know your weaknesses. You will just avoid the situations or places.
White Liar	You are kind of a diplomat but will not be afraid to tell a little white lie – often related to health.
Schemer	The schemer will deal with diplomacy, looking like he/she is participating, but the food will disappear mysteriously, or the wine glass will never be empty.
Planner	You just plan everything, instead of avoiding situations or people, you just always have a plan.
Other	Fill in: -----

Your Attitude/Strategy Matters

Please use one slide per situation

Your Style	Situation: ----- Potential answers and strategies
Assertive	
Diplomat	
Avoider	
White Liar	
Schemer	
Planner	
Other	

How to Resist? What Is Most Important to You? Learn to Visualize!

- No planning
- No control
- Alcohol impact
- Peer pressure
- Immediate pleasure
- In the moment
- "Sabotaging Thoughts"
- "To the heck with today!"
- Famished (not a good idea!)



- Planning
- Budget Control
- "I made a deal with myself"
- "My new me" vision
- My progress, my transformation
- "Positive Thoughts"
- Avoidance
- Distractions and visuals
- Mindfulness
- Buddy support

Introducing the “Hunger Game”

The Hunger Meter



The 10 Hunger Levels:

1. Famished: Stomach completely empty. Weak, light headed
2. Starving: Feeling uncomfortable, irritable, unable to concentrate
3. Uncomfortably Hungry: Stomach is rumbling...
4. Slightly Hungry: Just starting to feel hunger
5. Neutral: Satisfied
6. Satisfied: Just ate the right amount of food
7. Completely Satisfied: A bit too full. You know you do not need that extra bite anymore
8. Uncomfortably full: Bloated, uneasy
9. Very Uncomfortable: Clothes are too tight, feel like a balloon
10. Stuffed : Need stomach relief, want to sleep. Could be sick

The Hunger Meter



1. Famished: Stomach completely empty. Weak, light headed
2. Starving: Feeling uncomfortable, irritable, unable to concentrate
3. Uncomfortably Hungry: Stomach is rumbling...
4. Slightly Hungry: Just starting to feel hunger

You may need to eat a balanced meal or a healthy snack to keep you going until the next meal

The Hunger Meter



5. NEUTRAL

6. Satisfied: Just ate the right amount of food

7. Completely Satisfied: A bit too full. If you do not stop now, you will feel uncomfortable

8. Uncomfortably full: Bloated, uneasy

9. Very Uncomfortable: Clothes are too tight, feel like a balloon

10. Stuffed: Need stomach relief, want to sleep. Could be sick

You should not snack or graze when at 5. You are NOT hungry !!

You should stop eating at Level 6. Your brain takes 20mn to realize it's full

The Hunger Meter

- It is important that you “measure your hunger level” regularly
- You think you FEEL hungry: Is it boredom, is it stress, is it real hunger, did you have a good breakfast?
- What "Hunger Zone" are you in?
- Where are you in terms of Stress Level (1-nirvana, 5-super stressed out)? Remember Chapter 5.
- By doing this exercise and noting this in your journal, you will little by little get better attuned to your body needs.

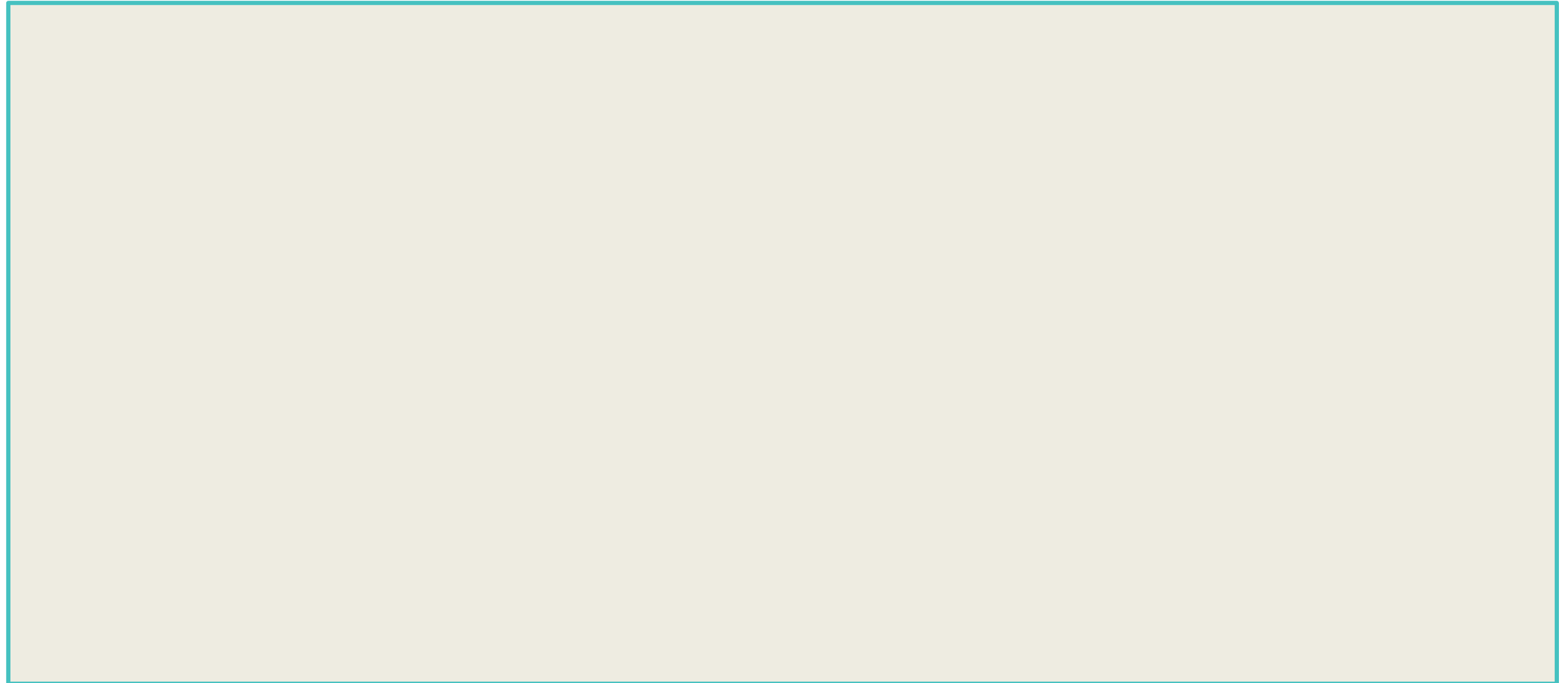
My Hunger Level Experiment

Day	Level of Hunger (You can do this experiment over a week, but what matters most is to conduct it thoroughly over at least one day)
Day 1	From when you wake up to when you go to sleep
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

Eating Mindfully Experiment

- **Be in the moment – no disruption**
- Create a nice setting – music can also help
- Be on your own
- Eat slowly – chew more than usual (12 times)– always put your fork/knife on the table after each morsel
- Savor the foods
- Observe them, describe them, enjoy the textures, the spices, the colors, the aromas
- Involve all your senses (smell, view, taste, even touch)
- Feel your hunger level – stop eating when satiated (level 5)

What Are Your Dangerous Temptations? What Are You Learning (Eating Them Mindfully and Un-stressed)?



A MUST: Experiments This Week

- Eat mindfully (write down your feelings)
- Eat in 20 minutes minimum
- Play the hunger game (only if health permits) – Go hungry as long as possible after breakfast or lunch and discover your “symptoms” (write down your hunger symptoms)
- Eat seated, and only when seated (what did you notice?)
- Eat one of your temptations mindfully – without emotion