

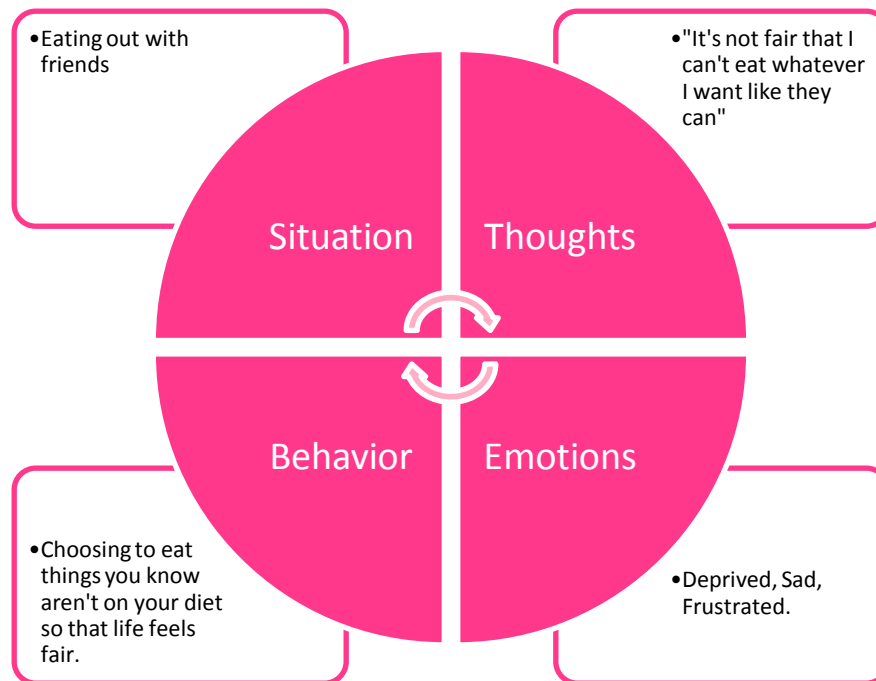
Educate yourself to a Smaller Size

Cognitive Behavioral Therapy, commonly referred to as CBT, is a research proven treatment for medically effective weight loss. CBT focuses on teaching people to replace irrational, automatic, negative thoughts with rational, alternative, positive thoughts. Cognition drives behavior-by changing our thinking patterns we automatically change our emotions and behaviors.

How is this going to help me lose and manage my weight?

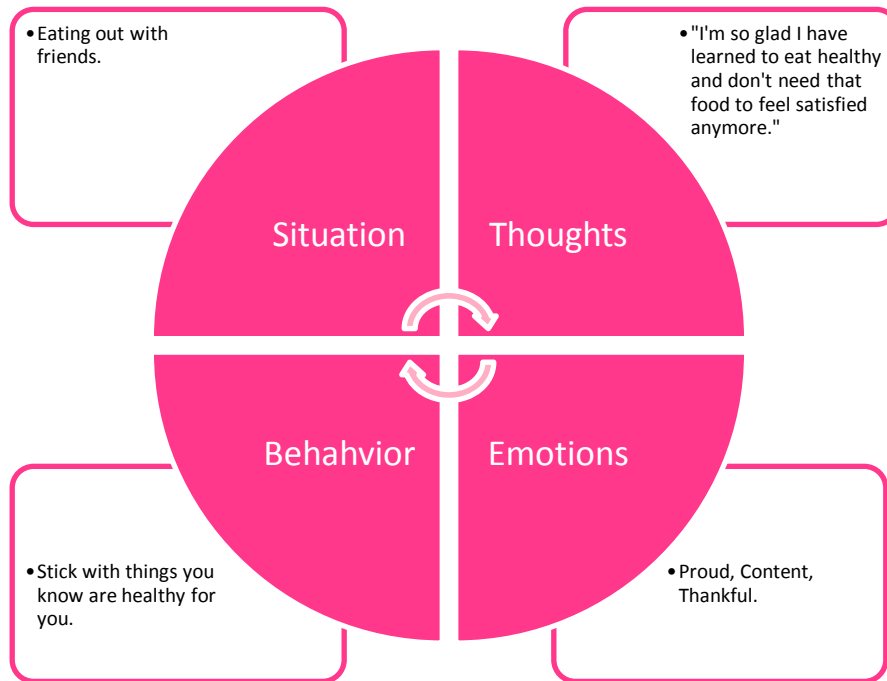
People either forget or simply don't realize that eating is a voluntary behavior. What type, how much, and how often we consume food is a behavior directly related to our thoughts, so by changing our thought pattern, we can change our eating behaviors. Eating in a more healthful, controlled, conscious manner is the key to reaching a healthy weight.

- **Sabotaging Thoughts:**



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Helpful Thoughts:



Above are two instances where the exact same situation led to very different behaviors. It's clear to see that the person in this example changed their behavior based on what they were thinking and feeling in that moment.

Straying from healthy food choices—which is in fact self-sabotage—occurs with thoughts such as:

It's okay to eat this because...



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Faulty thinking such as illustrated is easy to identify now, but can be very convincing in the moment. CBT teaches the tools needed to counteract self-sabotaging thoughts and stay on track even in extra difficult situations.

Eating is a Voluntary Behavior:

You may feel as though eating is an automatic behavior...but that isn't the case. Long ago humans had to over eat when food was available to counteract the harsh winters in which food became scarce. For them, hunger pains may have turned on their survival instincts. Think of the cliché "I'm starving!" This is irrational thinking for us because today, food is readily available whenever you are in need...or just want it!

Our thoughts about eating are always trigger based. The triggers start the thinking process; your thoughts determine whether or not you actually eat. You may be eating because you are hungry, have a craving for something in particular, or simply have a desire to eat. Learning to distinguish between these is an important component of weight management.

Five Categories of Triggers

Biological	Hunger pangs, thirst, hormonally influenced cravings, or other biological processes.
Environmental	Seeing or smelling food, watching a cooking program or food commercial
Mental	Thinking about food, imagining eating some wonderful food, having a positive memory of some food you ate in the past, or a negative memory of being hungry or deprived
Emotional	Tension, anxiety, sadness, loneliness, boredom, and other negative emotions; also positive emotions such as happiness and excitement.
Social	Being offered food or being around people who are eating

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Beck, J. S. (2007). The beck diet solution. Birmingham, AL: Oxmoor House.

Why Extreme Dieting Alone Doesn't Work.

Set point theory—there is a control system built into every person dictating how much fat he or she should carry—a thermostat for body fat. Some individuals have a higher setting while others have a low one. According to this theory, body fat percentage and body weight are matters of internal controls that are set differently in different people.

This explains why repeated dieting is unsuccessful in producing long-term change in body weight or shape. The set point keeps weight fairly constant, so instead of trying to overpower the set point, the ideal approach to weight control would be a safe method that lowers or raises the set point. Regular exercise is the most promising way to do this: A sustained increase in physical activity seems to lower the setting (Wilmore et al. 1999).

Long-term caloric deprivation acts as a signal for the body to turn down its metabolic rate. Calories are burned more slowly, so that even a meager diet almost suffices to maintain weight. Because of this biological response, dieting becomes progressively less effective and a plateau is reached.

To truly see your body change shape focus on exercise and positive food thoughts. If you need guidance on how to change your thoughts related to food and how to start an exercise program geared specifically for you, contact Jessica Sutterfield of Real Results Fitness and Kristin Wylie, owner of Barton Behavioral Solutions. Jessica and Kristin partner to help clients be successful from all angles of weight loss.

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