



Stop Telling Yourself to Eat Less and Exercise More: The WISE Approach to a Happier & Healthier You

Are You Thinking with Your Diet Head?

Being successful at achieving and maintaining a healthy weight means moving to a focus on well-being from an obsession with weight loss. This is only possible if you stop thinking with your Diet Head and let go of damaging thoughts and actions.

Please read the following statements and circle those that apply to you:

(The more that you circle, the more you are thinking and acting with your Diet Head.)

- My life would be better if only I could lose some weight.
- I often eat when I am depressed, anxious or angry, or as a way to make me feel better.
- I tend to overeat in social situations.
- I often feel guilty after I eat or for even feeling hungry in the first place.
- I often eat in secret - people would be shocked if they saw what I ate.
- I don't even have a taste of dessert - I would just lose control and never stop eating.
- I avoid mirrors.
- I know the calorie (or point) value of many foods.
- I know how much time I need to go on the treadmill to burn off an ice cream cone.
- I avoid high fat food and/or carbs because they make you fat.
- I make a point to buy no-fat or low fat versions of certain foods.
- I often buy "thinner" versions of certain foods such as bread or snacks.
- I think about food all the time.
- I believe there is a diet or weight loss program that will work for me - if only I had the willpower to stick to it.
- I weigh myself every day - sometimes two or three times.
- I often compare my body to others.
- A weight fluctuation of 5 pounds changes how I feel about myself.
- Even if I'm hungry, I deliberately restrict my eating.
- I lie about what I eat (especially to myself).
- There are good foods and bad foods.
- Sometimes I eat so much that I throw-up to relieve the discomfort.
- I would have no problem going on a crash diet to lose a few pounds.
- If I gain any weight I am disgusted with myself.
- I could never be too thin.
- If it's Monday morning, it's time to start another diet.