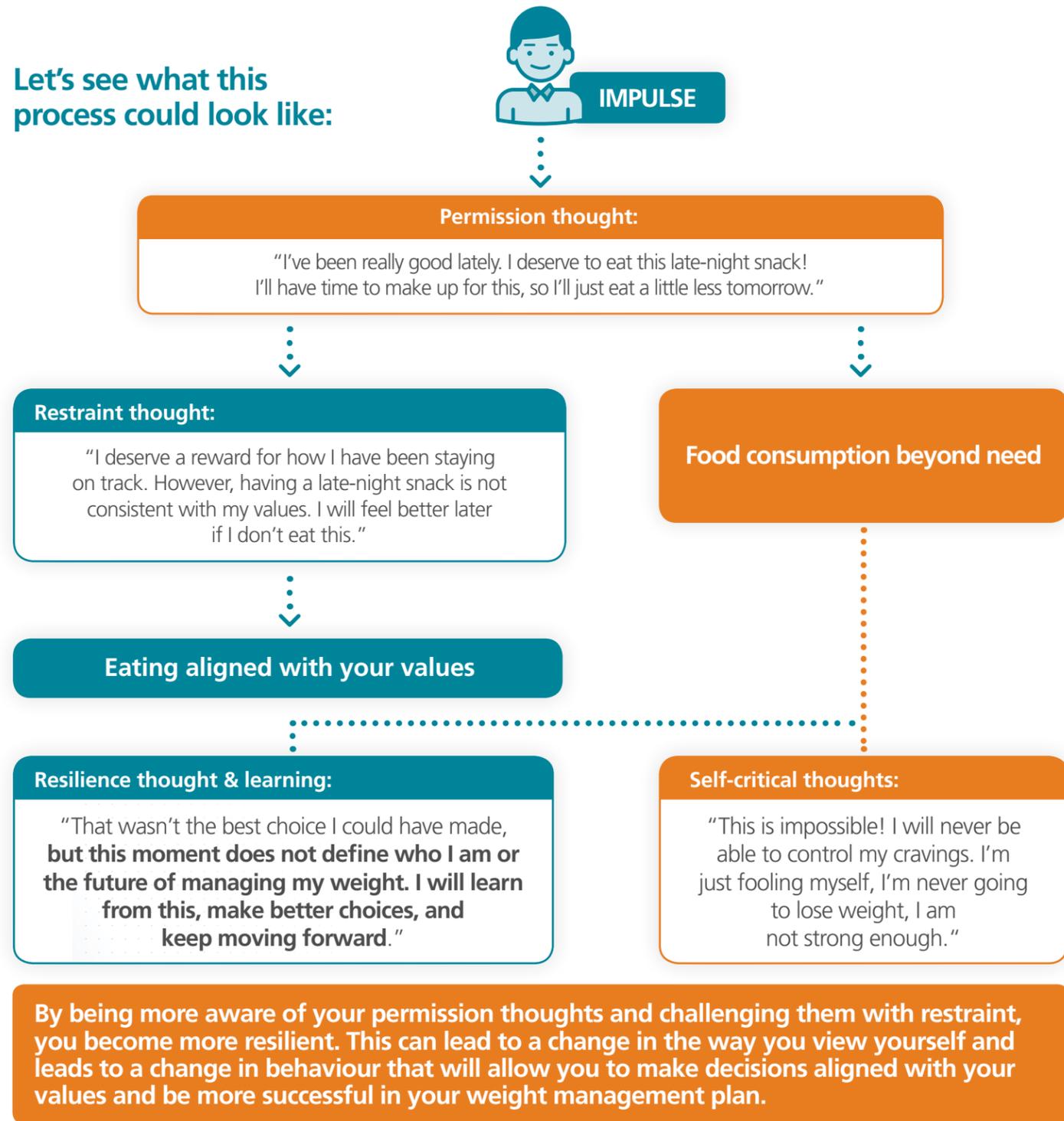
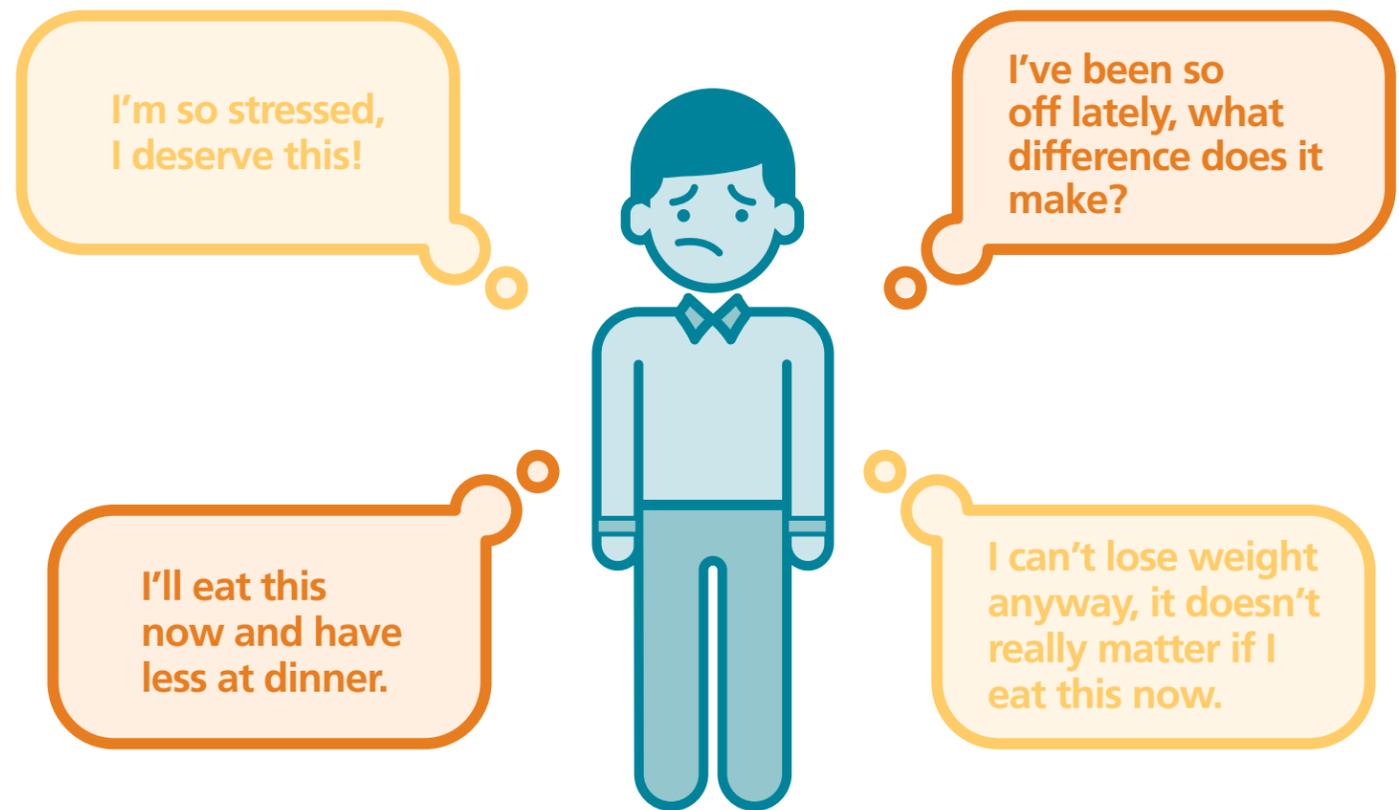


Bringing it all together: The road to changing our perspective



Permission thoughts can drive us to act against our values

- 1 They occur after an experience of wanting during a high-risk time
- 2 They are automatic
- 3 They are short-lived, and often go unnoticed



Have you ever experienced a permission thought during a moment when you've faced a setback related to your weight management journey? Do you remember what it was?

The next time you experience wanting during a high-risk time, try to pay close attention, and see if you can identify your permission thoughts.

Restraint

is when we challenge our permission thoughts and change our thinking from permission to restraining.

How do skills of restraint help us?

Restraint is a skill we develop that helps us to be aware of and identify permission thoughts so that we can challenge them.

Permission thoughts

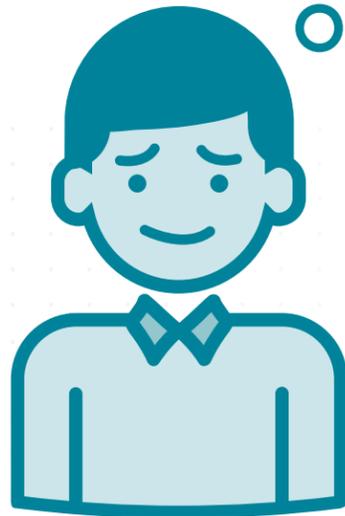
"I've been so good lately, I deserve this!"

"I'll just have a little and stop once I satisfy my craving."

Restraint thoughts

"If I eat this now, I'll feel good for a moment, but then I'll feel disappointed and frustrated, just as I have in the past."

"I have often had the intention of only eating a little and ended up eating a lot more."



When working to manage weight, challenging permission thoughts by practicing restraint helps us control and re-direct our actions so that we can get closer to living according to our values.

Resilience

is the process that helps us adapt when we are faced with setbacks. It helps us get back up and come back stronger than before. We learn from our setbacks to not have self-critical thoughts.

How do skills of resilience help us?

Being resilient helps you to be aware of and identify self-critical thoughts that may demotivate you and affect your sense of self-worth and belief in your abilities to manage your weight.

Self-critical thoughts

"I shouldn't have done that! I have no willpower. I will never succeed, this is too hard."

"I can't do this. This is just like all the other times. Why can others lose weight and I can't?"



Resilience thoughts

"It's okay. I had a misstep but that doesn't mean I can't get back on track and continue working towards my values. Even though I wasn't able to this time, when I am able to use my skills of restraint, I will feel better about myself and it will build up my confidence."

"Okay, that was too much, and as I've learned, I don't feel good now. I feel regretful. This is a valuable learning opportunity. I have to work harder to manage this in the long term. I know what I need to do. I know when I eat well, I feel great and it will help me to continue making decisions that are in line with my values."

Can you think about a time when you were resilient?

How did it make you feel?

Being resilient helps us stay positive and motivated in the face of setbacks, which everyone will encounter. Resilience teaches you that setbacks will happen, but you learn from them and move on.