



Replace Harmful Thoughts with Helpful Thoughts

All or Nothing Thoughts	Instead of thinking...	Tell yourself...
You see only extremes. You don't see anything in between.	I can never eat ice cream again.	<ul style="list-style-type: none"> I can have ice cream once in a while. When I do have ice cream, I'll measure it. That way, I won't have too much.
	Exercise is boring.	<ul style="list-style-type: none"> I haven't found the right activity for me yet, but I will. I'll keep trying new ones until I do.
Excuses	Instead of thinking...	Tell yourself...
You blame situations or other people for your mistakes.	It's too cold or hot outside to go for a walk.	<ul style="list-style-type: none"> I will dress for the weather and walk anyway. I will work out indoors.
	I can't meet my eating goals because my wife keeps making cookies.	<ul style="list-style-type: none"> I will explain to my wife why I need to eat healthy, and ask her to make healthy snacks instead.
Filtering	Instead of thinking...	Tell yourself...
You ignore the good and focus on the bad.	No one else supports my healthy lifestyle.	<ul style="list-style-type: none"> My friend supports it. I will ask for more support.
	I haven't stuck to my diet at all this week.	<ul style="list-style-type: none"> I stuck to my diet four out of seven days. I have a plan for how to stay on track in the future.
Self-labeling	Instead of thinking...	Tell yourself...
You call yourself something negative.	I'm weak.	<ul style="list-style-type: none"> I can climb the stairs without getting out of breath now. I'm increasing my activity each week.
	I'm the world's worst cook.	<ul style="list-style-type: none"> My daughter liked the stir-fry I made last night. I'll keep learning more about cooking.



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Comparisons	Instead of thinking...	Tell yourself...
You compare yourself to other people and find yourself lacking.	My friend has lost so much more weight than I have.	<ul style="list-style-type: none"> ■ I've made progress toward my goal. ■ I can ask my friend for tips.
	My friend is so much stronger than I am.	<ul style="list-style-type: none"> ■ I am stronger than when I began working out. ■ I can use a resistance band to improve my strength.
Gloom and Doom Thoughts	Instead of thinking...	Tell yourself...
You assume the worst.	If I workout, I'll injure myself.	<ul style="list-style-type: none"> ■ I'll take steps to work out safely. ■ If I do get hurt, I'll find a different way to be active.
	I know I'm going to get Type 2 diabetes since both of my parents had it.	<ul style="list-style-type: none"> ■ I know a lot more about how to prevent Type 2 diabetes than my parents. ■ I can prevent Type 2 diabetes.