

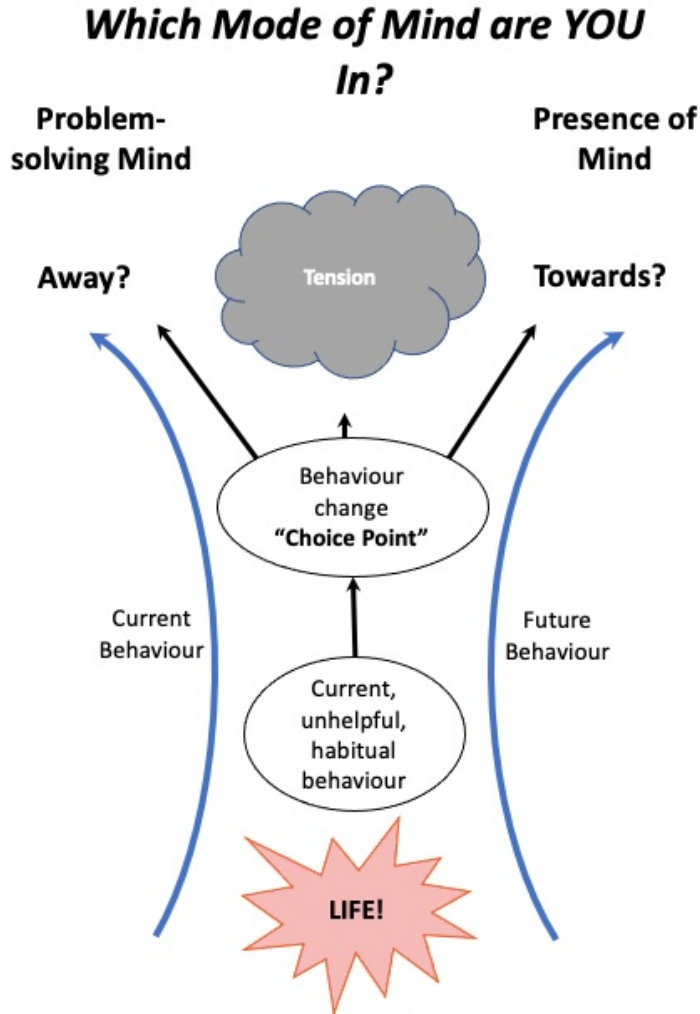


# Attentive Weight & Health Management

“Where the Focus is on Behaviour Change”



## What does changing perspective feel like?



The fastest way to find your way back to your presence of mind is to come back to your senses!

The next time you wish to change your EB, determine first which mode of mind you are about to use!

When you have a choice to make stop and ask yourself the following:  
Which mode of mind are you in?  
Problem-solving or presence of mind?

1. If I act in line with my thoughts/ feelings, are they going to take me towards or away for the healthy person that I wish to become?
2. If acting in line with them takes you away: you are caught up in an unhelpful habit loop and about to reinforce an unhelpful habit.
3. If acting in line with them takes you towards: you have retained your presence of mind and about to reinforce a helpful habit: proceed!

***There are no calories involved with shining the light of awareness on your response to the thoughts and feelings that lead to emotional eating. However, there are many calories involved in the strategy of trying together rid of them! – Dr Lyn***

\*This exercise has been modified from the choice point worksheet, taken from *The Weight Escape*, Ciarrochi, Bailey and Harris, 2013.

