

Week 3

1. Nutrition

2. Thought Model

Why Do You Snack?

Boredom

Anger

Habit

Stress

Procrastination

Science

Celebration

Craving

Hunger Scale



- 1. Notice Hunger**
- 2. Hungry**
- 3. Very Hungry**
- 4. Ravenous**

- 1. Satisfied**
- 2. Full**
- 3. Stuffed**
- 4. Sick**

Thought Model Review

Neutral Circumstance

Thought

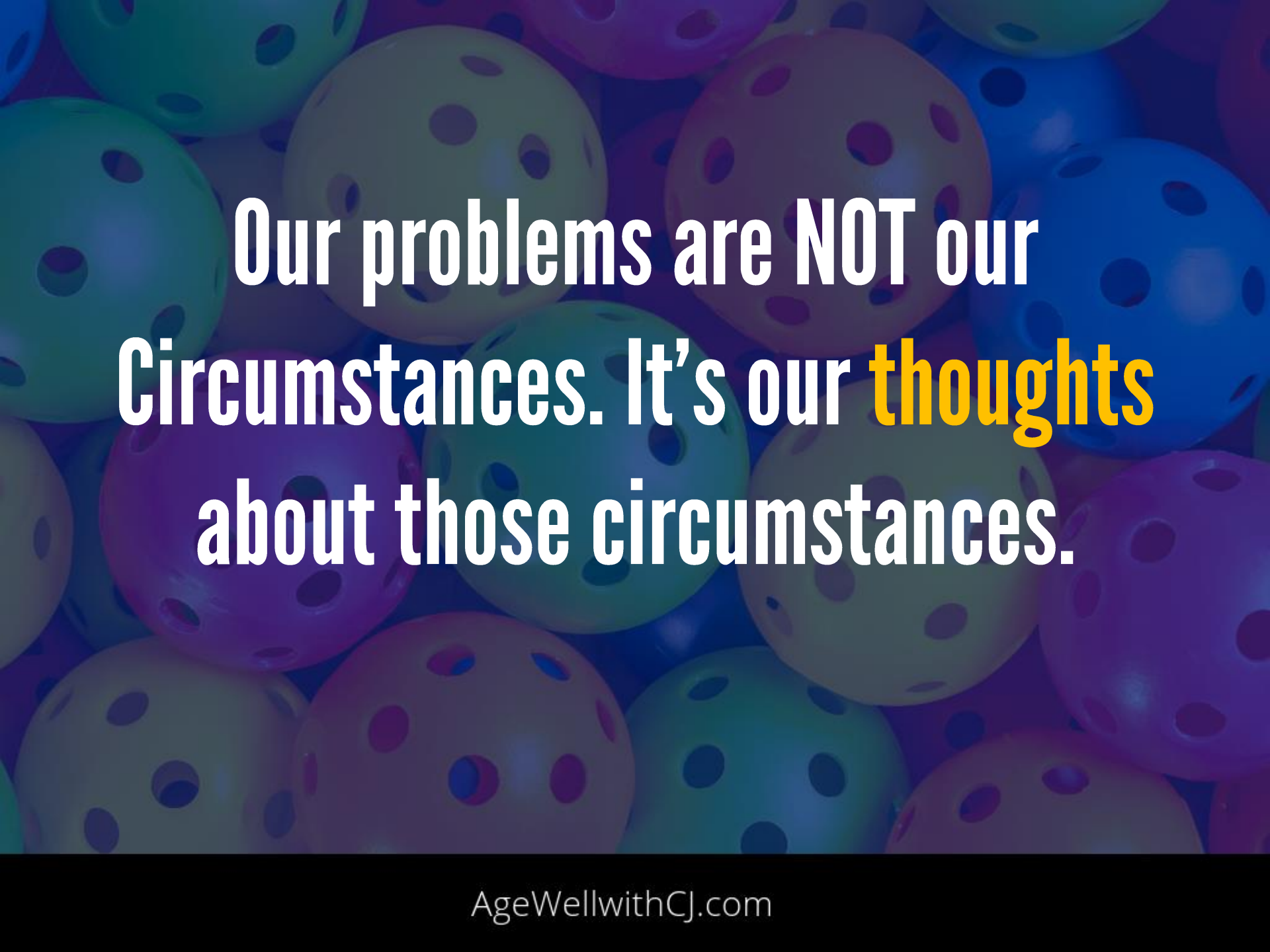
Feeling

Action/Lack of Action

Result

Thought Model Basics

Neutral
Circumstance
VS
Thought

The background of the image consists of a dense field of overlapping, semi-transparent spheres. Each sphere has a different color, including shades of teal, blue, purple, and green. The spheres have a textured, porous appearance with small, dark circular indentations on their surfaces. The overall effect is a vibrant, multi-colored pattern.

Our problems are NOT our
Circumstances. It's our **thoughts**
about those circumstances.

Thoughts NOT Circumstances

I am too busy

I hate doing.....

It's too much work

I can't do it

I don't need to write it down

I need a glass of wine

I'm not an exercise person

I'm overwhelmed

I need a nightly treat

I need to eat out with...

I don't have the money

This is hard

I need to check in on FB

I don't have time

I'm not good at.....

I need popcorn at the movie



Thought Exercise

Hard
Vs

Challenged



Thought Exercise

Overwhelmed

VS

Happily Busy

My Thought

C-Finish the Website Copy for my designer

T-I am too busy for this, I'm a poor writer

F-Overwhelm, Perfectionism (time)

A-Do nothing, Check out, Avoid, Procrastinate

R-Copy doesn't get written, still have as much to do

NC-Website doesn't change, business stays the same

Thought Model Backwards

R-Finish the website copy for my designer

A-Sit down and write

F-Relaxed (judgement free), Creative

T-There's plenty of time, I can edit later, just write, enjoy the process

NC-I grow my business and change more lives (**my why**)

Thought Downloads

- 5-10 min Thought Download
- Ideally-Negative Emotion or Resistance
- Circumstance vs Thoughts
- Not in your head
- Self Compassion



Questions?