

# Session 12: The Slippery Slope of Lifestyle Change.

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Changes you've made to be more active:

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Changes you've made to eat less fat (and fewer calories):

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Have you reached your weight goal?                      Yes      No

Have you reached your activity goal?                      Yes      No

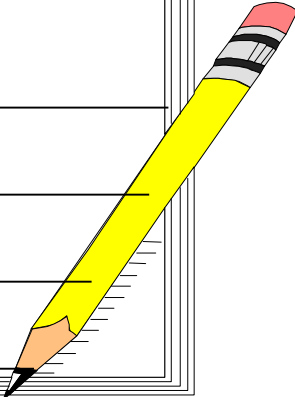
If not, what will you do to improve your progress?

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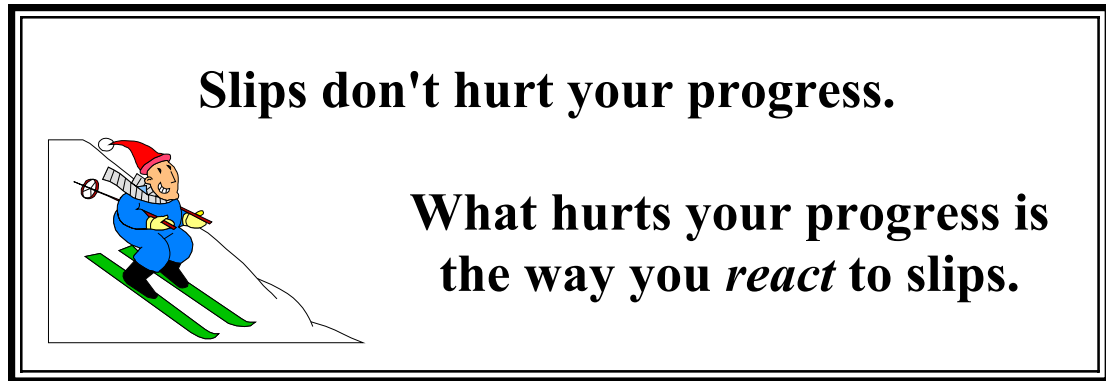


# The Slippery Slope of Lifestyle Change.

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“Slips” are:

- ❖ Times when you don't follow your plans for healthy eating or being active.
- ❖ A **normal** part of lifestyle change.
- ❖ To be expected.



What things cause you to slip from healthy eating?

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What things cause you to slip from being active?

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What causes you to slip is learned. It is a **habit**.  
The way you react to slips is also a habit.

**You can learn a new way to react to slips  
to get back on your feet again.**

# What to do after a slip:

First, remember two things:

**Slips are normal and to be expected.**

99.99% of all people on their way to losing weight and being more active have slips.

**No one time of eating too much or not being active, no matter how extreme, will ruin everything.**

The slip is not the problem. The problem occurs if you don't get back on your feet again and keep going toward your goals.

**So after you slip:**

**1. Talk back to negative thoughts with positive thoughts.**

Negative thoughts can be your worst enemy. Talk back. "I'm not a failure because I've slipped. I can get back on my feet again."

**2. Ask yourself what happened.**

Learn from the slip. Can you avoid it in the future? Manage it better?

**3. Regain control the very next time you can.**

Do **not** tell yourself, "Well, I blew it for the day." Make your very next meal a healthy one. Get back on schedule with your activity plan right away.

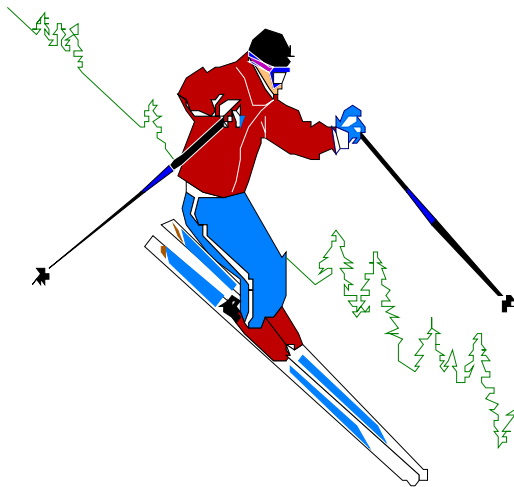
**4. Talk to someone supportive.**

Call your lifestyle coach or another friend. Discuss your new strategy for handling slips. Commit yourself to renewed effort.



**5. Focus on all the positive changes you've made.**

You are making life-long changes. Slips are just one part of the process.





## Slips from healthy eating:

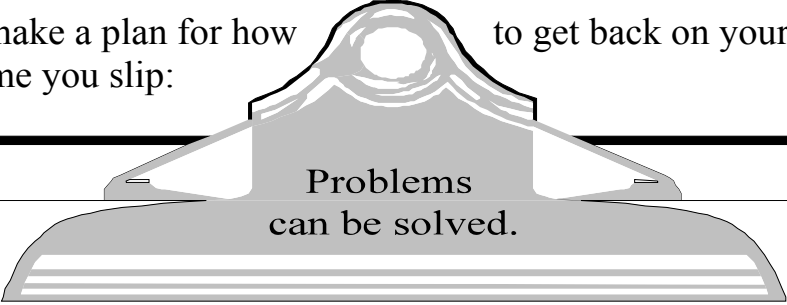
Describe one thing that has caused you to slip from healthy eating:

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Can you avoid it in the future? If so, how?

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If not, make a plan for how \_\_\_\_\_ to get back on your feet the next time you slip:

  
Problems  
can be solved.

I will: \_\_\_\_\_

When? \_\_\_\_\_

I will do this first: \_\_\_\_\_

Roadblocks that might come up:	I will handle them by:
_____	_____
_____	_____
_____	_____

I will do this to make my success more likely:

\_\_\_\_\_

How can we help you?



## Slips from being active:

Describe one thing that has caused you to slip from being active:

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Can you avoid it in the future? If so, how?

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If not, make a plan for how  
you slip:

to get back on your feet the next time

Problems  
can be solved.

I will: \_\_\_\_\_

When? \_\_\_\_\_

I will do this first: \_\_\_\_\_

Roadblocks that might come up:	I will handle them by:
_____	_____
_____	_____
_____	_____

I will do this to make my success more likely:

\_\_\_\_\_

How can we help you?



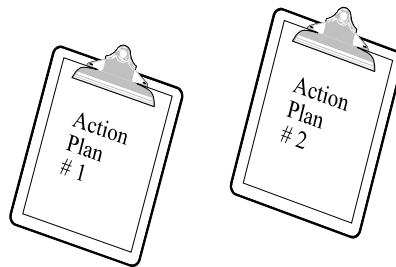
## To do next week:

**I will:**

**Keep track of my weight, eating and activity.**



**Try my two action plans for handling slips .**



**Answer these questions:**

Did my action plans work? \_\_\_\_\_

If not, what went wrong? \_\_\_\_\_

What could I do differently next time? \_\_\_\_\_