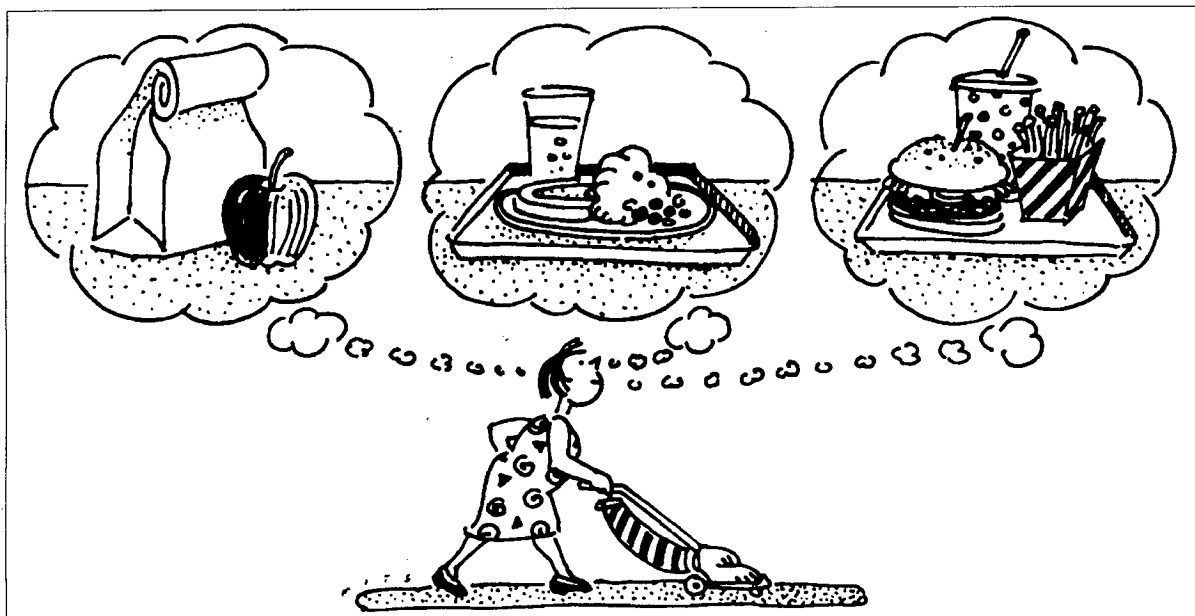


Session Eleven

Talking to Yourself

During this session you will:

- ◆ *Learn how your thoughts can influence your success*
- ◆ *Identify some of the common types of negative thoughts you use*
- ◆ *Learn ways to change your negative thoughts into positive messages*
- ◆ *Identify low-fat lunch ideas*



Review of Home Activity

- ◆ What happened when you used your solution from last month to handle your challenge?
- ◆ If your solution worked, what did you do to help it work?
- ◆ If your solution didn't work, how can you modify it to make it work?

Increasing Awareness of Self-Talk

Many things can get in the way of maintaining a lower-fat eating pattern. They usually fall into two groups:

- ◆ The actions that you or others take.
- ◆ The thoughts that you have about your actions.

Until today, we have talked about actions. For example, we've discussed buying lower-fat foods, changing recipes, and asking other people for help. This session asks you to look at how your thoughts may influence your food choices and

actions. We will use lunch examples to show you how this works.

Lunches can present interesting challenges. Some people eat lunch alone, other people eat with friends at work, or

grab a quick meal as they run errands.

- ◆ Where do you eat lunch?
- ◆ What makes it difficult for you to eat lower-fat lunches?

Lunch Challenges

- ◆ Run out of ideas for low-fat lunches.
- ◆ Think that all the good lunch choices are high in fat.
- ◆ No low-fat lunch choices are available.
- ◆ Too busy to take time to pack a lunch.
- ◆ Tempted by high-fat foods that my family and friends eat at lunch.
- ◆ Don't want to appear different when I eat with my friends.

Many lunch-time challenges can be handled by using some of the skills you have already learned. For example, you could:

- ◆ **Ask other group members to share low-fat lunch ideas.**
- ◆ **Use dining out skills you learned in Session 6.**
- ◆ **Ask family members to help by trying lower-fat lunch choices.**

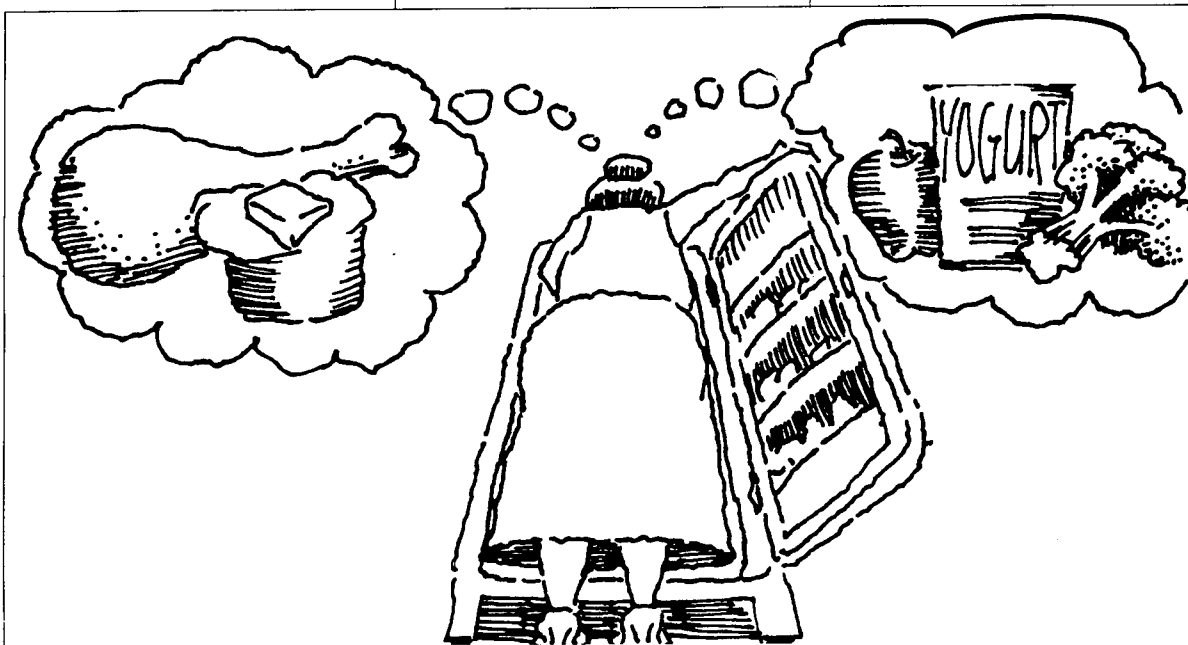
However, if your thoughts are the challenge you probably won't do any of these things. Your thoughts will get in the way of your progress.

Thoughts Influence Actions

The things we worry about influence our feelings and the decisions we make. For example, picture this situation:

You have had a very bad day. Nothing has gone right and you are very tired. It is late in the evening and you are packing your lunch for tomorrow. You open the refrigerator and discover that all the low-fat lunch meat is gone. Of course you can make a tuna sandwich but there is no more fat-free mayonnaise.

- ◆ **What thoughts would you have in this situation about eating lower-fat lunches?**
- ◆ **What actions would you take if your thoughts are negative?**



Look at the examples of positive and negative thoughts listed in the box. One example of a positive thought is: "I guess my family likes low-fat lunch meats as much as I do." Positive thoughts, like this one, make you feel good about the eating changes you've made.

On the other hand, a negative thought, such as "I can never eat anything that's really good," may push you into a higher-fat lunch choice because you feel that all the good foods are forbidden. You may even decide to give up making low-fat lunches.

These two examples show how thoughts can influence actions and progress. Positive thoughts help you stay on track, while negative thoughts decrease your motivation and slow down your progress.

Common Types of Negative Thoughts

Negative thoughts are so common in our lives that they are invisible. Let's start by looking at some of the common negative messages that most of us tend to use. We will call them:

Examples of Positive and Negative Thoughts:

Positive: "No problem, I'll just buy lunch tomorrow. There are lots of low-fat choices available."

"I guess my family likes the low-fat lunch meat as much as I do."

Negative: "This program is too hard, I'll never get it right."

"I can never eat anything that's really good."

◆ Assuming the Worst

◆ Being Ruled by Shoulds

◆ Right or Wrong

◆ It's Not My Fault

As you read the descriptions, think about the situations where you may have used the different types of negative thoughts (messages).

Assuming the Worst

This is when you believe that if you do ____, then something terrible will happen. For example:

"If I ask my friends to go to a restaurant that serves low-fat vegetarian lunches, they'll never eat with me again."

◆ When have you found yourself using this form of negative message?

Being Ruled by Shoulds

These messages usually contain words such as *should*, *must*, or *need to*. Thoughts that contain these words often create negative feelings. Most people see them as something that they have to do but don't really want to do. For example:

"I must keep my food diary."

"I should never eat chocolate."

At first, you may only feel a mild anger at not being able to eat chocolate, or keeping a food diary. However, over time you can get more upset and angry. Think about the changes that you have made in your eating patterns.

◆ When do you find yourself thinking "I should ...", or "I must avoid ..."?

Right or Wrong

When you use this type of negative message, you tell yourself that it's either "right or wrong"; "good or bad"; "legal or forbidden." This type of negative thinking is very common when people are changing their eating patterns. For example:

"All high-fat foods are bad."

"I really blew it yesterday when I ate that rich dessert at lunch. Now I'm off the program."

Think about the changes you have made in your eating patterns.

- ◆ **What foods do you think of as "bad" or "forbidden"?**
- ◆ **What thoughts would you have if you ate a food that you labeled "forbidden high-fat food"?**

It's Not My Fault

These negative messages happen when you give someone or something else the responsibility for your food choices. All of us like to blame someone else for our difficulties.

For example:

"If my husband (or friend) wouldn't buy ice cream, I wouldn't eat it."

"If I just had more willpower, I could follow this program."

Think about times that you may have slipped off your lower-fat eating pattern.

- ◆ **When have you used "lack of willpower" as an excuse for higher-fat eating?**
- ◆ **What situations have made you think "Everything would be fine, if I didn't have to buy these high-fat foods for my family"?**

Identify Your Own Negative Thoughts

Most of us don't hear the tape recorder inside our heads. Our thoughts are like the instructions we hear when we learn to drive a car. Over time, driving becomes second nature. We don't have to think about how to drive, we just drive.

This is also true of our negative thoughts. We don't notice when a negative thought occurs, we just act on the feelings it produces.

To improve your messages, listen to your thoughts. Identify if your messages are positive or negative. Do they help you move forward or do they slow you down?

You can begin to reduce your negative thoughts by identifying the ones you use. Worksheet 11-1 (pg. 11) lists the types of negative thoughts we described. Check any examples that sound like thoughts that you have used.

You might be thinking: "I don't have any negative thoughts," but this isn't true. All of us have negative thoughts at one time or another. So, start listening and see if you can identify them.

- ◆ **What do you picture happening in these situations?**

Practice

Read the sample situations on Worksheet 11-2 (pg. 12). As you read, be aware of any negative thoughts that go through your head. To help focus your thoughts, think about when you have been in similar situations.

Use Worksheet 11-3 (pg. 13) to write down at least two of your negative thoughts.

If you have trouble identifying any negative thoughts, see if you can identify any emotion that you felt.

Go back to the thought that caused you to feel the way you did. For example, if you felt angry, what thoughts made you feel angry?

New Ways of Thinking

Stopping Negative Thoughts

The first step in handling negative thoughts is to learn how to stop them. This can be done by using a method called Thought Stopping.

Pick one of the negative thoughts you identified on Worksheet 11-3.

Say the negative thought to yourself, in your head. Ask a friend or family member to wait 5 seconds and then suddenly shout "STOP" in a very loud voice.

This should startle you and get rid of any negative thoughts you were thinking. Did you notice that the negative thought left your mind when you heard "Stop"?

This happens because your mind can't think about two different things at the same time. The word "STOP" replaces your negative thought. Of course, you can't go around shouting the word "stop" every time you have a negative thought. So let's work on making the Thought Stopping method a little quieter.

Step 1:

Begin thinking your negative thought, as you did before. Have your friend wait 5 seconds and then say the word "now." You shout "STOP" as loud as you can when they say the word "now."

Step 2:

Again, think your thought. After 5 seconds, ask your friend to say "now." When he or she says "now," you quietly say "STOP." Don't shout. Picture a big red stop sign. The stop sign is so big that it takes up all the room in your mind. Now you're ready to go to the last step of the Thought Stopping process.

Step 3:

Think your thought. Have your friend wait 5 seconds and then say the word "now." When you hear the word "now," picture a huge red STOP SIGN and imagine yourself shouting "STOP!"

From now on, whenever you find yourself bothered by negative thoughts, picture the huge red STOP SIGN.

At first you may notice that your negative thoughts will return. However, it will get easier with practice.

Developing Positive Thoughts

After you have stopped your negative thought, the next step is to develop a positive replacement message.

Look at your negative thought and change the words to make your thought positive.

Use the following guidelines:

- ◆ **Think about the successful changes you have already made.**
- ◆ **Be specific.**
- ◆ **Use the present tense (not future).**
- ◆ **Forget what you should be doing.**

The box shows some examples of how you can reword your negative

thoughts into positive messages.

Now turn to Worksheet 11-3. Look at the negative thoughts you listed in the left-hand column. Reword your negative thoughts to make them positive. Write your positive messages in the right-hand column across from the negative thoughts they replace. Look at the examples on Worksheet 11-4 (pg. 14), if you need some help.

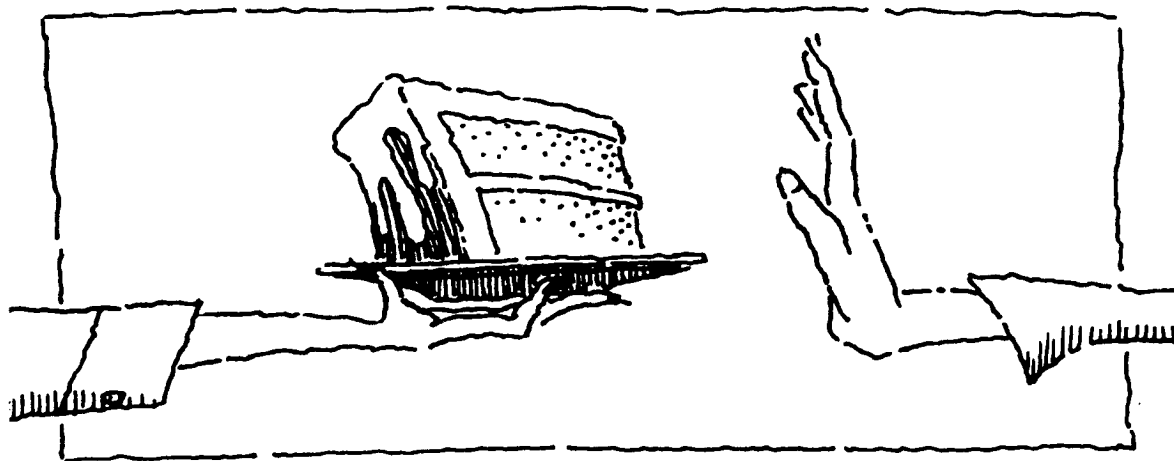
Negative Thought:

"If my family didn't want to have cookies around for their lunches, I wouldn't eat them."

Reworded Positive Thought:

"My choices are mine alone to make. I decide to eat or not eat the cookies."

"I like fresh fruit, my family can eat the cookies."



Repeat the positive messages to yourself, as often as possible. Eventually your old negative thoughts will be erased.

Changing one or two negative thoughts will not change your life. You need to change as many of your negative thoughts as you can find.

The more positive your thoughts, the better you will do at making a permanent change in your eating patterns.

Summary

There are many challenges that can make it difficult to choose lower-fat lunches. Some of these challenges can be handled using the skills you already have. For example, you can find new low-fat lunch ideas, or buy more fruits and vegetables to include in your lunches.

Other challenges can be handled by asking family or friends for help and cooperation in picking lower-fat choices. However, to handle the chal-

lenges created by your own thoughts, you need to learn a new way of thinking.

Here are some questions for further thought:

- ◆ **What are some of the first steps you will take to begin changing your negative messages?**
- ◆ **What lunch-time eating changes are more likely to create negative thoughts for you?**

You need to identify your negative thoughts and reword them into positive messages. Sometimes you will get stuck because you can't think of what to say. But positive thinking is important for long-term success. So take the time to practice, it's worth the effort.

For low-fat lunch ideas, look at Worksheet 11-6 (pgs. 16-17) and the *Low-fat Lunch Ideas* the Resource section of your Participant's manual.

Home Activity

Areas to work on next month:

- ◆ **Keep two Fat Scans during the next month. Complete one at the beginning of the month and one at the end of the month. Be sure each Fat Scan includes a weekend day.**
- ◆ **Identify at least one negative thought you have about your new eating style. Use the guidelines on Worksheet 11-4 to write a positive message to replace your negative thought. Use your positive message during the next month.**

Use Worksheet 11-5 (pg. 15) to develop a plan and evaluate how well it worked.

Optional:

Bring a favorite home-baked good recipe to next month's session.

Negative Thoughts List

Listed below are examples of common negative thoughts. Place a check mark by any of the examples you have used.

Assuming the Worst

- _____ If I ask them to leave the salad dressing off my salad, I'll look like a fool.
- _____ With my luck, I'll go to the fast food restaurant for lunch and there will be nothing but fried foods available.
- _____ If I serve fish for dinner one more time, my family will leave the house and go to McDonald's.
- _____ I was terrible when I ate bacon last weekend.
- _____ Your own: _____

Being Ruled by Shoulds

- _____ I should eat more fresh fruit and vegetables at lunch.
- _____ I need to cut out fried foods.
- _____ I should pack my lunch but I'm too busy.
- _____ Your own: _____

Right or Wrong

- _____ All the good foods are high in fat.
- _____ I can't say no to chocolate.
- _____ I always blow it on the weekend.
- _____ I can't do anything right.
- _____ Your own: _____

It's Not My Fault

- _____ I just don't have the willpower.
- _____ If it weren't for _____, I wouldn't have the cookies around the house.
- _____ I've had a rough day and I deserve a treat.
- _____ Your own: _____

Self-Talk Situations

Look at the situations listed below and choose at least two. Read the description and be aware of any thoughts going through your head. When you're done, list any of the negative thoughts you had on Worksheet 11-3. If you need some examples of negative thoughts, take a look at Worksheet 11-1.

1. You have decided to take a bag lunch tomorrow but it is now 10:00 PM and you're tired.
2. Your grandchildren are having lunch at your house. They expect you to make their favorite high-fat foods.
3. You ask your family what kind of food they'd like to have around the house for lunches and they say "good food."
4. You are eating lunch out with your friends and they select a restaurant that contains only fried food choices.
5. Weekends are hectic. You're always on the run and there's no routine. Most weekends you stop at a fast food restaurant for a quick lunch. However, you joined this program and now you don't feel that you should eat at this type of restaurant.
6. Your own situation: _____

Changing Your Mind

Use this form to write down any negative thoughts you had when you read the situations on Worksheet 11-2. Then use Worksheet 11-4 to help you reword your negative messages into positive messages. Write the positive thought in the right-hand column across from the negative thought it replaces.

Negative Thought
(Message)

Positive Thought
(Message)

Example:

“I should never have bologna in my sandwiches.”

“I enjoy lean ham in my sandwich.”

1 _____

1 _____

2 _____

2 _____

3 _____

3 _____

Creating Positive Messages

1. **Listen to your thoughts.**
2. **Decide if your thoughts help or hurt your progress.**
What messages are you giving yourself? Are they positive and helpful, or negative and limiting?
3. **STOP your negative thoughts.**
4. **Reword your negative thoughts to make them into positive messages.**
 - ◆ Think about the successful changes you've already made.
 - ◆ Be specific.
 - ◆ Use the present tense.
 - ◆ Forget what should be.

EXAMPLES:

Negative: "I have a hard time eating low-fat lunches."

Positive: "It's easy for me to find low-fat selections for lunch. There are at least three restaurants where I can order lower-fat foods."

Negative: "I don't have time to pack a lunch."

Positive: "I plan ahead and buy foods that are quick and easy to pack for lunch."

Negative: "Everything that tastes good is high in fat."

Positive: "I enjoy many tasty foods that are low in fat. My favorite is frozen yogurt."

5. **Replace the negative thought with the positive message.**
6. **Repeat your positive message to yourself, as often as possible.**

Name: _____

Worksheet 11-5

Home Activity Worksheet

Areas to work on next month:

- ◆ Identify at least one negative thought you have about your new eating style. Reword it into a positive message. Use your positive message every day for at least once a week during the next month.

Evaluation:

1. My negative thought about my new low-fat eating patterns:

2. My positive replacement message: _____

3. Has my positive message helped? ☐ yes ☐ no

4. If not, how can I change it? _____

Mix and Match Lunch Ideas

Note: All sandwiches and salads will be higher in fat unless they are made with fat-free or lower-fat mayonnaise, salad dressings or flavored vinegars.

[illegible]

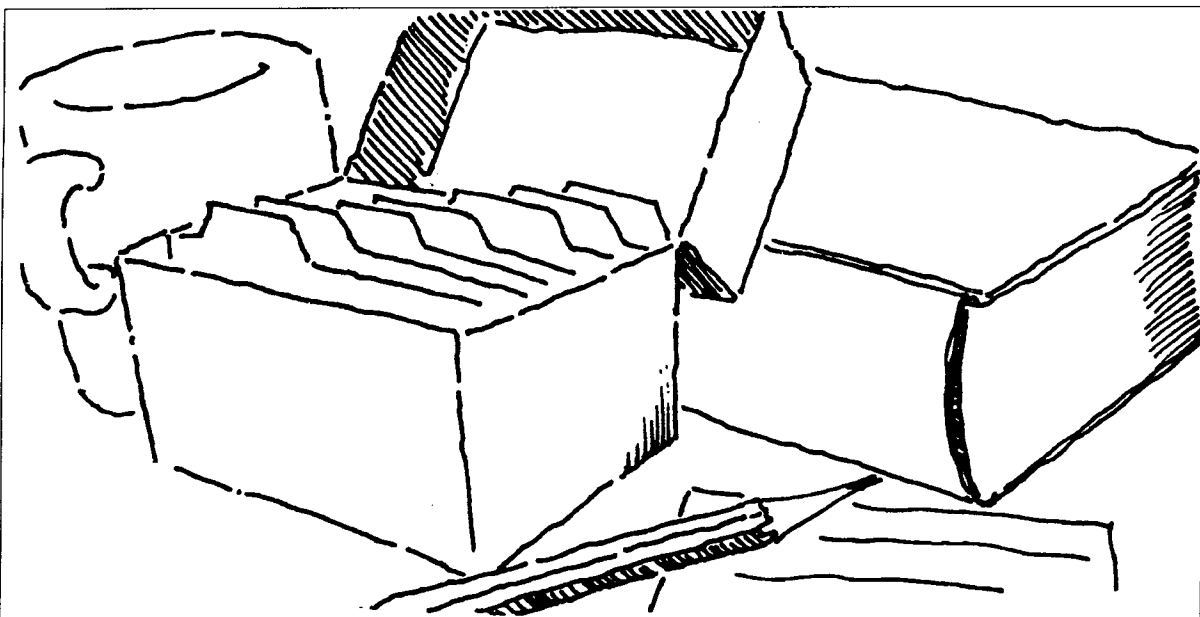
Mix and Match Lunch Ideas

Sweets	Chips & Crackers	Beverages	Vegetables
low-fat yogurt, fruit flavored graham crackers gingersnaps fig bars vanilla wafers arrowroot cookies angel food cake jello puddings made with low-fat milk lifesavors or hard candy frozen yogurt, low-fat or non-fat popsicles, fudgesicles ice milk sorbets or fruit ices	popcorn, air popped (without added fat) pretzels rye crackers saltines melba toast zwieback seasoned rice cakes seasoned popcorn cakes	fruit juice vegetable juice low-fat milk soda coffee or tea hot cocoa instant soup water iced tea lemonade	carrots celery cauliflower broccoli tomatoes red or green peppers jalpeno peppers chilies onions pickles mushrooms water chestnuts radishes jicama cucumbers

Session Eleven

Recipes

- ◆ *Tuna-Vegetable Pita Sandwiches*
- ◆ *Chili Bean Salad*
- ◆ *Orange-Chicken Salad with Water Chestnuts*



Tuna-Vegetable Pita Sandwiches

1 can (6-1/2 ounce) water-packed tuna
1 medium cucumber, peeled and chopped
3 tablespoons chopped dill pickle
2 tablespoons minced onion
2 tablespoons chopped pimento
3 tablespoons plain low-fat yogurt
3 tablespoons light or fat-free mayonnaise
4 (6-inch) whole wheat pita bread rounds, halved
4 leaves curly leaf lettuce

Combine tuna and next 4 ingredients in a medium bowl; toss gently. Combine yogurt and mayonnaise in a small bowl. Add to tuna mixture, and toss gently. Chill 1 hour or until serving time.

Spoon equal amounts of tuna mixture on each pita round half; add lettuce leaves, and serve immediately.

Makes 4 servings

Fat: 5 grams per serving with light mayonnaise
2 grams per serving with fat-free mayonnaise

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1 per serving

Recipe from Cooking Light, 1987

Chili Bean Salad

Salad:

1 can (16 ounces) kidney beans
1 can (16 ounces) pinto beans
1 can (16 ounces) garbanzo beans
1 can (16 ounces) whole kernel corn
1/2 cup chopped green onions
1/4 cup chopped parsley
1 cup sliced celery
1 can (4 ounces) diced green chilies, drained

Dressing:

2 tablespoons oil
1/4 cup vinegar
1-2 cloves garlic, minced
1 teaspoon chili powder
1 teaspoon oregano leaves
1/4 teaspoon ground cumin
1/8-1/2 teaspoon pepper or taco sauce (to taste)

Drain and rinse beans and corn. Combine all salad ingredients and mix together. Mix all dressing ingredients together, pour over salad and mix well. Chill 6 hours or overnight (stirring several times).

Makes 10 servings (1 cup each)

Fat: 5 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1 per serving

Recipe from The New American Diet

Orange-Chicken Salad with Water Chestnuts

1 tablespoon orange marmalade
2 tablespoons nonfat yogurt
1 tablespoon fat-free mayonnaise
1 teaspoon Dijon mustard
1/3 cup mandarin oranges, no sugar added
2 tablespoons diced water chestnuts
1/4 teaspoon freeze-dried or fresh-snipped chives
1 cup cooked chicken breast, diced

In a small bowl, combine marmalade, yogurt, mayonnaise and mustard.

Drain oranges and cut them in halves. Add oranges, water chestnuts, chives and chicken to the mayonnaise mixture. Mix well, and place in container for travel.

Makes 1 serving

Fat: 6 grams per serving

Fruit/Vegetable Servings: 1 per serving

Recipe from The Quick and Delicious Low-Fat, Low-Salt Cookbook