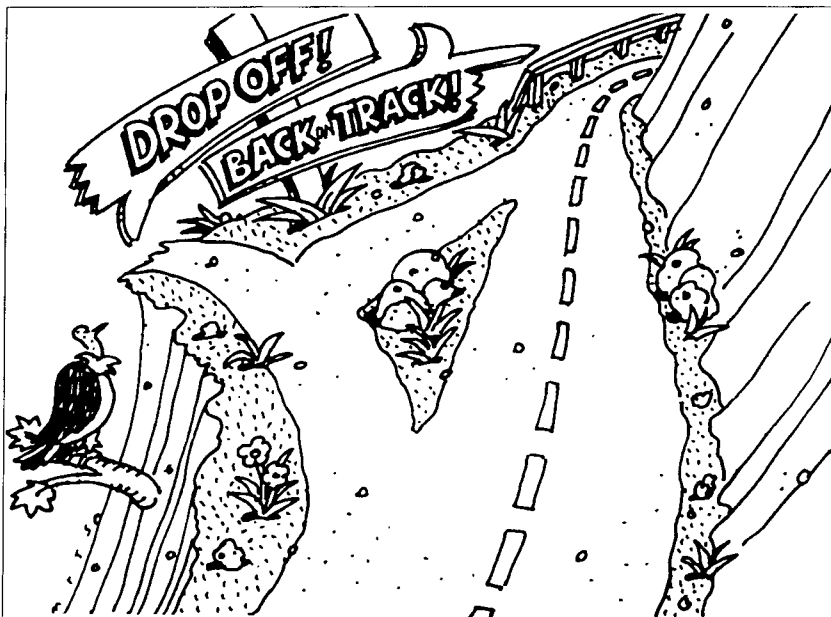


## Session Sixteen

# Detours Along the Way

*During this session you will:*

- ♦ *Explore events or emotions that may trigger slips*
- ♦ *Identify strategies to avoid or recover from a slip*
- ♦ *Practice strategies you can use to prevent setbacks*



## Review of Home Activity

- ◆ What was the quick emergency meal you planned and prepared?
- ◆ How well would your emergency meal plan have worked in a stressful situation?
- ◆ What relaxation exercise did you practice to reduce your stress?

## What Makes You Slip?

Everyone may have times when they don't perform as well as they normally do. Slips are part of any long-term effort, such as your WHI participation.

A slip in your eating plan is like a fire that breaks out. You can handle it, or let it undo all your hard work. Your success depends on your ability to use the methods described in this session.

We are talking about this topic now to give you a chance to practice the skills you might need later.

In earlier sessions we discussed a wide variety of events and emotions that may challenge your usual eating patterns.

High-risk situations can be caused by family concerns, illness, celebrations (holidays, etc.), vacation travel, stress, and emotions.

Everybody reacts differently. The first step in finding out what makes you slip is to identify your own high-risk eating situations. Start by looking at some of the situations or emotions that may make it harder for you to eat low-fat.

Take a few minutes and use Worksheet 16-1 (pgs. 11-13) to identify some of your high-risk situations.

- ◆ What are some of the categories on Worksheet 16-1 where you had the highest scores?

- ◆ What are some examples of situations or emotions that might put you at risk for high-fat eating?

### What are Slips and Setbacks?

Your thoughts are the most critical part of any situation. They make the difference between a slip and a setback. If your thoughts tell you that you have made a small mistake, this is called a slip. A slip usually lasts a short period of time.

On the other hand, a setback usually lasts longer. Your thoughts tell you that you might as well stop trying to change. Often you find yourself sliding back to old high-fat eating patterns.

### Dealing with Slips

Sometimes you handle your high-risk situations with no problem. However, there are other times when you find yourself slipping. It is your thoughts that make the difference. As you know from Session 11, your thoughts influence your actions.

- ◆ How could your thoughts or feelings before a high-risk situation interfere with your ability to handle the situation?

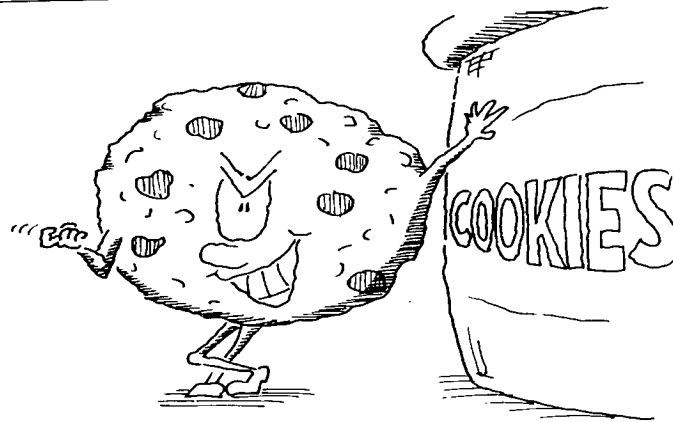
Think about situations that may cause breaks in your routine such as weekends or parties; times when you feel down; times when you don't want to disappoint friends or family; times when you hunger for a specific high-fat food.

- ◆ What are some of the thoughts you have before a challenging high-risk situation?

Your thoughts may be positive or negative. Some examples of both types of thoughts or self-talk are shown in the box below:

Negative Self-Talk	Positive Self-Talk
"I'm too busy to plan ahead for the party."	"I have a new recipe for a low-fat appetizer that is really quick and everyone will love it."
"I've been really good, so I deserve one of my favorite <u>high</u> -fat desserts."	"This fresh fruit plate is a healthy treat for everyone."
"Every time I am in this kind of situation I just don't have any control."	"The last time I was in this situation, I learned what I had to do to be successful. I am going to plan ahead."

Look at the example shown on the next page to see how your thoughts influence what you do. The high-risk situation in the example is created by Mary's desire not to disappoint her friend and by her craving for high-fat dip. Many of us will be in this position at some time in our lives.



### High-Risk Situation:

Mary's best friend asks her to bring her high-fat dip to a weekend picnic. Mary loves this dip and has a hard time saying "no" to it.

What is she thinking of doing? Mary's thoughts may tell her that she can handle the pressure from her friend. She saves (budgets) some extra fat grams to use at the picnic

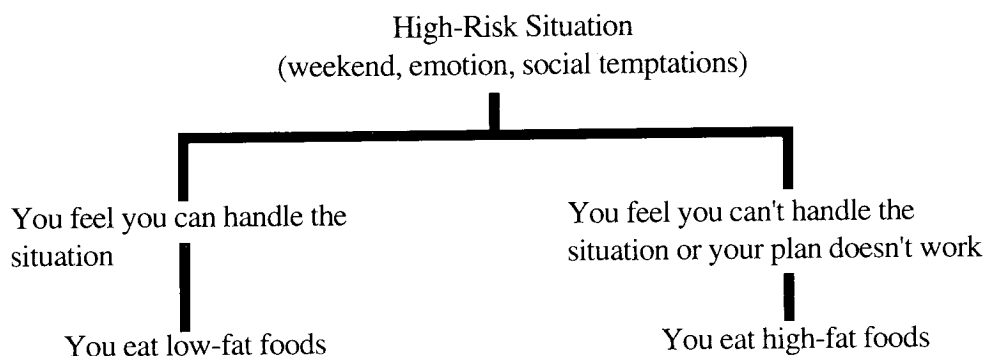
and brings a large plate of fresh fruit. Her plan works and she maintains her low-fat eating pattern.

On the other hand, Mary's plan may not work, or she may worry about her friend's reaction. Mary doesn't want to hurt her friend's feelings. She makes the high-fat dip. When she arrives at the picnic, all the food is high in fat. Mary feels

overwhelmed and eats too many high-fat foods. This is called a slip.

The drawing below (Figure 1) shows how your thoughts before a high-risk situation may influence your actions.

**Figure 1**



## Identifying Thoughts that Lead to Setbacks

We all eat high-fat foods sometimes, so what turns a slip into a setback? Think about a situation where you have eaten more fat than you planned.

- ◆ What thoughts go through your mind after you have eaten more of a high-fat food than you planned?
- ◆ What thoughts would go through your mind if your plan to handle the situation didn't work?

Your thoughts and feelings make the difference between whether you label your mistake a slip or a setback.

It is labeled a slip if you realize that your high-fat eating is just a small mistake. You can handle it and you go back to your low-fat eating behaviors.

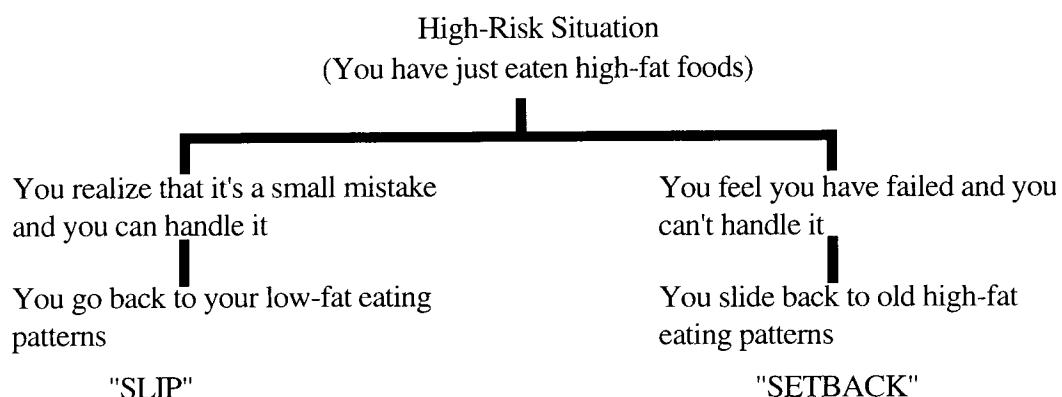
However, it is labeled a setback if you feel your eating is "out of control". You begin to slide back toward old high-fat eating behaviors. Your thoughts tell you how poorly you've done. They get in the way of any positive action you might take.

Here are some examples of negative self-talk that may cause a slip to become a setback.

- ◆ "I can't do anything right."
- ◆ "I just don't have any willpower anymore."
- ◆ "Well I tried, but I am just a failure."
- ◆ "I give up, it's too hard to eat low-fat."

The drawing below (Figure 2) shows how your thoughts after you eat high-fat foods may influence your actions.

**Figure 2**



## Preventing Setbacks

**S**o if mistakes are a normal part of learning, how can you prevent setbacks? The answer is look at your self-talk. You can prevent your initial slip from growing in to a more serious setback by taking the following steps:

- ◆ **Stay calm and listen to your self-talk.**
- ◆ **Identify negative self-talk and replace it with positive messages.**
- ◆ **Learn from your slip.**
- ◆ **Make a plan to get back-on-track.**

### Stay Calm and Listen to Your Self-Talk

Most of us tend to react to a slip with guilt. This is a normal reaction and to be expected. Think of your slip as a flat tire. When you get a flat tire, you pull over to a safe place at the side of the road. Then you deal with the situation. Give yourself time to let your negative reactions pass away.

### Replace Negative Self-Talk with Positive-Self Talk

Look at a slip for what it is, an unfortunate but temporary problem. Even your worst binge is not going to undo all your hard work.

Focus on your success and the progress you have made.

### Learn From Your Slip

Use your slip as an opportunity to learn. Prepare yourself to handle the situation more positively next time.

Decide what went wrong. Imagine the whole scene happening again, except this time see yourself handling it effectively.

- ◆ **What type of high-risk situation triggered your slip?**
- ◆ **Were there any early warning signs that came before your slip?**
- ◆ **Did you make an attempt to deal with the slip before it occurred? If not, why not?**

### Make a Plan to Get Back-On-Track

Write down some steps you can take now to begin eating low-fat. Identify a reward that you can give yourself when you get back-on-track. For example, some steps you could take after a high-fat party would be:

- ◆ **Eat lower-fat fish or chicken meals.**
- ◆ **Keep a Fat Scan.**
- ◆ **Use fruit for snacks and desserts.**
- ◆ **Budget extra fat grams eaten at the party.**

If you need help, ask for it. Your friends can offer encouragement, provide alternative activities, or suggest other ways to deal with your situation. If you are alone, call a buddy and ask for their help and support.

For low-fat party ideas and tips see the Resource Section of your Participant's Manual.

## Practice

Now it's time to practice. Use the steps listed on page 6 to prevent your slip from becoming a setback.

You can use your own high-risk situation or one of the sample situations described on Worksheet 16-2 (pg. 14).

Take a few minutes and identify any thoughts or feelings you might have in your high-risk situation. Use the questions outlined on Worksheet 16-3 (pgs. 15-16) to write down at least one example of your

negative self-talk. Reword your negative message into a message that is positive and supportive. For help, look at the examples given on Worksheet 16-3. You can also review the information in Session 11 on self-talk.

- ◆ **What are some examples of the positive messages you developed?**

Think about the situation. Use your slip as a learning experience. Identify what went wrong. Think of some ideas that you could use next time to prevent a slip in this type of situation.

- ◆ **What strategies will you use next time to handle your high-risk situation?**

Finally, make a plan to get back-on-track. List at least two steps you could take today to get back to your low-fat eating behaviors. Identify a way to reward your success.

- ◆ **What steps could you take today to get back to your low-fat eating behaviors?**
- ◆ **How will you reward yourself when you are back-on-track?**



## Summary

Slips or setbacks require patience and effort to handle. However, they also provide opportunities to learn more about yourself.

The goal is to catch yourself before you drop too far. Be realistic in your expectations. Keep in mind that there is no “right” or “wrong” way to eat and there are no “forbidden” foods. You have a wide range of

choices in the WHI eating plan. As with most things in life, it is not what you do in the short term, but what you do in the long run that makes a difference.

### Here are some questions for further thought:

- ◆ When you have a slip, what are the important things to keep in mind?
- ◆ What can you learn from a slip?

## Home Activity

### Areas to work on next month:

- ◆ Use 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 your thoughts before a high-risk situation and see how your thoughts influence the actions you take.
- ◆ We will use Worksheet 1-1 (Session 1) at our next group meeting. Be sure to bring your completed copy to the group session next month.

Use Worksheet 16-4 (pgs. 17) to outline a plan and evaluate how well it worked.



# What Are My High-Risk Situations?

A high-risk situation is one that creates a challenge in maintaining your low-fat eating pattern. This worksheet helps you identify those situations that may make it harder for you to meet your fat gram goal. Think back over the past ten months as you answer each question. Consider each item carefully and answer in terms of your own experiences in the WHI study.

For each item:

- ◆ Circle "0" if you never have any difficulty in the situation listed, or if the situation does not apply to you.
- ◆ Circle "1" if you seldom have difficulty in the situation.
- ◆ Circle "2" if you sometimes have difficulty in the situation.
- ◆ Circle "3" if you often have difficulty in the situation.
- ◆ Circle "4" if you almost always have difficulty in the situation.

Example:

"When I travel:"

Never or NA*	Seldom	Some- times	Often	Almost Always
0	1	2	③	4

Circling 3 means that traveling often disrupts your low-fat eating pattern.

"I have difficulty meeting my fat gram goal when:"

	Never or NA*	Seldom	Some- times	Often	Almost Always
1. I have trouble sleeping. ....	0	1	2	3	4
2. I have a craving for a certain food. ....	0	1	2	3	4
3. I am having a good time. ....	0	1	2	3	4
4. I go out to eat. ....	0	1	2	3	4
5. I have difficulties with family members. ....	0	1	2	3	4
6. I am invited to eat at the home of a relative or friend. ....	0	1	2	3	4

\* NA = Not Applicable

## Worksheet 16-1 (continued)

	Never or NA*	Seldom	Some- times	Often	Almost Always
7. I feel lonely, sad or depressed. ....	0	1	2	3	4
8. I am at a restaurant and the people with me order high-fat foods that I had not planned to eat. ....	0	1	2	3	4
9. I am upset because of a big change in my life. ....	0	1	2	3	4
10. There are problems with people at work. ....	0	1	2	3	4
11. I am traveling. ....	0	1	2	3	4
12. I feel relaxed. ....	0	1	2	3	4
13. I unexpectedly come across one of my favorite high-fat foods. ....	0	1	2	3	4
14. I feel tired or exhausted. ....	0	1	2	3	4
15. I am ill or don't feel well. ....	0	1	2	3	4
16. I remember how good something tastes that I used to eat frequently. ....	0	1	2	3	4
17. I go on vacation. ....	0	1	2	3	4
18. I feel satisfied with something I've done. ....	0	1	2	3	4
19. I have an argument with a friend. ....	0	1	2	3	4
20. I attend a party, special event, or holiday celebration. ....	0	1	2	3	4
21. I feel frustrated, worried, stressed, annoyed, or angry. ....	0	1	2	3	4

\*NA = Not Applicable

## Worksheet 16-1 (continued)

Once you have completed all the items, tally your responses in the chart below. Mark the number that you circled for each question next to the question number in the chart. Add up your scores for the questions in each category. This gives you a total category score.

### Positive Emotions:

Question # 3 \_\_\_\_\_  
12 \_\_\_\_\_  
18 \_\_\_\_\_  
Total Score \_\_\_\_\_

### Social Pressure:

Question # 6 \_\_\_\_\_  
8 \_\_\_\_\_  
20 \_\_\_\_\_  
Total Score \_\_\_\_\_

### Negative Emotions:

Question # 7 \_\_\_\_\_  
9 \_\_\_\_\_  
21 \_\_\_\_\_  
Total Score \_\_\_\_\_

### Urges and Temptations:

Question # 2 \_\_\_\_\_  
13 \_\_\_\_\_  
16 \_\_\_\_\_  
Total Score \_\_\_\_\_

### Interpersonal Problems:

Question # 5 \_\_\_\_\_  
10 \_\_\_\_\_  
19 \_\_\_\_\_  
Total Score \_\_\_\_\_

### Negative Physical States:

Question # 1 \_\_\_\_\_  
14 \_\_\_\_\_  
15 \_\_\_\_\_  
Total Score \_\_\_\_\_

### Breaks in Routine:

Question # 4 \_\_\_\_\_  
11 \_\_\_\_\_  
17 \_\_\_\_\_  
Total Score \_\_\_\_\_

# Potential Setback Situations

**Situation #1: Party, special event, holiday or celebration** (positive emotions, and social pressure)

You are at a friend's home with other friends from your social group (church, work, club, etc.). You are relaxed and having a great time. Everyone is enjoying talking about family and friends. Now it's time to go eat and the table is filled with all kinds of food—high and low-fat. Everyone has contributed something to the dinner and people are anxious to know what their friends think about the dishes that they brought.

**Situation # 2. Feeling lonely or depressed** (negative emotions, urges and temptations)

It has been a long week, and you're feeling tired and slightly down. You used to get together with your friends on Saturday mornings for donuts and coffee but now donuts don't easily fit into your new eating pattern. You really love donuts.

To cheer yourself up, you decide to walk down to the bakery and buy a donut. When you walk in the door, the aroma of donuts is so wonderful that you end up buying a dozen instead of one.

**Situation # 3: Difficulties with family or friends** (interpersonal problems)

Some of the low-fat recipes you've tried have not been well received by your family (or friends). On Monday, you mention that you're going to serve a new low-fat fish dish. Your husband (teenager or friend) is upset. You try to quietly discuss other options but it doesn't work and everyone is angry. Later that evening you find yourself eating half a package of cookies.

**Situation # 4: Vacation or travel** (positive emotions, breaks in routine)

You're on vacation and you're having a good time. However, you've been staying with relatives and it hasn't been easy to find low-fat foods. By the time you get home, you will have been eating a high-fat pattern for almost two weeks. You realize that it will be difficult to try and budget all those additional fat grams!

# Steps to Get Back-on-Track

Your responses to the questions below will help you take the necessary steps to get back-on-track and prevent your slip from turning into a setback.

**1. Stay Calm and Listen to My Self-Talk.**

What are my thoughts about this situation?

---

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**2. Identify My Negative Self-Talk and Replace It With Positive Messages.**

How could I reword my negative thought to make them more positive? Select one negative thought to rewrite.

**Examples:** "Well, I blew it when I ate \_\_\_\_\_, I might as well quit."  
"This is too hard, I don't have any will power."

Negative self-talk: \_\_\_\_\_  
\_\_\_\_\_

**Examples:** "I didn't blow it, I can budget some extra fat grams the rest of this week."  
"My will power doesn't control my eating. I can use other strategies to control the amount of high-fat foods I eat."

Positive self-talk: \_\_\_\_\_  
\_\_\_\_\_

## Worksheet 16-3 (continued)

### 3. Learn From My Slip.

What type of high-risk situation triggered my slip?

---

What went wrong in my high-risk situation?

---

---

What strategies have I successfully used before to prevent a slip in this type of situation? (Are there any new ones I could use?)

---

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### 4. Make a Plan to Get Back-On-Track.

**Examples of steps to get back-on-track:** Use a Fat Scan to self-monitor, budget some of the extra fat grams, etc.

What two steps can I take today to get myself back on track?

---

---

How can I reward myself when I get back-on-track?

---

---

Name: \_\_\_\_\_

## Worksheet 16-4

# Home Activity Worksheet

### Areas to work on next month:

- ◆ Identify your thoughts and actions before a high-risk situation.

### Evaluation:

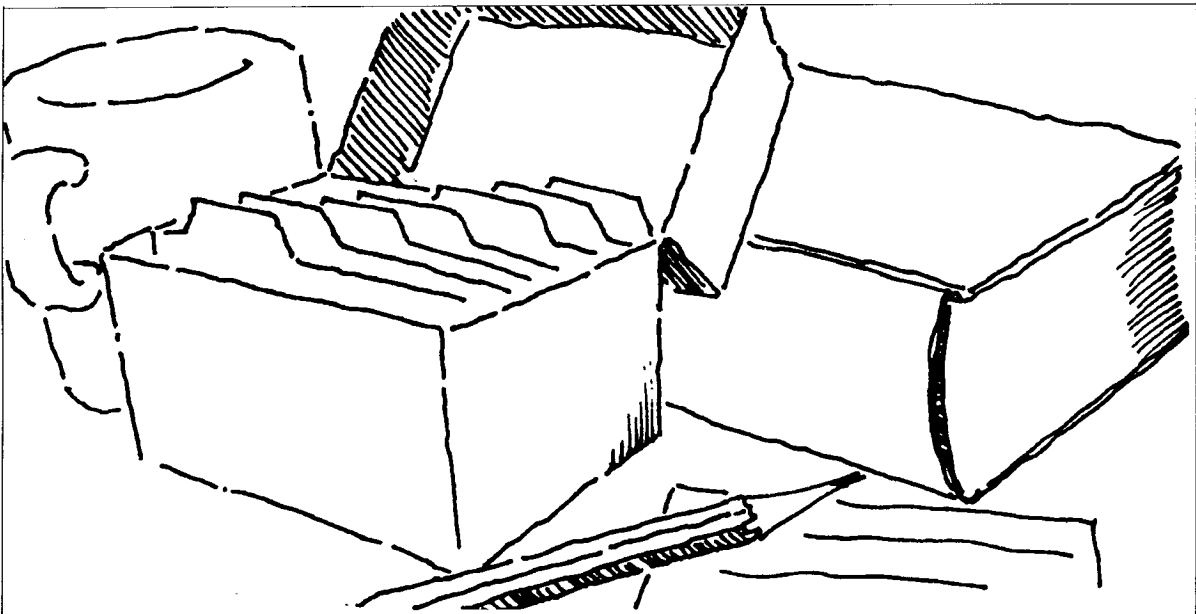
1. My high-risk situation: \_\_\_\_\_
2. Did I eat more fat than I planned?     \_\_\_ Yes     \_\_\_ No
3. If no, why not? \_\_\_\_\_  
\_\_\_\_\_
4. If yes, why did it happen? \_\_\_\_\_  
\_\_\_\_\_
5. What did I think and how did I feel after I ate too much fat? \_\_\_\_\_  
\_\_\_\_\_
6. What strategies could I use next time to deal with a similar high-risk situation?  
\_\_\_\_\_  
\_\_\_\_\_

- ◆ Bring your completed copy of Worksheet 1-1 from Session 1 with you to your next group meeting (Session 17).

## Session Sixteen

# Recipes

- ◆ *Black Bean Salsa*
- ◆ *Apricot-Orange Glazed Chicken*
- ◆ *Mongolian Hot Pot*
- ◆ *Sauces for Mongolian Hot Pot*
- ◆ *Citrus Fruit Dip*



## Black Bean Salsa and Crisp Vegetables

**1 can (about 16 ounces) black beans**  
**2 tablespoons lime juice**  
**1/3 cup cilantro, coarsely chopped**  
**1/2 cup green onions, thinly sliced**  
**3 small pear-shaped tomatoes (Roma-type), seeded and chopped**  
**salt and pepper**

Drain beans, reserving 1 tablespoon of the liquid. Place reserved liquid and half the beans in a medium-size bowl. Add lime juice, then mash beans with a fork or potato masher until smooth. Stir in remaining beans, chopped cilantro, onions, and tomatoes. Season to taste with salt and pepper. If you make this ahead of time, cover and refrigerate for up to 4 hours.

Spoon bean mixture into a serving bowl; garnish with cilantro sprigs.

Makes about 4 cups (1 serving = 1/4 cup)

Fat: 0.5 grams per 1/4 cup

Fruit/Vegetable Servings: 1/4 per 1/4 cup

Grain Servings: 1/4 per 1/4 cup

Recipe from Sunset Low-Fat Cookbook

Note: Serve with baked corn chips and raw vegetables such as cucumber, jicama, carrots, celery, etc.

## Apricot-Orange Glazed Chicken

**6 chicken breasts (skinless and boneless)**  
**1 cup apricot jam**  
**2 tablespoons prepared horseradish**  
**2 tablespoons minced fresh ginger**  
**2 tablespoons grated orange peel**  
**2 tablespoons firmly packed brown sugar**  
**1/4 cup orange juice**  
**36 bamboo skewers (6-8 inches long)**

Cover bamboo skewers in hot water and soak for at least 30 minutes. Rinse chicken and pat dry. Cut each piece of chicken lengthwise into 6 equal slices, then weave each slice onto a skewer. Place skewers on a lightly greased rack in a broiling pan.

In a 1 to 1-1/2 quart pan, combine jam, horseradish, ginger, orange peel, brown sugar and orange juice. Stir over medium-high heat until jam is melted; keep mixture warm.

Brush chicken with some of the jam mixture. Broil 6 inches below heat, turning once and brushing 2 or 3 times with remaining jam mixture, until meat in the thickest part of the chicken is no longer pink; cut the meat to test (after about 8 minutes). Brush with any remaining jam mixture, then serve hot.

Makes 36 appetizers

Fat: 1 gram per appetizer

Recipe from Sunset Low-Fat Cooking

## Mongolian Hot Pot

- 2 pounds sirloin or top round, trimmed of excess fat and cut into thin slices OR**
- 2 pounds chicken or turkey breast, boned, skinned and cut into thin strips**
- 1 small bunch spinach, stems removed**
- 3 medium carrots or small zucchini, cut in thin diagonal slices**
- 1 small bunch broccoli, cut into small flowerets, then thinly sliced lengthwise**
- 1/2 pound cabbage or Chinese cabbage (Napa cabbage), cut in 4x1-inch strips**
- 4 cans (10 oz.) regular-strength beef or chicken broth**
- 8 cups rice or bulgur wheat, cooked**

Shortly before serving, cook rice or bulgur wheat to make 6 to 8 cups. Bring 2 cans of broth to a boil in a large pan.

Set the table. Provide each guest with a plate and a small bowl; a pair of chopsticks or a fork; an Oriental wire ladle basket (available in Oriental and gourmet stores); fondue fork; and a soup spoon. Set the cooking pot in the center of the table within easy reach of all guests. Place trays of meat and vegetables and bowls of sauce around the pot.

Just before serving, bring the hot rice or bulgur to the table and transfer enough of the hot broth to fill the cooking pot. Set the temperature of the cooking pot at high. Keep remaining broth covered and barely simmering on the stove. Start by dropping some meat and vegetables into the broth to cook (cover pan briefly, if you want to speed the cooking). Guests can remove the foods with the wire ladle, fondue fork, or chopsticks. They dip the vegetables and meat into a sauce and eat. Let the guests help themselves to the hot cooked rice or bulgur.

Add more meat and vegetables to the broth as the cooked food is eaten. Refill the broth with more from the stove as needed. Throughout the meal, guests may ladle broth into their individual bowls to eat by itself or with meat, vegetables, and rice.

Makes 6 servings

Fat: 7 grams (beef)  
6 grams (chicken)

Fruit/Vegetable Servings:  
2-1/2 per serving

Grain Servings: 2-1/2 per  
serving

Recipe from Sunset Magazine, January, 1980

## Sauces for Mongolian Hot Pot

Commercial sauces available in the grocery store:

Teriyaki sauce  
Plum sauce  
Hoisin sauce  
Dijon style mustard

Barbecue sauce  
Soy sauce  
Chili sauce

### Mustard Sauce:

1/4 cup dry mustard  
1/4 cup cold water  
1/4 cup honey

Combine dry mustard and cold water in a cup to make a smooth paste; stir in honey until well-blended. Keep in the refrigerator.

Makes about 1/2 cup sauce  
Fat: 0 grams per serving

## Citrus Fruit Dip

**1 cup plain low-fat yogurt**  
**2 tablespoons honey**  
**grated orange peel to taste**  
**(about 2 teaspoons)**  
**fresh fruit segments such as pineapple spears, apple slices,**  
**tangerine wedges, banana slices, melon cubes**

Stir together yogurt, honey and orange peel. Allow to chill several hours or overnight. Place in a bowl and surround with fresh fruit. Serve with toothpicks.

Makes 1 cup (16 tablespoons)

Fat: Less than 1 gram per tablespoon

Fruit/Vegetable Servings: 1 per every 1/2 cup fruit eaten

Recipe from Low-Fat Lifeline, December, 1989

