



Psychology of Weight Loss Worksheet

A major aspect of weight loss is managing your thoughts and behaviors. Keep a positive attitude and make healthy choices by following these three steps:

1. Identify the personal barriers that contribute to your unhealthy lifestyle choices.
2. Develop effective strategies for overcoming your barriers.
3. Use those strategies to counteract your barriers.

This worksheet will assist you with steps one and two. Write down your barriers and strategies to defeat them. Hang the worksheet on your refrigerator or mirror where you can readily see it. Step three is up to you! To successfully manage your weight for life, you need to use these strategies every day.

Barriers	Strategies
Triggers	Four A's and Four Ds
Beliefs	Reframing
Negative Self-Talk	Positive Self-Talk
Cravings	Substitutes