

# PSYCHOLOGY OF WEIGHT LOSS WORKSHEET

Identifying your triggers, beliefs, negative self-talk, cravings and then what strategies you find most helpful will assist you to recognize and counteract them. In the right column, write down some strategies you would be willing to try to counteract them.

Barriers	Strategies
Triggers	Four A's (Avoid, Alter, Adapt, Accept) and/or the Four D's (Distract, Delay, Discuss, Drink Water)
Beliefs or Negative Self-Talk	Reframing and Positive Self-Talk
Cravings	Substitute, Distract, Delay technique
Comments/Notes	