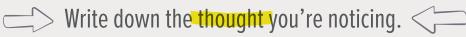
## My Weight DEALING WITH Know NEGATIVE THOUGHTS



"I won't be able to stick with this."

Write out your thought again, but include, "I'm having the thought that..." in front of it.

"I'm having the thought that ... I won't be able to stick with this."

Write out your thought again, but include, "I am noticing I'm having the thought that..." in front of it. "I am noticing I'm having the thought that...I won't be able to stick with this."



## TELL YOURSELF: THIS THOUGHT IS JUST A THOUGHT, IT'S NOT REALITY

