

# Contemplation

## Talk Down the Negative, part 2

One way to start doing healthy things is to turn negative thoughts or “cons” about changing into positive thoughts. This may help you feel motivated instead of overwhelmed. This can be done by looking at the “cons” from a different perspective. You can have “comebacks” for the “cons.”

### Talk Down the Negative with “Comebacks”

Think about your “cons” and try to come up with “comebacks” for each one below:

It might cost more money.



I can look for free places to workout.

It will take more effort.



Even though it will take more effort, I will see a change and that will make me feel good.

It may take me some time to get used to the changes.



I will get used to it and it will be like a routine for me.

When I go out, I may not want to eat something healthy.



I can try to get my friends to eat healthy too.

#### YOUR CONS

#### YOUR COMEBACKS

These cons can be annoying to deal with, but sometimes it helps to compare these cons to the risks of being unhealthy.

There are serious consequences to not being healthy. Sometimes when you compare these consequences with the cons, coming up with “comebacks” gets a lot easier.

#### Risks of Being Unhealthy



- Having to spend too much money on medical bills
- Being overweight
- Having body changes I don't like.
- Diabetes
- Heart problems
- Other medical issues
- Not being able to keep up with friends
- Low self-esteem
- Getting made fun of

**Which would you want to avoid most?**

For More Information visit: [www.HealthyMeFlorida.com](http://www.HealthyMeFlorida.com)