

Preparation

Talking Down the Negative, part 1

You may have already discovered that one way to start doing healthy things more often is to turn negative thoughts, or cons, about changing into more positive thoughts. Having more positive thoughts may help you feel motivated and ready to change. These new positive thoughts are like

“comebacks!” Below you will see lists of comebacks for cons about changing that frequently pop up. Take a look at the lists and decide which comebacks you can use or come up with a list of your own:

EATING HEALTHY

CON

I'm tempted to eat

I can make it a group effort and help others eat better too

COMEBACK

I have cravings

If I eat smaller portions I can eat more often

Other people might eat foods that I want in front of me

I can focus on enjoying the things I eat instead of what others are eating

When I feel bored or stressed I will need to look for something to do other than eating

I can call a friend or find other things to do when I'm bored

AVOIDING SUGARY DRINKS

CON

I might have fewer options for drinks

COMEBACK

I can learn about healthy drinks

It may be a challenge at first to cut back

I can overcome a challenge if I try

I might not like the taste of water or of other drinks

I can add fruit to water for flavor

I might feel like I'm the only person trying to cut back

I can help motivate other people to be healthy too

Turn Cons into Comebacks

Negative thoughts come up all the time; if this happens to you, don't feel bad – simply try to come up with a comeback. This will help you to stay motivated and positive about becoming a healthier you!

YOUR CONS

YOUR COMEBACKS

For More Information visit: www.HealthyMeFlorida.com