

Weight	Health
What you know (mind)	How you feel (body)
Size-reduction	Stress-reduction
Short-term goal	Long-term sustainability
Restriction	Balance
Planning	Presence
Controlling	Observing
Result	Intention
Judgmental	Curious
Rigid	Flexible
Calculated	Spontaneous
Obedience	Freedom
Demands	Questions
Self-loathing	Self love