

Old Beliefs:	New Beliefs:
I am as good as my body	I am more than my body
Weight gain is bad	Weight gain is a physical change, not an emotional one
I am [or should be] in complete control of my behaviors	I understand I have beliefs, thoughts, & feelings I'm not consciously aware of
My eating habits reflect my level of discipline, willpower, & self-control	My eating habits may reflect those emotions & subconscious stress level
I should be able to lose weight if I work hard enough	Weight loss is a complex mind-body-soul endeavor
If I beat myself up enough, I'll be motivated to do it	When I treat myself with love and respect, it happens naturally