|  |
| --- |
| F\*\*\* It |
| I Deserve it |
| Will start tomorrow / Monday (justification) |
| It doesn't really matter / Why Bother |
| I'm fat anyway |
| I Don't Care |
| Cheat Day |
| After ice cream |
| Hopeless / Numb |
| Holidays |
| Blank Mind |
| I want it! |
| Will buy bigger clothes |
| This will make me feel better |
| I Need It |
| Screw It! |
| I won't get a craving |
| I'll be OK |
| I need more energy |
| Social |
| Lost Weight |
| It's not bad for me |
| If I don't eat it now, I'll eat more later |
| I like my stretchy clothes |
| It's harder with food |
| It's the way my brain is wired |
| 0 Lunch = 2 dinners |
| Too Hard! / Too much work |
| Bad Day |
| No time |
| Irrational/Illogical thoughts (tell ourselves crazy stuff) |
| Already messed up |
| Salad & Dessert |
| Peer Pressure |
| Better than the other choice |
| Happy |
| Cognitive Distortions |
| I'm Sick |
| I walked a mile |
| I exercised yesterday / Burned it off / Worked out |
| Didn't eat much |
| Craving |
| This will calm me down |
| Reward |
| I thought about the gym |
| Everyone else is doing it |
| Relax / Take away stress |
| I'm getting rid of it / Don't want to waste |
| Just one more day |
| Mindless eating |
| I'm not that bad |
| I'll do better |
| I already ate 5 cookies |
| Just a little |
| Do it now - Get help later |
| Just now - Make it worth it |
| Eat like everyone else does |
| I can do this! |
| Just Once |
| Not a big deal |
| Never gonna get there / It won't work |
| Did great for 5 Days |
| Only Jelly Beans (only 100 cal) Friend brought them |
| I don't write it |
| What's the difference |
| It's something to do |
| I'm Hungry |
| I look good |
| Special Occasion |
| For the Kids |
| No Schedule |
| No Wine |
| Sale |
| It's Healthy |
| Live for Today |
| No One Else Cares |
| Rationalize |
| Sabotage |
| No Control |
| Vacation / It's Summer |
| Taste |
| Haven't had it in years |
| It's Here |
| I want to be normal |
| Just want to have fun |
| Will motivate me to feel like Sh\*\* |
| Easier to clean up |
| No one will see me - It doesn't count |
| Moderation |
| Protected by supplements |
| I'm at Omega (organic & natural) |
| If I do this, everything will be perfect |
| Get it over with |