

Thinking Differences Chart

Characteristics of Unsuccessful Dieters	Thinking of Unsuccessful Dieters	Thinking of Successful Maintainers
Confusion between hunger and desire to eat	I just ate dinner half an hour ago, but I'm starving! I have to have a snack.	I'm not hungry, I'm just having a craving. I don't need those cookies.
Intolerance of hunger	I can't stand being hungry.	Hunger is mildly uncomfortable, but I can tolerate it. It will go away if I focus on something else.
Desire for over fullness.	If I eat a lot. I'll be more satisfied and won't run the risk of getting hungry.	It's okay if I get hungry. I'd rather get a little hungry and stay thinner than eat a lot and gain weight.
Self-deception	It doesn't really matter if I eat this extra food.	It does matter. If I eat it, I'll strengthen the habit of giving in, which will make it more likely that I'll give in again next time... and the next... and the next.
Eating as an emotional coping strategy	I'm upset. If I eat, I'll feel better. I deserve to indulge myself.	If I eat, I'll have two problems: the one that was upsetting in the first place and now feeling bad about myself. I'm going to be very sorry in a few minutes if I eat now.
Demoralization upon weight gain	I can't believe I gained weight! This is terrible! I just can't lose weight. Maybe I should just give up.	Oh, well, I gained a little weight. I'll just be more careful this week.
Focus on unfairness	It's so unfair that other people can eat what they want and I can't.	I'm so glad I'm not eating like everyone else. I'd much rather be thinner.

Source: Beck (The Beck Diet Solution, 2013)

Reasons I Want to Lose Weight Chart

Check off all of the advantages that apply to you. Use the additional blank spaces to fill in others that are more specific to your life.

Advantages to Losing Weight	Advantages to Losing Weight
<ul style="list-style-type: none"> <input type="checkbox"/> I'll look better and more attractive. <input type="checkbox"/> I'll have more confidence. <input type="checkbox"/> I'll be able to wear a smaller size. <input type="checkbox"/> I'll fit into more fashionable clothing <input type="checkbox"/> I'll be able to buy fancy new underwear. <input type="checkbox"/> I'll feel happier when I look in the mirror. <input type="checkbox"/> I'll enjoy trying on clothes. <input type="checkbox"/> I'll feel better in a bathing suit. <input type="checkbox"/> I won't feel so self-conscious. <input type="checkbox"/> I'll get more compliments. <input type="checkbox"/> My blood pressure will go down. <input type="checkbox"/> My cholesterol will be reduced. <input type="checkbox"/> I'll be at less risk to develop type 2 diabetes. <input type="checkbox"/> I'll feel better physically. <input type="checkbox"/> I'll have more stamina. <input type="checkbox"/> I'll have more energy. <input type="checkbox"/> I'll feel more optimistic. <input type="checkbox"/> I'll make a better impression on people. <input type="checkbox"/> I'll be able to keep up with my kids. <input type="checkbox"/> I'll be less inhibited about my body. <input type="checkbox"/> I'll enjoy physical intimacy more. <input type="checkbox"/> I'll like myself better. <input type="checkbox"/> I'll feel as if I have accomplished something important. <input type="checkbox"/> I'll be more willing to find a job or make other life changes. <input type="checkbox"/> I'll be less self-critical. <input type="checkbox"/> I'll do more things in public, such as dancing or swimming. <input type="checkbox"/> My family won't remark about my weight or my eating. <input type="checkbox"/> I'll be more assertive. <input type="checkbox"/> I'll be more comfortable eating in front of others. <input type="checkbox"/> I'll feel in control. 	20 empty rows for notes

Source: The Beck Diet Solution (2013), J. Beck, Ph.D.