

THE PSYCHOLOGY OF WEIGHT GAIN:

Leslie Hill, MS
LPC

Froedtert and
MCW
Department of
Psychiatry and
Behavioral
Medicine

WHY ARE WE EATING

- Physical hunger
- External Eating
- Emotional Eating

There are about 200 food decisions we make/day. (Abramson, 2011)

EXTERNAL EATING

EXTERNAL EATING

- **Eating based on external cues**
 - Dr. Stanley Schadter
- **Normal weight people eat when they're physically hungry; those who are overweight eat in response to external cues.**
- **External eating isn't the single cause of obesity but is a factor for unnecessary eating.**

(Abramson, 2006)

EXTERNAL EATING QUESTIONNAIRE

1. When I'm around others, I'll eat something even if I'm not hungry.
2. When I'm shopping, I'll buy something I hadn't planned because it looks good.
3. I have to try a little food if it smells good.
4. It's hard to ignore the smell of freshly baked goods.
5. If a food tastes really good, I'll eat more than I planned to.
6. If I'm hungry, I won't eat unless the food tastes good.
7. If it's time for dinner but I've already eaten, I'll eat dinner anyways.
8. When I lose track of time, I may forget to eat.
9. When I go to movies, I buy popcorn or other snacks even if I'm not hungry.
10. I like to have something to eat or drink when I watch TV.
11. I read or watch TV when I eat by myself
12. If I'm alone, I'd rather snack than eat a regular meal.
13. It wouldn't be Thanksgiving holiday if I didn't eat too much.
14. Whenever there's a special event or occasion, I celebrate with food.

(Abramson, 2006)

EXTERNAL EATING (CONT)

1. When I'm around others, I'll eat something even if I'm not hungry. **VISUAL**
2. When I'm shopping, I'll buy something I hadn't planned because it looks good. **VISUAL**
3. I have to try a little food if it smells good. **FOOD SMELL**
4. It's hard to ignore the smell of freshly baked goods. **FOOD SMELL**
5. If a food tastes really good, I'll eat more than I planned to. **TASTE**
6. If I'm hungry, I won't eat unless the food tastes good. **TASTE**
7. If it's time for dinner but I've already eaten, I'll eat dinner anyways. **TIME OF DAY**
8. When I lose track of time, I may forget to eat. **TIME OF DAY**
9. When I go to movies, I buy popcorn or other snacks even if I'm not hungry. **EATING RITUALS**
10. I like to have something to eat or drink when I watch TV. **RITUALS**
11. I read or watch TV when I eat by myself **SOLO EATING**
12. If I'm alone, I'd rather snack than eat a regular meal. **SOLO EATING**
13. It wouldn't be Thanksgiving holiday if I didn't eat too much. **CELEBRATIONS**
14. Whenever there's a special event or occasion, I celebrate with food. **CELEBRATIONS**

EXTERNAL EATING

■ Visual Cues

- TV, restaurants, vending machines, office snacks, free samples, magazines, check out lines
- seeing other people eat, social events with food, all-inclusive vacations/cruises

■ Olfactory Cues

- Food court
- Food items at work or another person's house (cookies, popcorn).

■ Time Cues

- Lunch: 12:00
- Dinner 5:30, 6:00

EXTERNAL EATING (CONT)

■ Traditions/Rituals

- Special Occasions
- Holidays
 - 5x weight gain from Thanksgiving to New Years
- Carnival/Fairs (i.e. WI State Fair)
- Baseball game
- Movies

EXTERNAL EATING (CONT)

■ Mindless Eating

- Eating while we watch tv, read, work, with others, etc
 - Eat with 1 person = 35% more
 - Eat with 7+ people = 50% more
- Eating fast
 - Chicken nuggets (Beck, 2008)
 - Decreased eating when beep was slower
- If food is there, we'll eat it
 - soup bowls
 - 40% more when bowl remained full (Abramson, 2006)

*It can take 20 minutes from when you eat to when your brain gets the message that you're full.

PERSONAL REFLECTION...

- What situations are there for you where just the sight of food triggers eating?
- What are certain food smells you can't resist?
- What time do you routinely eat even if you're not hungry?
- Do you distract yourself when you're eating alone (i.e. TV, reading, phone?)

MODIFYING EXTERNAL EATING

- Out of sight, out of mind; increase distance between you and the food
 - Hershey's kisses (50% less)
- At home, keep food in the kitchen area only
- Be mindful of what you're eating and where
 - How would you describe what you're eating to someone who's never had it?
 - Texture, taste, seasoning
 - Eat in a relaxed atmosphere (quiet, non-stimulating if possible)
- Eat slower
 - Drink some water in between bites.
 - Put your fork down in between bites (wait 10 seconds).
- Portion control

MODIFYING EXTERNAL EATING (CONT)

- Use aluminum foil over plastic for food items
- Store foods that are more tempting on top shelves
- Don't buy bulk items, instead purchase single serving items
- Stay away from rooms where the food is kept at social events

MODIFYING EXTERNAL EATING (CONT)

- Identify rituals that don't involve eating
- Identify your own routines
 - What are situations of eating that occur in a certain situation even if you're not hungry?
 - Do you tend to desire/need snacks while watching television?
 - Are there any daily tasks/chores you do that are then followed by a treat or a snack?
 - Is food a reward when you get home from work?

EMOTIONAL EATING

EMOTIONAL EATING

- Eating because of unpleasant emotions or to increase already pleasant emotions
 - Anxious
 - Depressed
 - Frustrated
 - Empty
 - Bored
 - Angry
 - Helpless
 - Overwhelmed
 - Guilty
 - Confused
 - Jealous
 - Disgusted
 - Lovestruck

EMOTIONAL EATING SCALE

ARNOW, B., KENARDY, J., & AGRAS, W. S. (1995).

- _____ 1. When I am feeling “down” or “blue” a little snack will lift my mood.
- _____ 2. When I’m depressed I have more desire to eat.
- _____ 3. If someone disappoints me I want to eat something.
- _____ 4. When I am pressured or working under a deadline I have the urge to snack.
- _____ 5. I eat more when I am stressed than when I am calm.
- _____ 6. If I am worried or afraid of something I tend to eat.
- _____ 7. Sometimes when people irritate me I want to get something to eat.
- _____ 8. I have had something to eat “just to teach him/her a lesson”.
- _____ 9. When I get angry, eating will make me feel better.
- _____ 10. I look forward to eating something when I’m bored.
- _____ 11. I eat more than usual when there is nothing to do.
- _____ 12. If time is passing slowly, I look forward to having a snack.
- _____ 13. Being alone increases my appetite.
- _____ 14. I am less likely to eat when other people are around as I am when I’m by myself.
- _____ 15. Eating makes me feel better when I am lonely.
- _____ 16. I celebrate with food when I’m in a good mood.
- _____ 17. If I’m feeling really good, I don’t worry about my diet.
- _____ 18. When I’m happy, having a favorite snack makes me feel even better.

EMOTIONS

WITH THE EMOTIONAL EATING SCALE

Depression

1. When I am feeling “down” or “blue” a little snack will lift my mood.
2. When I’m depressed I have more desire to eat.
3. If someone disappoints me I want to eat something.

Anxiety/stress

4. When I am pressured or working under a deadline I have the urge to snack.
5. I eat more when I am stressed than when I am calm.
6. If I am worried or afraid of something I tend to eat.

Anger

7. Sometimes when people irritate me I want to get something to eat.
8. I have had something to eat “just to teach him/her a lesson”.
9. When I get angry, eating will make me feel better.

EMOTIONS

WITH THE EMOTIONAL EATING SCALE

Boredom

- 10. I look forward to eating something when I'm bored.
- 11. I eat more than usual when there is nothing to do.
- 12. If time is passing slowly, I look forward to having a snack.

Loneliness

- 13. Being alone increases my appetite.
- 14. I am less likely to eat when other people are around as I am when I'm by myself.
- 15. Eating makes me feel better when I am lonely.

Happiness

- 16. I celebrate with food when I'm in a good mood.
- 17. If I'm feeling really good, I don't worry about my diet.
- 18. When I'm happy, having a favorite snack makes me feel even better.

EMOTIONS THAT MAY TRIGGER EATING

(ABRAMSON, 2006)

Emotion	Definition	Physical Clues	Mental Clues
Depression (sad, down, blue, Bummed)	Unhappy feelings resulting from a loss of a valued person, relationship, possession or self-esteem	Tears, slowing movement, tiredness, increased body pain, slumped posture	Thoughts of guilt, worthlessness, shame, hopelessness, pessimism about the future
Anxiety (stress, afraid, irritated)	Sense of uneasiness, fear or apprehensiveness about the future	Increased heart rate, Sweating, difficulty breathing, “butterflies” - stomach	Something awful is going to happen (could be specific – “plane will crash”) vs vague uneasiness
Anger (mad, hostile, annoyed)	Intense feelings resulting from a sense that you have been injured, treated unfairly, or threatened	Stiffening of the body, clenched jaw, increased blood pressure	Thoughts of striking out or attacking, desire to get even or revenge, thinking about the incident repeatedly
Boredom	Distress because of lack of stimulation, uninteresting activities	Restlessness, fidgeting, yawning	Time passes slowly, frequent daydreaming, distraction
Loneliness	Distress because of perceived lack of satisfying social relationships	Avoidance of social activities, feeling awkward around others	Thinking others have abandoned or rejected you

FORMS OF EMOTIONAL EATING

- **Binge eating (2-3% adults; 8% obese individuals)**
 - Eating an increased amount of food that most people would eat in the same time frame
 - Eat until bad feeling goes away
 - Lack of control over eating (secretive)
 - 5000-10,000 calories in one binge
- **Snacking**
 - Separate time of unnecessary eating outside of meals
- **Grazing**
 - Various eating over time (intermittent, various locations)
- **Night Eating (Dr. Stunkard)**
 - Decreased intake before dinner
 - minimal appetite in morning
 - Agitated and difficulty sleeping increases eating
 - Non-specific anxiety also increases eating as night goes on

EMOTIONAL EATING AND OUR BODY

■ Increased craving for carbohydrates

- Seasonal Affective Disorder (SAD)
- Premenstrual Syndrome (PMS)
- Depression
- Bulimia Nervosa
- Nicotine Withdrawal

■ Self-medicating with food

Increased intake of carbohydrates



Increased Tryptophan



Increased amount of serotonin that is synthesized



Improved Mood

EMOTIONAL EATING AND OUR BODY (CONT)

- Increasing ratio of Tryptophan to other amino acids can also increase serotonin (Young, 2007)
- Long periods of insulin increasing can trigger the start of insulin resistance, obesity, type 2 diabetes, and decreased serotonin (Young, 2007)

EMOTIONAL EATING & OUR BODY (CONT)

- **Cortisol and Weight (“fight or flight”)**
 - Hypothalamus releases corticotropin releasing factor (CRF) (Taylor, 2003)
 - CRF acts on the pituitary gland
 - Pituitary gland releases adrenocorticotrophic hormone (ACTH) (Cibelli, Corsi, Diana, Vitiello, & Thiel, 2001)
 - ACTH then acts on the adrenal gland (cortex)
 - Adrenal gland releases cortisol (Cibelli et al, 2001)
- **Sleep, Hunger, and Weight**
 - Sleep deprivation is associated with weight gain
 - (reasons unclear)

WHERE DOES EMOTIONAL EATING COME FROM?

- **Childhood eating behaviors**
 - Taste preference before birth or shortly after
 - Food used as comfort or reward
 - Food – control for kids
- **Relationship Issues**
 - Marital stress and weight gain
 - Avoiding sexual temptations
 - Avoiding sexual situations all together

WHERE DOES EMOTIONAL EATING COME FROM? (CONT)

- **Family Relationships**
 - Perfectionism with parents
 - Preoccupation from parents re: their own weight/diets
 - Parenting styles (Authoritative vs Authoritarian)
- **Adverse Sexual Experiences/History of Trauma**
 - Low self esteem and body dissatisfaction
- **Social and Cultural components**
 - Cravings can be a result of learned experiences and cultural differences (i.e. chocolate – American women, meat-stuffed eggplant, Egyptian women).

SABOTAGING BEHAVIORS (STUART & JACOBSON)

- Comparing her body weight to other women
- Negative comments about other women who are overweight
- Complaining about expenses of health clubs, healthy foods, other weight-loss efforts
- Offering to go grocery shopping and buying wrong foods
- Demanding that unhealthy, fattening meals be prepared
- Complaining when she goes to exercise or group meetings
- Pressuring her to lose weight

PERSONAL REFLECTION

- Are you having a meal or a snack?
- Are you hungry?
- Are you upset about something that happened recently?
 - Conversation, song, circumstance, more thoughts in general
- What circumstances are going on?

*Emotional eating is more likely to happen in the afternoon and evening and more likely when you're alone.

FOOD JOURNAL

Date/Time	Place	Situation immediately before eating/binge	Emotions before eating/binge	Foods Eaten/Amt	Scale of Hunger (0-5)	How did you feel afterwards?
Saturday, 3pm	Home	Got into an argument w/ my significant other after plans were changed without asking me.	Frustrated. Anxious.	Bag of chips. Cookie. Candy bar.	0	Guilty. Depressed

ALTERNATIVES/POSITIVE SELF SOOTHING

- 1. You have a right to take care of yourself**
- 2. You don't have to lose weight BEFORE you do something for yourself.**

- Guilt: thinking you don't deserve it
- Embarrassment: feeling embarrassed about your weight and thinking that excludes you from self-care



CIRCULAR REASONING

(You should be nice to yourself in order to lose weight but you can't be nice to yourself until you lose the weight).

SELF-CARE

- What activities bring you pleasure/a sense of enjoyment or accomplishment? (simple pleasures count!)

Planting a garden

get a massage

sit outside/sun

Going to church

calling a friend

watching a movie

Singing in a choir

volunteering

watch a sunrise

Reading

go for a drive

play with a pet

Riding a bike

sew, knit, crochet

new hairstyle

Taking a bath

buy yourself flowers

attend a play/concert

Listening to music

do puzzles

have a good laugh

Aromatherapy/candles

meditate

deep breathing

Taking a walk

watch the clouds

Journaling

WHAT'S YOUR STYLE?

- Total of responses from Emotional Eating Scale

Depression/sadness?

Anxiety/fear?

Boredom?

Loneliness?

Anger?

IDENTIFYING & COPING WITH EMOTIONS

- Depression: physical activity
- Anxiety: breathing, relaxation, distraction, stretching, yoga
- Anger: breathing, relaxation, stretching, cleaning, assertiveness training
- Boredom: productive activities vs leisure
- Loneliness: e-mail, calling a friend, etc
 - Learning to develop relationships with other people, not food
 - Increased social interaction
 - Improvement/nurturing of current relationships

**TREATING
EXTERNAL
AND
EMOTIONAL
EATING**

TREATMENT FOR EMOTIONAL EATING/EXTERNAL EATING

- **Cognitive Behavioral Therapy (Aaron T. Beck)**
 - Changing irrational thinking
 - How you think about events determine what emotions you have and how strong those emotions are
- **Psychotherapy (in general)**
 - Improving Body Image
 - Identification and expression of feelings (↓ emotional eating)
 - We can experience negative emotions and deal with them rather than avoid them
 - When identified/labeled, feelings can become less threatening
 - Identification of what food/eating is representing
 - Power, control, shame, pain, love, comfort
 - Alternative, positive self soothing behaviors
 - Reading, walking, bath, cleaning, etc

COGNITIVE BEHAVIORAL THERAPY

- Identify and change thought patterns.
 - Cognitive restructuring
- Identify and change behaviors (unhealthy eating patterns)
- Produce Cognitive Change through behavioral experiments and/or cognitive restructuring

BASIC CONCEPTS IN CBT

- **What we think, how we feel and how we behave are interrelated.**
 - The meaning of an event influences our feelings
 - The interpretation of our feelings and meanings of the event influences our response.
- **What we learn early on in life leads to identifying core beliefs (positive or negative) that events are filtered through**

BASIC CONCEPTS IN CBT (CONT)

- **Negative (dysfunctional) emotions are the result of misinterpreting events.**
 - **Therapy works to change this perception**

AUTOMATIC THOUGHTS AND EATING

Situation/Trigger



Thought



Decision



Action

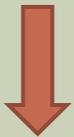
Situation/Trigger



Thought



Decision



Action

Office birthday party



“Those brownies look really good.”



OK, I’ll have some.



Eating the brownies.

INFLUENCE OF THOUGHTS ON MOOD AND EATING

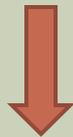
Situation:



Negative Thought



Emotion



Behavior

Weight higher than desired



“I can’t believe I didn’t lose any weight. This is horrible.”



Angry. Disappointed. Sad



Increased unhealthy eating.

NEGATIVE AUTOMATIC THOUGHTS AND EATING

(ABRAMSON, 2006; LEAHY & HOLLAND, 2000; BECK, 2008)

- **Dichotomous Thinking** (All or Nothing)

“I’m either on or off a diet.” “I’m either completely successful or a complete failure.”

“I had one cookie so my whole diet is blown.”

- **Discounting the positives** (positive things are trivial, don’t count)

“Even though I walk 30 minutes four times a week, I’m not doing as much as she/he is.”

“It’s a complete waste of time.”

- **Should Statements** (rigid standards)

“I should only eat these certain foods.”

“I should never have any ice cream or fried foods.”

NEGATIVE AUTOMATIC THOUGHTS AND EATING (CONT)

- **Overgeneralization** (global pattern of negatives)

“I’m never going to be able to lose weight.”

“I’m always going to be overweight.”

- **Negative Filtering** (focusing on the negatives)

“I can’t believe I had a small bowl of ice cream before I went to bed.” (minimizing that you didn’t have a doughnut or iced mocha, cake for the office party, and ate a healthy lunch.)

- **Fortunetelling** (predict the future negatively)

“What’s the point of eating healthy, I know I’m never going to be able to lose the weight.”

“I haven’t lost weight this week so I’ll never be able to lose it.”

“I had that brownie I know I shouldn’t have had; I’ll never be able to handle my cravings. “

NEGATIVE AUTOMATIC THOUGHTS AND EATING (CONT)

- **Emotional Reasoning** (feelings guide your interpretation of what's going on; feelings must be true)
“I feel like a failure for not sticking to my meal plan. I guess I *am* just a failure.”

- **Mind Reading** (Assuming you know what others are thinking)
“People are going to think I'm weird if I don't have cake at the party.”
“Jane will think I'm rude if I don't have some of her dessert. I know it was a lot of work.”

COMMON AUTOMATIC THOUGHTS/**ASSUMPTIONS**

- Permission-giving beliefs and negative thoughts can encourage you to eat unhealthy foods or eat more.
 - “I had a hard day I deserve to celebrate”
 - “I’m not going to be able to do this. I could never keep the weight off in the past.”
 - “I can’t turn the food down, it’s here. I’ll hurt his/her feelings”
 - “I really shouldn’t have this but...”
- “I should be successful at everything I try.”
- “If I fail, I’m worthless.”
- “I should have the approval of everyone.”

SABOTAGING THOUGHTS WITH EATING

It's alright if I eat this...

- It's just one piece, it's not the whole thing.
- I'll just eat it this once.
- It can't be that fattening.
- I'll eat less later.
- It'll go to waste if I don't eat it.
- I'll disappoint someone if I don't have this.
- It was free.
- It's a special occasion. I'm treating myself.
- I'm craving it and I'll end up just eating it later; I might as well eat it now. I don't care.

CHANGING OUR FEELINGS & THOUGHTS

- Identify/describe the trigger or event
- Record your thoughts and feelings
- Identify accuracy of thoughts
- Create rational responses
- Re-rate feelings

CHALLENGING NEGATIVE AUTOMATIC THOUGHTS

Situation	Thoughts	Emotions	Distortion	Rational Thought	Emotions
Eating chocolate after argument w/ co-worker	"I can't do anything right. I'm never going to be able to eat healthy."	Sad 4 Disappointed 6	All or Nothing. Overgeneralizing. Fortunetelling.		
Had larger portion at dinner.	"I might as well finish the leftover spaghetti. I haven't lost any weight and I'm always going to be heavy."	Ashamed 5 Hopeless 8	Overgeneralizing. Fortunetelling.		
Spontaneous food purchase	"I can eat this because otherwise I'm wasting money. It's such a small amount. "				

CHALLENGING THOUGHTS (CONT)

Questions for formulating rational responses

- What's the evidence this thought is true or not?
- Is there an alternative explanation?
- What would I tell a friend/family member who had that thought.

CHALLENGING NEGATIVE AUTOMATIC THOUGHTS

Situation	Thoughts	Emotions	Distortion	Rational Thought	Emotions
Eating chocolate after argument w/ co-worker	"I can't do anything right. I'm never going to be able to eat healthy.	Sad 4 Disappointed 6	All or Nothing. Overgeneralizing. Fortunetelling.	Just because I had some chocolate today doesn't mean I'll never make any positive changes. Every day is a learning experience and I'll find new ways to manage my frustration.	Sad 2 Disappointed 3
Had larger portion at dinner.	"I might as well finish the leftover spaghetti. I haven't lost any weight and I'm always going to be heavy."	Ashamed 5 Hopeless 8	Overgeneralizing. Fortunetelling.	"Eating more will only make it more challenging for managing portions in the future. I would've preferred to make a better choice but I can start now. I haven't lost any weight this week but I also haven't gained any.	Ashamed 2 Hopeless 3
Spontaneous food purchase	"I can eat this because otherwise I'm wasting money. It's such a small amount. "				

CHALLENGING YOUR THOUGHTS

Questions for formulating rational responses

I can't do anything right. I'm never going to be able to eat healthy.

- What's the evidence this thought is true or not?
 - If evidence, can we build skills to change that (ie dietician, community programs, etc).
- Is there an alternative explanation?
- What would I tell a friend/family member who had that thought.

CHANGING SABOTAGING THOUGHTS WITH EATING

- **It's just one piece, it's not the whole thing.**

Just because it's small doesn't mean I have to eat it. I need to use every opportunity I can to help break this unhealthy habit.

- **It was free.**

I don't need to eat everything that is offered to me. I'm better off not taking samples rather than gaining weight.

- **I'm craving it and I'll end up just eating it later; I might as well eat it now. I don't care.**

I may not care right now but I know I will. I'll be disappointed in myself if I continue to eat what I know I shouldn't and don't lose weight. Cravings will pass. I can find something else to do to distract myself.

NEGATIVE THOUGHTS ABOUT CHANGING

- I don't need to remind myself of reasons to lose weight.
- Writing a food plan won't help.
- Food journaling is time consuming and I can write things down later.
- I'm a fast eater. Plus I don't have time to eat slower.
- I can't schedule my time for meals, exercise and everything else.
- I'm not going to be able to resist cravings for foods I love.
- Other people will criticize me or look at me differently if I tell them I'm dieting.

CHANGING NEGATIVE THOUGHTS ABOUT CHANGE

- **I'm a fast eater. Plus I don't have time to eat slower.**
 - Eating fast probably contributed to my weight gain and I can't continue to eat quickly and lose weight. It may require more effort initially but I'll get used to it.
- **I can't schedule my time for all of these changes.**
 - To lose weight and meet my goals, I have to develop a routine. I wish I didn't have to, but I do.
- **I'm not going to be able to resist cravings for foods I love.**
 - I couldn't tolerate cravings in the past but I can learn new ways to manage them. Besides, the discomfort of cravings may not be as bad as the discomfort of eating too much.

**THOUGHTS
ABOUT
EXERCISE**

MOST COMMON REASONS FOR NOT EXERCISING

- I tried to exercise but didn't lose any weight.
- I don't have the time.
- I'm too lazy.
- If I exercise, I'll get hungry and eat more.
- I don't like to sweat.
- I'm in pain after exercising
- Exercise is boring
- I work hard at my job and I don't have any energy left for exercise.

CHALLENGING NEGATIVE THOUGHTS WITH EXERCISE

- **I tried to exercise but didn't lose any weight.**
 - I can't say for sure that my unsuccessful attempts at weight loss in the past were simply because of exercise. I may not have been focused on my eating patterns or amount of food. Exercise alone won't result in a substantial amount of weight loss.
- **Exercise is boring. I have better things to do with my time.**
 - Exercise can be daunting at times but there may be new classes I could try or exercise videos at home. When I think about it, exercise won't take up all of my time and I'll still have time to get other things done.

CHALLENGING NEGATIVE AUTOMATIC THOUGHTS WITH EXERCISE

- **“I don’t want to exercise.”**
 - I can’t go by whether or not I want to exercise. If I want to lose weight and make sure it stays off, I *need* to exercise. There’s a lot of benefits of exercise, too. I can do this.
- **“Walking for only 10 minutes isn’t going to help.”**
 - Walking for 10 minutes is better than not walking at all. Exercise is important and I need to start somewhere. I can slowly increase the amount, too.
- **“I’m too busy; I don’t have time.”**
 - I am busy but I need to make this a priority. If my life depended on it, I would make sure I did it. I may have to get up earlier or schedule it into my day, but I can’t keep telling myself it’s optional.

EXAMPLES NOT MENTIONED?



MAIN POINTS

- There are various reasons for eating (including hunger, emotions, external cues, etc).
- Self-observation is required in order to change unhealthy and maladaptive thoughts and behaviors.
 - Focus on your ATE (Antecedent, Thought, Emotion).
 - How can you argue those irrational thoughts?
- Identify alternative/positive ways of coping with emotions and external cues (is a process not overnight change).
- You have a **RIGHT** to take care of yourself.

WHERE DO I GO FROM HERE

■ Self-help books

- Emotional Eating (Edward Abramson, 1993)
- Body Intelligence (Edward Abramson, 2006)
- The Beck Diet Solution (Judith Beck, 2008)
- Feeling Good Handbook (David Burns, 1990, 1999)

■ Formal treatment

- Individual Psychotherapy (behavioral health concerns)
 - Froedtert and Medical College Community Physicians Department of Psychiatry and Behavioral Health: 262-502-3300
- Exercise Programs (consult with Medical Doctor if needed for clearance)
- Nutritional counseling

QUESTIONS?

REFERENCES

- Abramson, E. (1993). Emotional Eating: What you need to know before starting another diet. Jossey-Bass Publishers (San Francisco).
- Abramson, E. (2006). Body Intelligence: Lose weight, keep it off and feel great about your body without dieting. McGraw-Hill.
- Abramson, E. Breaking Free from Emotional Eating, Bulimia and Anorexia. Pesi conference. February 28, 2011
- Beck, J. (2008). The Beck Diet Solution: Train your brain to think like a thin person. Oxmoor House.
- Burns, D. (1999). The Feeling Good Handbook (revised). Plume, Penguin Group Publishers.
- Cooper, A. Fairburn, C. & Hawker, D. (2003). Cognitive Behavioral Treatment of Obesity: A Clinician's Guide. The Guilford-Press.
- Leahy, R. & Holland, S. (2000). Treatment Plans and Interventions for Depression and Anxiety Disorders. The Guildford Press (New York).
- Sleeper, P. Teleconference: "Introduction to Cognitive Behavioral Therapy" (March 3, 2011).