



Light of Libra

HYPNOTHERAPY | PAST LIFE REGRESSION | HEALING

Sabotaging or Negative Automatic Thoughts

Automatic Thought	Details	Example	Rational Response
<i>Confusing Wants with needs</i>	You fancy some food therefore your body must need it	The bread smells wonderful. I want some; I probably need it anyway	It does smell wonderful, but I ate an hour or so ago so I don't need to eat now
<i>Negative Thinking</i>	You always see the negative first; sometimes that's all you see	I have tried every diet in the book. They all failed. How can this be any different?	I have read of other people who have been successful on this. I will be positive and really give it my best shot
<i>Fortune Telling</i>	You predict your own view on a future event or experience regardless of your degree of knowledge	I know there will be no low calorie foods at the party or restaurant. I'll put back on all the weight I lost over the last two weeks	Until I get to the party or restaurant, I don't know what food will be available and anyway, as long as I am not silly; one night won't hurt
<i>Discounting The Positive</i>	You put yourself down by disregarding any positive qualities or achievements	I've only lost a pound this week. I've such a long way to go in order to reach my target weight	I deserve credit. Every small achievement counts towards overall success
<i>Labelling</i>	You label people, including yourself, in a negative way	I'm really bad because I've eaten too much today	I'm not a bad person. I just ate more than I intended to
<i>Mind Reading</i>	You start to believe that you know what others are thinking	My friends are laughing at me behind my back because of my past dieting failures	I do not know what others think of me and maybe it is not that important anyway
<i>Self-Deluding Thinking</i>	You convince yourself to believe illogical thoughts	If I eat standing up or if no-one sees me eating then it doesn't matter	Everything I consume counts towards my daily intake of food



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- ❖ Learn to live comfortably with food; you have to face it more than once a day
- ❖ Hunger is not a dirty word
- ❖ Don't expect too much too soon
- ❖ Eat mindfully and slowly and really taste your food
- ❖ Food solves nothing except hunger
- ❖ Don't fear failure, learn from it.
- ❖ Take responsibility for all your actions

