

NOW, YOU TRY IT: REWRITE YOUR SCRIPT

Think of three bumps in the road that may get in the way of your weight loss. Now, transform the negative attitudes you anticipate into positive, affirming statements.

1. Potential Problem:

Negative Thought:

Counter Thought:

2. Potential Problem:

Negative Thought:

Counter Thought:

3. Potential Problem:

Negative Thought:

Counter Thought:
