

# Behavior module

## POSITIVE SELF-AFFIRMATIONS

### Managing Your Thinking

- Feel good about yourself.
- Be positive, patient and think optimistically.
- Combat negative self-talk. Replace it with positive words of encouragement.
- If you believe in yourself, then others will too. It's just that simple.

### Self-Affirmation

When you make an affirmation, you declare that what you are saying is true. You are making a commitment to yourself. It is important to remember that affirmations require hard work. Just making the affirmation is not enough. You need to follow through on the actions that will make that affirmation a reality.

Affirmations can be very powerful tools in attaining long-term weight loss. The affirmations you make to yourself are crucial elements to the success of the medical weight management program. Think carefully and devise several affirmations that you believe in.

You might try, "I deserve to be thin!" or "I have the power to be thin!" Notice that self-affirmations begin with that very important pronoun—I. You alone can create self-affirmations. You alone can live up to them.

### Say it Over and Over Again

Once you have several affirmations, the next step is repeating them—over and over and over again. Perhaps you think this is boring, or a waste of time. Perhaps you think if you repeat the same affirmation over and over it will have no meaning. On the contrary, when you repeat something over a course of time, you make it your own.

You will find that, as you repeat a well thought out affirmation time and time again, something exciting and fascinating begins to happen. You find yourself believing it! It is this constant process of repetition that gives affirmations their power to help you as you change for the better.

You will also discover that affirmations you make affect not only your weight management program but other areas of your life as well. You may well find that having the power to control what you eat will help you to find within yourself the power to do many things you've been longing to do.

### Start the Process Now!

Say to yourself: "I will follow my affirmations because they make me feel good about myself!"

### Your Inner Dialogue: Watch What You Say!

What you say to yourself—your inner dialogue, can affect you in much the same way as statements made by others. Your inner dialogue can influence your behavior. Self-statements like "I'm too heavy to be seen in shorts" or "It was a crummy day, so I needed those chips" can trigger you to behave in ways that are not supportive of your weight management efforts like snacking excessively or avoiding exercise.

## Changing Your Inner Dialogue

Is your inner dialogue filled with negative self-statements? If so, making your inner-speech more positive can help you with your weight management efforts. How do you do this? Try this three step instructional approach.

### Step 1: Self Observation

First, you have to observe what you are saying to yourself! To get you started, list below any negative self-statements you've said to yourself recently.

### Step 2: Starting New Inner Dialogue

Second, identify positive self-statements to replace the negative ones. Write these replacement statements in the Activity box provided on the back.

### Step 3: Practice Your New Positive Affirmations

Instead of your using your former negative self-statement, use your new positive one. And, say it over and over again!

Self-affirmations are positive self-statements that work just like positive self-talk. They are positive statements about yourself which prompt you to execute behaviors that make the self-affirmations accurate and true!

Here are few examples:

- "I have the courage to teach people to treat me well."
- "I am resourceful."
- "I tackle one problem at a time."
- "I give myself permission to ask for solace and comfort."

### Activity: New Inner Dialogue

Identify positive self-statements to replace the negative ones.

Negative Self-Talk <i>"I'll never be able to lose this weight."</i>	Positive Self-Talk <i>"I know if I concentrate on my goals, I'll lose weight."</i>

During the next two weeks, target a negative self-statement you frequently make. Then, replace it with a new positive self-statement, and practice using it over and over again.