Notes—
# How I Feel About My Progress Today—

Today’s date: _________________

**TAKE some time to think** about your personal progress from the first session until today. On a scale of 0 to 10, circle the number that best represents how you feel about your progress today.

<table>
<thead>
<tr>
<th>TOTALLY DISSATISFIED</th>
<th>TOTALLY SATISFIED</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Increasing my physical activity</strong></td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td><strong>Keeping regular records of food, physical activity, &amp; sleep</strong></td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td><strong>Eating more fruits and vegetables</strong></td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td><strong>Eating smaller portions of food</strong></td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td><strong>Keeping a positive attitude</strong></td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
<tr>
<td><strong>My weight loss so far</strong></td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
</tr>
</tbody>
</table>
How to Challenge Negative Thoughts—

- Simply identifying cognitive distortions can make them more unlikely to occur, since this exercise often helps you realize the distortions are unrealistic.
- Identify errors in your thinking and attempt to replace the thought with a more realistic statement.
- Think of evidence both supporting and challenging the negative thought.
- When in doubt, ask other people you trust.
- Test the thought to determine if it is true.
- Think in shades of gray—what are the good points and what are the bad points?
- Encourage yourself to think of alternative explanations despite feeling convinced you are correct.
- Admit there may be some truth to the negative thoughts you’re having. Admit you are human like everyone else. What can you learn from this situation? Accept that you have weak points as well as strong points.

### Negative Mood Spiral—

1. **GOOD MOOD**
2. Goes to the mall with friends and ate too much at the food court
3. Feels uncomfortably full
4. Tries on clothes that feel too tight
5. Thinks, “I’m fat”
6. Feels sad
7. Thinks, “I might as well give up trying to look good.”
8. A voids exercise
9. Stops caring about eating healthy and exercising
10. Feels worse
11. Has a hard time doing much of anything
12. **Depressed/discouraged**

### Positive Mood Spiral—

1. **GOOD MOOD**
2. Goes to the mall with a friend
3. Wears baggy clothes to hide her body
4. Buys a nice shirt that flatters her figure
5. Thinks, “This color really brings out my eyes and this cut looks good on me.”
6. Feels more confident
7. Decides to stop comparing herself to other girls all the time
8. Stops buying magazines with photos of skinny celebrities
9. Tries to cut back on body checking in mirrors
10. Thinks, “Maybe I can be happy with my body.”
11. Realizes accepting her body doesn’t mean giving up on doing things to look her best
12. Exercises because she realizes she feels better afterward
13. Feels a lot better accepting her body shape and weight
14. **GOOD MOOD**