OH YEAH?
DEFINITE
"WELL-ADJUSTED"
Cognitive therapy
“You won’t get me to sit on the couch and discuss my obsession until I straighten things up, Dr. Hunter.”
Thinking like a “thin” person

Judith Beck.

Beck Diet Solution: Train your brain to think like a thin person.
Where does your unwanted behavior come from?
What is Cognitive Behavioral Therapy (CBT)?

- Cognitive Behavioral Therapy is an approach to understand how our feelings and behaviors are connected.
- Basic idea is that our feelings “drive” our behavior.
Feelings
Happy, sad, angry, depressed, anxious, scared, enraged, excited, “bored”, lonely, etc

Behavior
Passive: Eating, avoiding, isolating, distracting, self deprecating, guilt, feeling sorry for self.
Aggressive: Yelling, throwing, controlling, directing and fixing, mean confronting, guilt.
Assertive: Negotiating, accepting, surrendering and experiencing with compassion and understanding, developing a win/win or coping with what is via healthy choices of behavior. Empathic confronting.
We can agree that Feelings lead to behaviors but where do feelings come from?

- The last time you had a feeling that led to an unwanted behavior what was the feeling?
- What “caused” that feeling?
Make a list of these "triggers"
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Triggers
• Situations: (caught in traffic, had to work late, missed a deadline, working extra or not at all because of downsized workplace)
• Events: (holidays, wedding, birthday)
• Places: (home, work)
• Things: (computer breaks, flat tire)
• People: (spouse angry, parent criticized, child taking advantage, boss inconsiderate, coworker gossiping)
When we view the world in this automatic way it this is the stimulus response, reactive mode.

- Instinctive, impulsive, automatic reaction.
- It “just happened”.
- Cause of emotion is attributed **outside** self.
- More stressful attribution because it implies helplessness.
- Believing you are helpless can lead to depression and life dissatisfaction.
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What’s going on between the stimulus and response?

In humans, there is something that occurs between the trigger and the response.

- What occurs is “YOU”.
  - Your thoughts
  - beliefs
  - opinions
  - logic
  - interpretation
  - perception
  - expectation
  - wishes
You have a choice how to react

- Remember Stephen Covey, 7 Habits of Highly Effective People chapter on Proactivity
- You are NOT helpless
Proactivity: choosing your reaction

- Cause of feelings attributed to originating inside self.
- Automatic, impulsive, outdated, over-practiced thoughts drive our negative feelings.
- More empowering to own your feelings and to understand how your thoughts unnecessarily influence YOUR moods.
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Our beliefs can be of two types:

**Irrational Logic**
- All-or-nothing thinking, minimizing, generalizing, should, shouldn’t, must

**Rational Logic**
- Your choice is to change your style of logic to meet reality: Acceptance, letting go, compassion, kindness, understanding.
- Or accept that how you feel is based on your values—you stand by your values so this is your choice to feel uncomfortable for the right reason:
  - Nietzsche “He who has a why can bear with any how”.

Cognitive distortions

- **All-or-nothing thinking (splitting)** – Thinking in terms of a false dilemma. In other words, splitting involves using terms like "always," "every" or "never" when this is not either true or equivalent to the truth.

- **Overgeneralization** – Making hasty generalizations from insufficient experiences and evidence. Compare with misleading vividness. Contrast with precautionary principle, where a possible harm is rightly presumed true upon a reasonable suspicion until proven false beyond a reasonable doubt.

- **Magical thinking** - Expectation of specific outcomes based on performance of unrelated acts or utterances. In logic, this is called wishful thinking.

- **Mental filter** – Inability or refusal to view positive or negative features of an experience, for example, noticing only an aesthetic flaw in a piece of otherwise useful clothing, or a single good dish in an otherwise awful meal.

- **Disqualifying the positive** – Discounting positive experiences to the most pessimistic possible evaluation.

- **Jumping to conclusions** – Reaching preliminary conclusions (usually negative) from little (if any) evidence. Two specific subtypes are also identified:
  - Mind reading – Inferring a person's possible or probable thoughts from their behavior and nonverbal communication in the context of the situation.
  - Fortune telling – Inflexible expectations for how things will turn out before they happen.

- **Magnification and minimization** – Giving proportionally greater weight to a perceived failure, weakness or threat, or lesser weight to a perceived success, strength or opportunity, so the evaluation is more cautious than that assigned to the event or thing by others. This is common enough in the normal population to popularize idioms such as "make a mountain out of a molehill." In depressed clients, often the positive characteristics of other people are exaggerated and negative characteristics are understated. There is one subtype of magnification:
  - Catastrophizing – Giving greater weight to the worst possible outcome, however unlikely, or experiencing a situation as unbearable or impossible when it is just uncomfortable.

- **Emotional reasoning** – Experiencing reality as a reflection of emotionally linked thoughts, e.g. "I feel (i.e. think that I am) stupid or boring, therefore I must be."[4]

- **Should statements** – Patterns of moral reasoning based on what a person morally should or ought to do rather than the particular case the person is faced with, or conforming strenuously to ethical categorical imperatives which, by definition, "always apply".

- **Labeling and mislabeling** – Limited thinking about behaviors or events due to reliance on names; related to overgeneralization. Rather than describing the specific behavior, the person assigns a label to someone or something that implies the character of that person or thing. Mislabeling involves describing an event with language that has a strong connotation of a person's evaluation of the event.

- **Personalization** – Attribution of personal responsibility (or causal role or blame) for events over which a person has no control.

- **Fallacy of fairness** - Holding an ethical standard that other people don't meet.[4]

- **Blaming** - Holding other people responsible for the harm they cause, and especially for their intentional or negligent infliction of emotional distress on us.

- **Fallacy of change** - Relying on social control to obtain cooperative actions from another person.[4]

- **Always being right** - Prioritizing truth or ethics over the feelings of another person.[4]
Reading the “Triangle” diagram

C (feelings) → D (behaviors)

Behaviors and feelings are related. When we have feelings they often are expressed in our behavior. For example, if you feel anxious, bored, lonely, or aimless you may have your “hunger” instincts trained to mindlessly eat—food is calming and sedating. If angry your instincts may be trained to behave impulsively by yelling, leaving or throwing something. When sad you may isolate yourself or sleep more. When happy your celebrations may involve food, or more complex, when happy you may minimize effects of unplanned food, postpone healthier behaviors for more “fun” activity. When tired you may reward yourself for enduring the long day or week or merely eat to extend your energy into the evening.
The key to changing unwanted behavior is to understand what causes our feelings. Feelings trigger our unwanted behavior. We are the only ones who can assign causes to our feelings; usually we believe our feelings come from one of two sources. We attribute the causes of our feelings to either outside causes (A) or inside causes (B).
PASSIVE: A-C-D

A (outside triggers)  →  C (feelings)  →  D (behaviors)

If we only attribute our feelings to outside sources (A) this will result in a sense of helplessness and therefore this increases our experience of “stress”. In this scenario, we are reactive and sometimes feel a victim in our own life.
Empowered view

EMPOWERED: A-B-C-D

A (outside triggers) ➔ B (internal thought patterns) ➔ C (feelings) ➔ D (behaviors)
When we can attribute our feelings to inside sources (B), we have more options for change. This is not to “blame” you as much as to help you take ownership of your feelings. Feelings originate within you—they are a result of your thoughts. Our feelings are a reflection of what we are thinking about. When you can identify your role, *your thoughts*, in your feelings there is much more hope at changing. You have options and choices and this brings power.
Our thoughts (B) include our logic, beliefs, patterns of self talk, predictions, opinions, interpretations, expectations, and wishes are templates we place on situations as methods of understanding and processing our environment. It is advanced logic to think “it happened this way once, it is probably going to happen the same way next time”. The logic is one way to look at something but there is a flaw because we cannot really predict the future. Our unique logic is not actually proven facts. How many times have you expected something and then the result be the opposite? The expectation sets up a feeling of stress or another emotion when the opposite occurs in reality. By adjusting our expectations to match reality there is of a stress experienced. Sometimes our thinking styles are just outdated. Adapting to reality is the key to stress reduction. This is what is meant by strength is gained by “letting go”—letting go of our expectations and accepting fate for the benefit of our health.
Our logic can either be rational: more resembling reality. Or irrational: fall into predictable patterns that may not resemble reality at all. Examples of these thinking (cognitive) distortions include: all or nothing thinking, minimizing, generalizing, and using absolute words such as should/shouldn’t/must/or else.
To summarize, behaviors and feelings can be attributed to either a reaction to triggers in the environment or they can be attributed to our faulty thinking patterns. The former makes us feel weak and helpless the latter gives us opportunity to change by challenging our thought patterns to meet reality.
Behaviors can fall into three categories: Passive, aggressive or assertive. Passive reactions affect our self esteem and weaken our trust in our own abilities. We stop believing we can control anything in our lives. Aggressive behaviors can be damaging to others and therefore our relationships. Assertive behaviors imply self respect and respect of others with the aim of a win/win.
Negative outcomes where do they come from?

- If you don’t know then you can’t help it
- Be mindful of your mind.
- Just because we think something doesn’t make it true.
- Rise above your thoughts and ask “are they true?” Do my thoughts serve me? Or do my thoughts hurt me?
- Because you know what?
  - **You are making it all up.**
  - You might as well make up an interpretation that serves you.
- Some of you may not realize that it’s in your control.
We don’t get what we want. We get what we expect.

- How many of you really, really, truly to your bones, expect that you are going to be healthy for the rest of your life? ...And that you are continue going to get healthier and healthier and healthier?

- Or, how many of you expect that you will struggle with your weight for the rest of your life? How many of you have that belief deep in your bones?

- When you really look at this, it’s not what you want.
What if there were a way where you could really reprogram your expectations?

- **We will never perform LONG TERM contrary to what our predominant expectations are—even if they are wrong.**
- You can do this white-knuckling through with a diet. Will powering through. You can get lucky SHORT TERM.
- Our minds job, however, is to provide equilibrium; to go back to what we really really expect will happen. Your mind will make sure you do. You have to be right.
Reticular activating system.

- If you shop for a car. Let’s say a black Ford Fusion. All of the sudden they are everywhere. Do you think that all of a sudden that people went out and bought black Ford Fusions? They were there all along; it just wasn’t on your radar.
- Once you’ve made a decision about something: “my husband’s a jerk”, “my kids are slobs”, “I can never lose weight” “I am always in debt, I can never seem to get ahead” ...
- How many of you only see evidence that shows up in your life that supports that? Because you expect it therefore you bring it to you. You only see evidence that supports it. Its your black Ford Fusion.
- We have mental ‘scavenger dogs’ that bring back data, they dig up evidence in your life to support your predominant beliefs/expectations.
- So that every time you eat that cookie, it’s that scavenger dog that brings back evidence that says “see, you’re such a loser”, ”you can’t do this”, “what makes you think you can do this” It provides evidence of the expectation.
What if you looked at your thoughts and reprogramed your expectations?

- “Wow, that was interesting”. “Why did I eat that cookie?”, “hmm. That’s not like me”. “That’s not like me now, because I really really expect to be healthy and be a size 6 and get back to waterskiing”. “I’m excited about that”. “That’s what I really expect to have happen”. “That was a really weird thing for me to eat that cookie.”

- What if you shifted the data to support you?

- Does that make sense?
You will only see evidence and perform based on what your expectations are...even if you are wrong! (The truth is not even the point).

- The point is what do you believe to be true?
  - For example, what if you got a call that says you won a million dollars in the lottery or an inheritance. Go there in your mind. “Hi, Suzie, this is an attorney and I am calling to inform you that your long lost aunt named you sole executor to her will, or that you just won a million dollars.”
  - Or, (dramatic example to make a very important point) what if you got a call that your child got killed in an accident? GO in your mind for just one second. Do you have that sense? What if it wasn’t really true?
    - You would feel, perform and act as if it was true. Until you knew differently.
    - The truth has NOTHING to do with anything.
You get to decide what truth you want to be true for you.

- From that will come your emotions, your desire and your actions. The desired outcome will flow from what you want to be true.
- The food, the product, it’s not the program. If you believe the food is all this program is about then you are leading down a path of consistent failure. This is the yo yo diet belief system. Its believing the food is the answer here. Its believing meal replacements will control your behavior.
- The answer is NOT in the food. The “medical” food product.
- The answer is the MIND REPLACEMENT.
You create your own reality

- When you believe you want to be healthy and you start looking at what healthy people, what they do, live, think, eat and expect.
- Create visually in your mind your desired outcome.
- Do you spend time living, thinking, experiencing the emotion, and visualizing the desired outcome?
99% of the time we are focused on the wrong goal

- Do you know why people buy by 1/8" drill bits? There is millions of 1/8" drill bits sold. Why would you buy an 1/8" drill bit? (to make a hole).

Don't focus on the drill bit. The drill bit is "I want the number 105 to stare back at me on the scale". The drill bit is "I’m going to eat 6 meals, spread them out, I’m going to lose my magic number of pounds, I’m going to drink my 10 glasses of water, do my 50 sit ups" Those are just the vehicles to get you to the hole.

But what’s the hole? What do you really want? There’s no happiness on a number on the box on the floor. Or a number on your pants. Or the consumption of the proper number of space packets. Or the number of sit ups this morning. The number of journal entries I write. How many glasses of water you will drink today. What is it you really want? What’s it going to mean for you now?
What’s the “hole”?

- I want to see my grandkids get married and graduate from college, I want to be have energy to climb a mountain, walk the beach, get through the mall without stopping to catch my breath. I want off my diabetes medication. I want off my blood pressure medication. (but even still, why? So I can continue into my old age walking and moving pain-free, still climb stairs and reach for things from shelves independently).
- People die at 30 and get buried at 60.
- I want to live and participate in my life. I want confidence. I want to get on an airplane without the seat belt extender. I want to get on a carnival ride with my kids or grandkids. Those are the holes.
WEAPON OF MASS DESTRUCTION
If you have the expectation that something is going to happen to you you will create the possibility of it. If you eat, breathe, sleep, see it and feel it in your bones.

Do you have “monkey mind”? When you try to set these expectations in your mind, do you have fear come up for you: “could I really get down another 20 lbs?”

Have an expectation that you will be fit and “skinny”. Why not? You always get what you expect.
Has anyone heard of this? You have a certain standard in your mind that is a level of acceptability:
- How much money you make. How clean your house is. If it falls below a certain threshold you stop to change. I am okay, I’m ok...there’s a tipping point...then I am not okay anymore.
- It bumped to the level of tension. This is what I expect and this is where I am and this difference, “this is not okay”.
- How do you build the level of desire of what you want?
- Until you build that desire and expectation you will never have tension. There is no change.
Sabotage comes from people who hear what you are really saying and not what you are saying.

You hear what you are really saying, what you truly expect have happen is what will happen.

You want to reprogram your mind.

You don’t have to be reactionary or at the mercy of your minds.

Our mind will naturally lead us to insanity. Once we are mindful of how to harness this infinite power—then we can start creating and stop reacting
Resistance will show up in some form of fear. What happens the minute you set a goal? Resistance shows up. Once you know how to do reprogramming, you don’t have to be a victim to anything anymore.

To help quiet the resistance: meditate. Use Mindfulness.
Healthy mind helps you correct decisions for your health

- What if:
  - Every time you looked at food you said “I can eat it”.
  - You really focused on health and made decisions as if you were already healthy?
  - You never thought of yourself “off program”?
  - You told yourself you can eat anything you want...as much as you want...would you be free to know what you really want?
  - You never “cheated”?
  - One bite of something never triggered a binge?
  - You could really feel the exhilaration of hard exercise and loved it?
  - You were mindful of everything you did and made conscious decisions?
  - You said: “I choose vs. I can’t eat”
"You should sit in meditation for 20 minutes a day, unless you’re too busy; then you should sit for an hour"

-Old Zen saying
Using mindfulness:

- You will be more in tune to the real you that part that is unconditionally loved. There is nothing you will ever ever do to make you not loved and worthy.
- What if you ate a cookie and said “I love myself”. Its your monkey mind: stress fear and anxiety that prevents you from getting to it.
- Mindfulness is how you reach intrinsic motivation. How you reach the true you.
- He who has a why can bear with any HOW--Nietzsche. What is YOUR WHY?
- Don’t know?
  - Try mindfulness.
  - Come see me.