

Break Free from Cheating

Class Notes

Know Your Why - why am I doing this?

What is your mindset - why are you cheating?

- Temptation/lack of willpower
- Boredom
- Convenience (no time to cook)
- Emotions

My plan to overcome that mindset:

When you want to cheat, ask yourself: is this going to help me reach my goals?

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Strategies to deal with temptation:

- Always have something ready at home
- Always travel with on-plan foods
- Remind yourself of what it feels like to cheat vs. what it feels like to stay on plan
- Try a room temperature dill pickle

Strategies to deal with boredom:

- Drink water
- Have an FP
- Try a non-food solution (going for a walk, etc)

Strategies to deal with emotional eating:

- Always have something ready at home
- Get out of mindset of "deserving" food reward
- Listen to Podcast #78
- Read "Made to Crave" by Lysa Terkeurst

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Cheating Recovery Plan:

- Let go of guilt/shame feelings
- Get back on plan IMMEDIATELY - don't get caught up in the "Might as wells"
- Have an FP to signal that you are back on plan
- 3 hours later, start your day and a half (or so) of Deep S meals
- Re-read Chapter 16 in the THM Plan book

Action steps for moving forward-

1. Journal about when you're most tempted to cheat. When was it? What were the circumstances? How can you avoid those circumstances/be better prepared next time?
2. Buy alternatives (Lily's instead of candy bars, Moon Cheese instead of chips, etc)
3. Set aside time to meal prep once a week
4. Make an action plan for times that you do cheat - follow the steps I outlined to get back to it
5. Keep in mind that sometimes by filling up on the good stuff, we naturally have less of a desire to cheat.
6. Get committed and stick to it - you can DEFINITELY do this!



No-Cheat Checklist

WHEN I WANT TO EAT SOMETHING UNHEALTHY, I WILL...

- Remember that I have value and I have control over my desire for sugar.
- Have a glass of water.
- Weigh myself.
- Treat myself to something healthy and delicious.
- Eat a healthy combo of fats and carbs.
- Listen to an encouraging podcast.
- Call a friend.