



# Psychology of Weight Loss Worksheet

Identifying your triggers, beliefs, negative self-talk, and cravings and then what strategies you find most helpful will assist you in being prepared to recognize and counteract them. In the left column, list some of your triggers, beliefs or negative self-talk or cravings that may be preventing you from reaching your weight loss goals. In the right column, write down some strategies you would be willing to try to counteract them.

<b>Barriers</b>	<b>Strategies</b>
<b>Triggers</b>	<b>Four A's (Avoid, Alter, Adapt, Accept) and/or the Four D's (Distract, delay, Discuss, Drink Water)</b>
<b>Beliefs or Negative Self-Talk</b>	<b>Reframing and Positive Self-Talk</b>
<b>Cravings</b>	<b>Substitute with and/or try a distract and/or delay technique (i.e. urge surf, set a timer, chew on gum, etc.)</b>
<b>Comments/Notes:</b>	