



Understanding Behavior Change: The Missing Link!

Are you an expert at counting calories?

Are you an expert at knowing the right exercises to do?

Do you ever find yourself saying?

“I know what I need to do, why don’t I just DO IT?”

If you can identify with the above statements know you are not alone! Many people attempt to lose weight by simply focusing on calorie counting and exercise. Although these 2 aspects are very important, they fail to look into their thoughts and feelings about their relationship with food. At Grand Health Partners, we employ professional behaviorists to help you address the reasons Why you eat the way you do. We pride ourselves on teaching patients to understand the thoughts and emotions that trigger their eating habits.

Common Sabotaging Thoughts

1. I will start tomorrow.
2. It’s not fair that I can’t eat what everybody else is eating.
3. It’s not that fattening.
4. It will go to waste if I don’t eat it.
5. I deserve to eat this
6. I have no willpower.
7. No one will know if I eat this.
8. I’m treating myself.
9. I’ll make up for it later.
10. I’ll never lose weight anyway.

Common Emotions that Trigger People to Eat

Stress
Frustration
Anger
Sadness
Anxiety
Depression
Boredom
Happiness
Joy

Can you identify with the above thoughts and emotions? If you can, you are not alone. At Grand Health Partners, we want to help you address these sabotaging thoughts and powerful emotions. Our patients are learning to say goodbye to the band-aid of emotional eating and develop healthy coping skills. We want to help you too! **For more information, please feel free to contact a behaviorist at (616) 956-6100.**