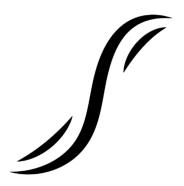
GETTING SLIM

READ&DO

Jean-Luc Mommaerts M.D., M.Sc., Ph.D.



1 Basic modules 1.1 Difficult and easy What does this mean to you?

1.2 Slim and slim are two What does this mean to you?

1.3 Diet, friend or enemy

| What does this mean to you? |
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Sheet: message of the scales

| | FRIEND | ENEMY |
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| Weight ↓ | | |
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1.4 Losing weight is an art What does this mean to you?

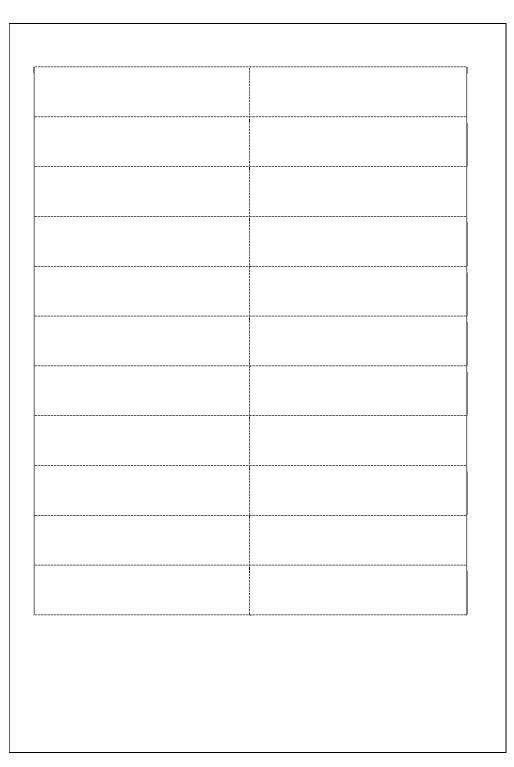
2 Why it was so difficult

2.2 Following a diet leads to overweight



Sheet: an attitude towards dieting

| Friend | Enemy |
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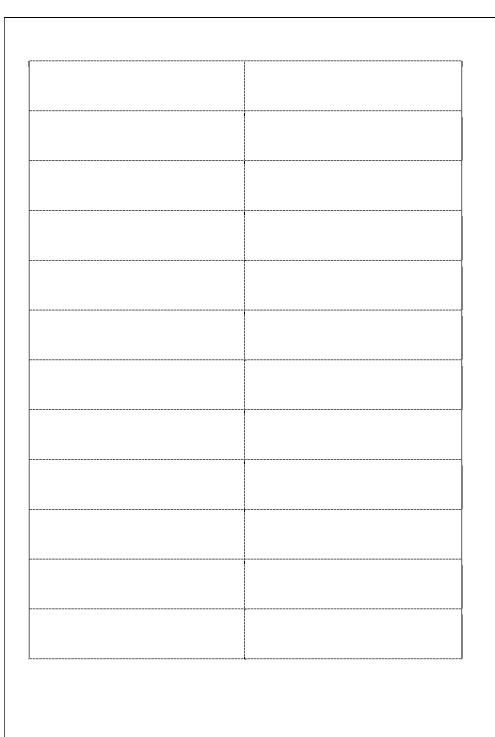


2.5 The beauty ideal



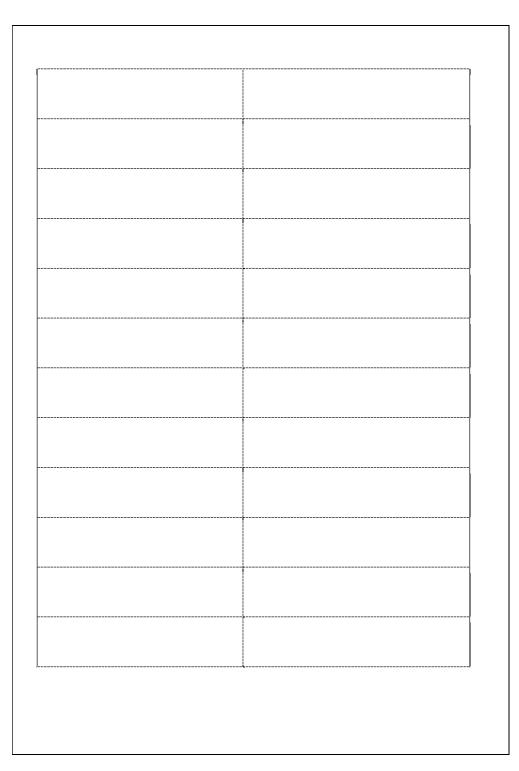
Sheet: adjectives related to slimming

| Positive | Negative |
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Sheet: associations with 'obese' and 'svelte' as an ideal

| Svelte as an ideal | Obese as an ideal |
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2.6 The meaning of hunger

| You can now consider for yourself whether you are hungry or not. |
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Sheet: your interpretation of 'hunger'

| Meaning: |
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| Can you put this into an even more positive form? |
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| Meaning: |

| Can you put this into an even more positive form? |
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| Meaning: |
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| Can you put this into an even more positive form? |
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| Meaning: |
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| Can you put this into an even more positive form? |
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2.7 Causes which are not yet coped with

| Emotional exercise |
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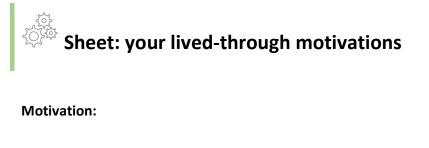


Sheet: your causes of obesity

| Direct Causes: |
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| Reasons for keeping the overweight: |

3 Why and how it gets easy

3.1 Autosuggestion and lived-through motivation



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| Action plan: | Action plan: |
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| Motivation: | Motivation: |
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| Meaning (s): | Meaning (s): |
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| Action plan: | |
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Sheet: undermining reasons not to lose weight

| A reason not to lose weight: |
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| Why is this a reason? |
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| Is it necessary <i>not</i> to lose weight for this? |
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| Is there – as a slim person – an alternative way of satisfaction? | |
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| Can I invert this into a reason to lose weight? | |
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| A reason not to lose weight: | |
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| Why is this a reason? | |
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| Is it necessary not to lose weight for this? |
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| Is there – as a slim person – an alternative way of satisfaction? |
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| Can I invert this into a reason to lose weight? |
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| A reason not to lose weight: | | |
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| Why is this a reason? | | |
| | | Can I invert this int |
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| Is it necessary not to lose weight for this? | | |
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| Is there – as a slim person – an alternative way of satisfaction? | | |
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| Can I invert this into a reason to lose weight? |
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3.2 Goals Food-diary