



# Difficulties Of Changing Habits



## ► We Have Many Food Suggestions, ► And We Live In An Environment ◀ With Lots Of Food

Unlike our ancestors, we live in a diverse food environment that makes it easy to eat at any time for any reason. In addition to fuel and nutrition, food also provides us with pleasure and distraction. Being in a bad mood and feeling bad can be powerful motivators for eating, which can sometimes reduce our tendency to change eating behaviors.

## ► 4 Tips for Changing Sustained ◀ Behavior

### ► Practice Mental Awareness:

With mindfulness, learn a lot about what influences the desires and decisions.

### ► Use Different Options Instead Of Creating Rules:

Strict, rule-based thinking (list of do's and don'ts) causes us to become overly strict in some situations and to use exhausting diets and severe deprivations, or at other times to overeat. Quit and overeat, which does not result in a change instability.



## ► Enter The Builder's Internal Conversation:

Notice how you talk to yourself. Too often, when we do not manage a particular situation the way we like (for example, overeating at a party), we blame ourselves and overwhelm ourselves.

Finally, we try to embarrass ourselves and make a difference. Before we promise to "get better," we may turn to a barrage of other self-destructive behaviors that only make us worse.

### ► Do Not Rush:

Patience is not something we always have when changing behaviors, especially eating behaviors. We want to make changes overnight because we want to see the results of those changes immediately. We think that the more we can change at once, the faster we will achieve our goals.



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The stronger they get, the harder it is to change them, so that even if we want to change them and we know we can benefit from changing them, we still do not.

## ▶ Difficulties Of Changing Habits ◀

We have a great chance of making a change in ourselves, and when we know what we want to change but for some reason, we can not make that change a reality, we become very disappointed.

## ▶ We Have Spent Years Building Relationships And Behaviors Around Food ◀

We make connections between certain emotions, activities, events, and certain foods and eating habits throughout life. They result from neural pathways that form in our brains and become more profound and stronger with each behavior's repetition.



The good news is that they can be changed over time with patience and practice.

## ▶ We Try To Impose Change Through Restriction And Deprivation ◀

With every failed attempt to make a difference, we lose confidence. The problem is that when we go down this path, we very quickly begin to adopt a mindset of all or nothing.

We are either "all doing" and following the program, eliminating all "problem" foods, or "everyone" not following the program and often overeating limited foods. Then the notion that we can not trust ourselves is reinforced, but it never leads to lasting change.