

Integrated Model of Weight Management

Notice your motivations

Body sensations/tension
Social conformity
Enhance positive feelings
Negative feelings
Boredom
Procrastination
Getting through aversive tasks

Strategies to Reduce Vulnerability to:

Emotions	Tasty High Density Foods	True Hunger
Sleep Exercise/activity Social connection/ Social support	Limit exposure Plan ahead/ have tasty, low density options available Eating assertion	Regular meals/snacks (prevent too hungry) Balanced nutrition (blood sugar levels)

Strategies to manage problematic ACTION URGES to:

Eat When NOT Hungry Eat Past Moderate Fullness Choose Very Tasty High Density Food

Mindful Pause

-acknowledge & accept ambivalence between valued goals & positive functions of food
-reorient to valued goals & long-term weight management

Challenge Excuses

-sabotaging thoughts give permission to use food to fix feelings or tune out and eat mindlessly

Alter Perspective

-challenge specialness of food, urgency of hunger signal (need for immediate gratification)
-reduce need to make perfect decision for any one episode or to modify weight quickly

Increase Willingness

-tolerate discomfort of not fixing feelings, not acting on wants & experiencing tricky hunger sensations
-defusion (thoughts/musts are just phenomena)

Commit to AAT ACTION GUIDELINES (reduce time in internal debate)

If not mealtime or not hungry:
Distract/Opposite action
Sit with/ride out urge
Eat Mindfully (EEE or ADE)
-eat slowly and savor taste
-stay tuned in to feelings & sensations
-focus on gratitude for food & life
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Problematic Responses:

Tuning out awareness of fullness while eating
-Eating until external cue to stop
-WHAT the HECK
-Self-Criticism & Regret (wish I hadn't eaten that)
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Compassionate self-correction:

Tune back in to sensations/feelings ASAP
-Assess Worth It/Not Worth It
-Note lessons learned
-Take credit for getting back on track (harm reduction)

Take credit for staying tuned in, having small successes and not ruminating about less successful episodes

-Strengthens **NEW MINDSET** (New Way of Being)
-Reinforces **NEW HABIT PATTERNS** become more automatic and require less effort over time
-Increases self-efficacy

Maintains OLD MINDSET

-Strengthens established habit patterns
-Decreases self-efficacy
-Increases negative feelings/distress