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

Integrated Model of Weight Management

Strategies to Reduce Vulnerability to:
<table>
<thead>
<tr>
<th>Emotions</th>
<th>Tasty High Density Foods</th>
<th>True Hunger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleep</td>
<td>Limit exposure</td>
<td>Regular meals/snacks</td>
</tr>
<tr>
<td>Exercise/activity</td>
<td>Plan ahead/ have tasty, low density options available</td>
<td>(prevent too hungry)</td>
</tr>
<tr>
<td>Social connection/ Social support</td>
<td>Eating assertion</td>
<td>Balanced nutrition</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(blood sugar levels)</td>
</tr>
</tbody>
</table>

Strategies to manage problematic ACTION URGES to:
<table>
<thead>
<tr>
<th>Eat When NOT Hungry</th>
<th>Eat Past Moderate Fullness</th>
<th>Choose Very Tasty High Density Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mindful Pause</td>
<td>Challenge Excuses</td>
<td>Alter Perspective</td>
</tr>
<tr>
<td>- acknowledge &amp; accept ambivalence between valued goals &amp; positive functions of food</td>
<td>- sabataging thoughts give permission to use food to fix feelings or tune out and eat mindlessly</td>
<td>- challenge specialness of food, urgency of hunger signal (need for immediate gratification)</td>
</tr>
<tr>
<td>- reorient to valued goals &amp; long-term weight management</td>
<td></td>
<td>- reduce need to make perfect decision for any one episode or to modify weight quickly</td>
</tr>
<tr>
<td>Increase Willingness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- tolerate discomfort of not fixing feelings, not acting on wants &amp; experiencing tricky hunger sensations</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- defusion (thoughts/musts are just phenomena)</td>
</tr>
</tbody>
</table>

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

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

Compassionate self-correction:
Tune back into sensations/feelings ASAP
- Assess Worth It/Not Worth It
- Note lessons learned
- Take credit for getting back on track (harm reduction)

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)

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

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