



# Cognitive Distortions

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That can lead to  
overeating

A landscape with rolling green hills under a dramatic, cloudy sky. Sunlight breaks through the clouds, creating rays of light that illuminate the scene. The text "WHAT IS A COGNITIVE DISTORTION?" is centered in the middle of the image.

WHAT IS A COGNITIVE  
DISTORTION?



# Cognitive Distortions

- Cognitive distortions are simply ways that our mind convinces us of something that isn't really true.
- They are often called dysfunctional, negative or automatic thoughts.
- Usually used to reinforce negative thinking or emotions — telling ourselves things that sound rational and accurate, but just keep us feeling bad about ourselves.
- **Cognitive distortions about food, weight and body image are a core symptom of individuals who struggle with overeating, overweight and obesity.**

# How to Stop Cognitive Distortions

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<https://www.youtube.com/watch?v=Niy54VJWPFE>

# Cognitive Distortions



- Unhelpful thinking styles that profoundly impact our mood
- A habitual way of thinking that is often inaccurate and negatively biased

**All or nothing thinking**



Sometimes called 'black and white thinking'

*If I'm not perfect I have failed*

*Either I do it right or not at all*

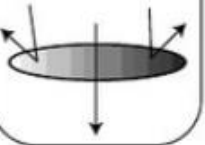
**Over-generalising**

*"everything is always rubbish"*

*"nothing good ever happens"*

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

**Mental filter**



Only paying attention to certain types of evidence.

*Noticing our failures but not seeing our successes*

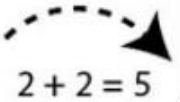
**Disqualifying the positive**



Discounting the good things that have happened or that you have done for some reason or another

*That doesn't count*


**Jumping to conclusions**



There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)

**Magnification (catastrophising) & minimisation**



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

**Labelling**



Assigning labels to ourselves or other people

*I'm a loser*

*I'm completely useless*


*They're such an idiot*

**Personalisation**

*"this is my fault"*

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

**Emotional reasoning**



Assuming that because we feel a certain way what we think must be true.

*I feel embarrassed so I must be an idiot*

**should must**

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

# Factors that can increase cravings

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Poor sleep

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Stress

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Anxiety

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Depression

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Real hunger

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# What role does **Your Mind** have in achieving your health goals

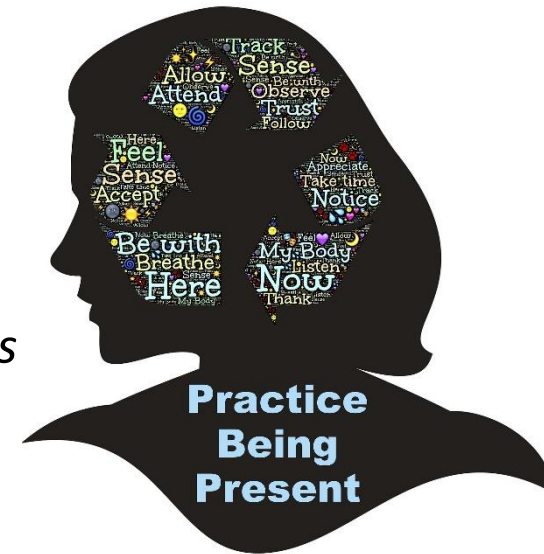
- The realization that we are not our thoughts
- A thought / a craving is not a command
- Discern our thoughts

*Cravings  
Habit  
Compulsion*

*Meditation  
Spirituality  
Self-awareness*

**React to  
thoughts**

**Choose our  
actions**



# Can you think on PURPOSE?

High quality thoughts

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Low quality thoughts

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What are your habitual thinking patterns?

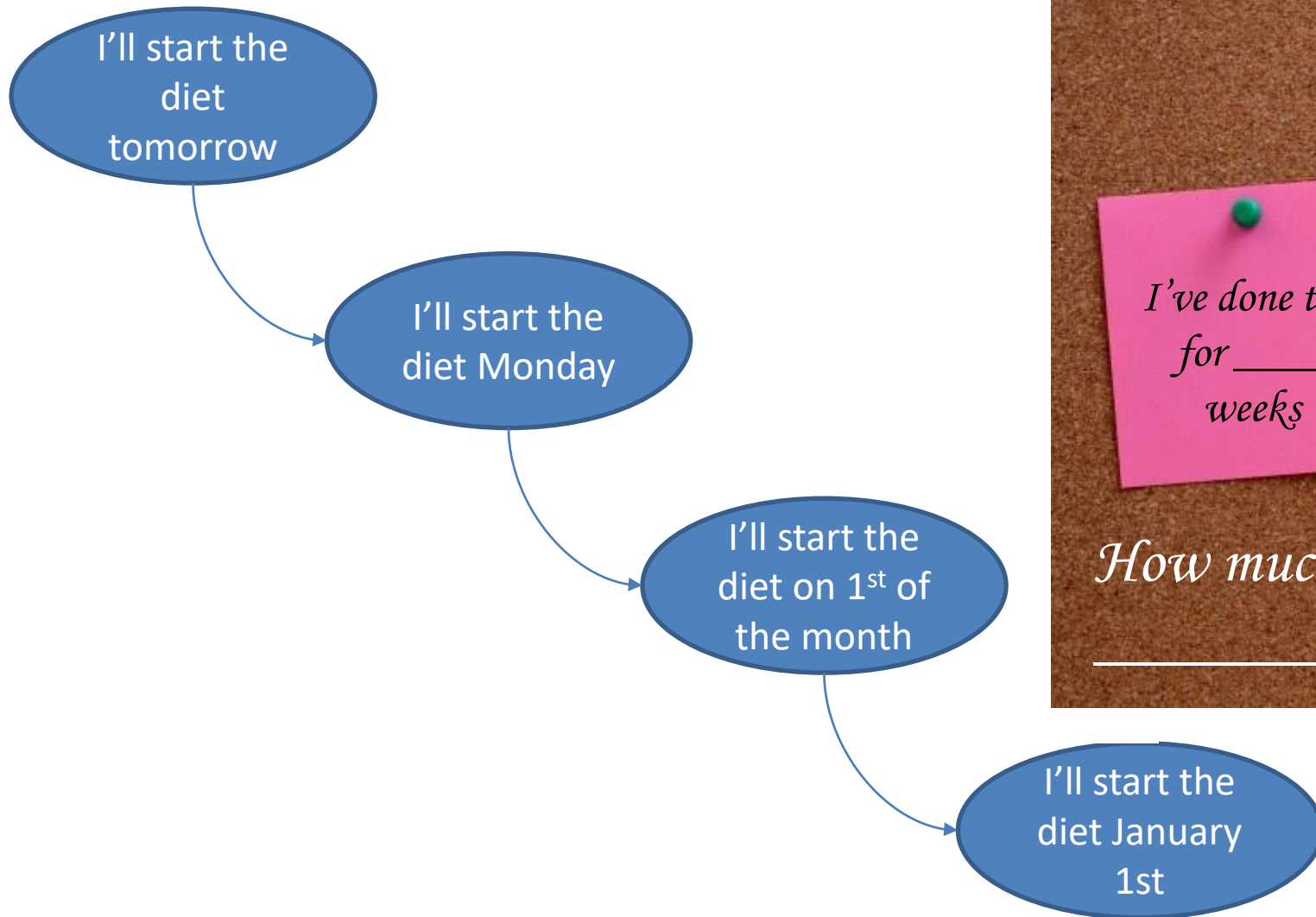


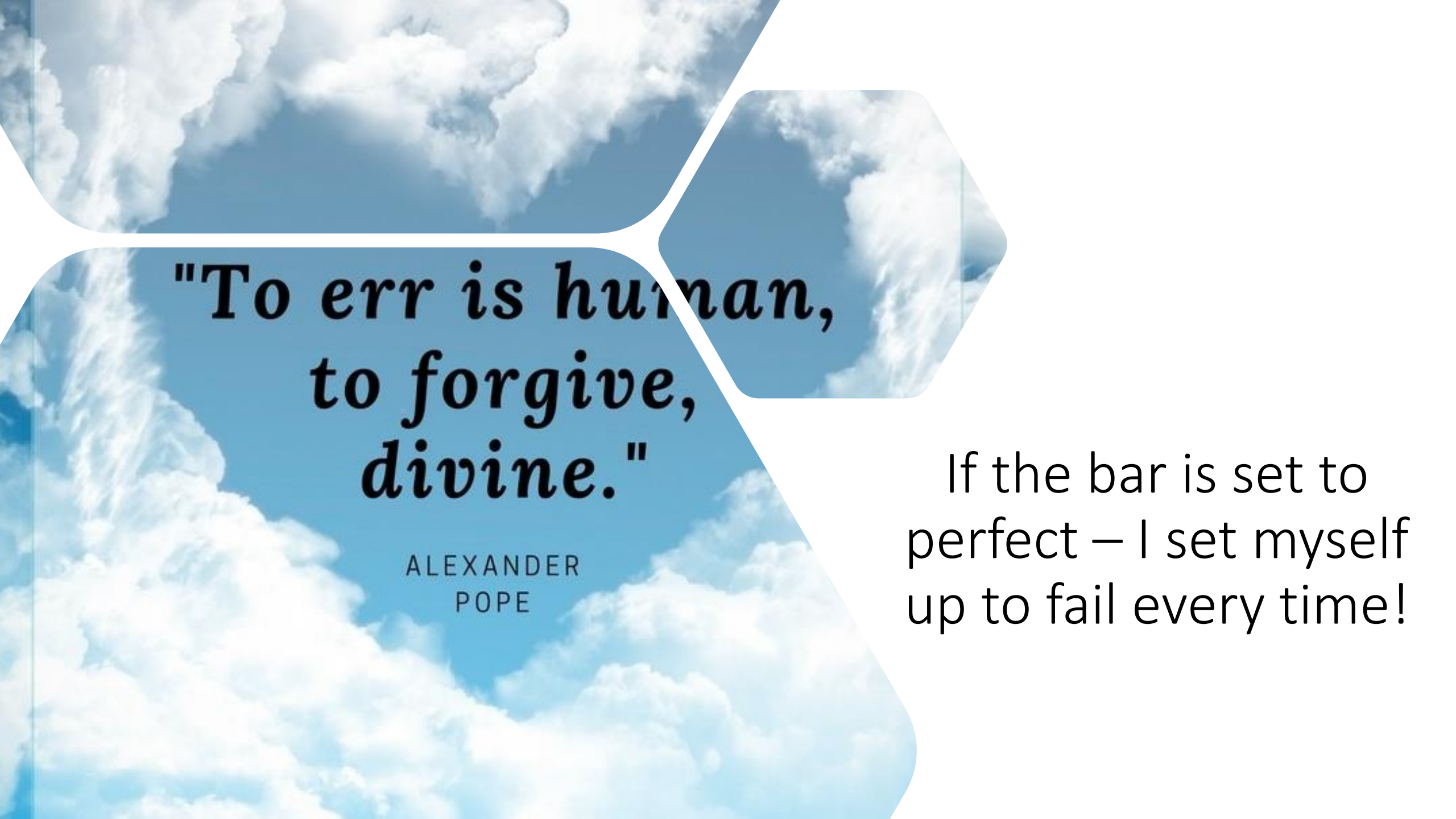
# Three Top Traps that can lead us to overeate

1. Screw it! The diet will start tomorrow.
2. I deserve a treat!
3. This won't work, I've failed at every diet!

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***"To err is human,  
to forgive,  
divine."***

ALEXANDER  
POPE

If the bar is set to  
perfect – I set myself  
up to fail every time!



# Let go of perfectionism

No other area of life would you think it make sense to compound one mistake with another – *i.e. I've blown it so I might as well REALLY blow it*

- You send an email with a typo, so for the rest of day you add typos to all your EMAILS
- You miss your exit on the highway, you've blown it, so you stay on the highway for the next 5 hours
- You drop 1 egg, so you throw the carton on the floor



Smashing  
the *diet*  
*mentality*  
and  
remerging *a*  
*new person*

- Stop fighting food
- Stop fearing food
- Moving away from “Must do” & “Can’t Have”
- Releasing and letting go of perfectionism
  - No more starting over tomorrow
  - No more Monday morning diets

**There is nothing to start over, this is a way of life  
End the famine / feast cycle**



Healing the Body  
*Involves*  
Healing the Mind

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# Three Top Traps that lead us to overeate

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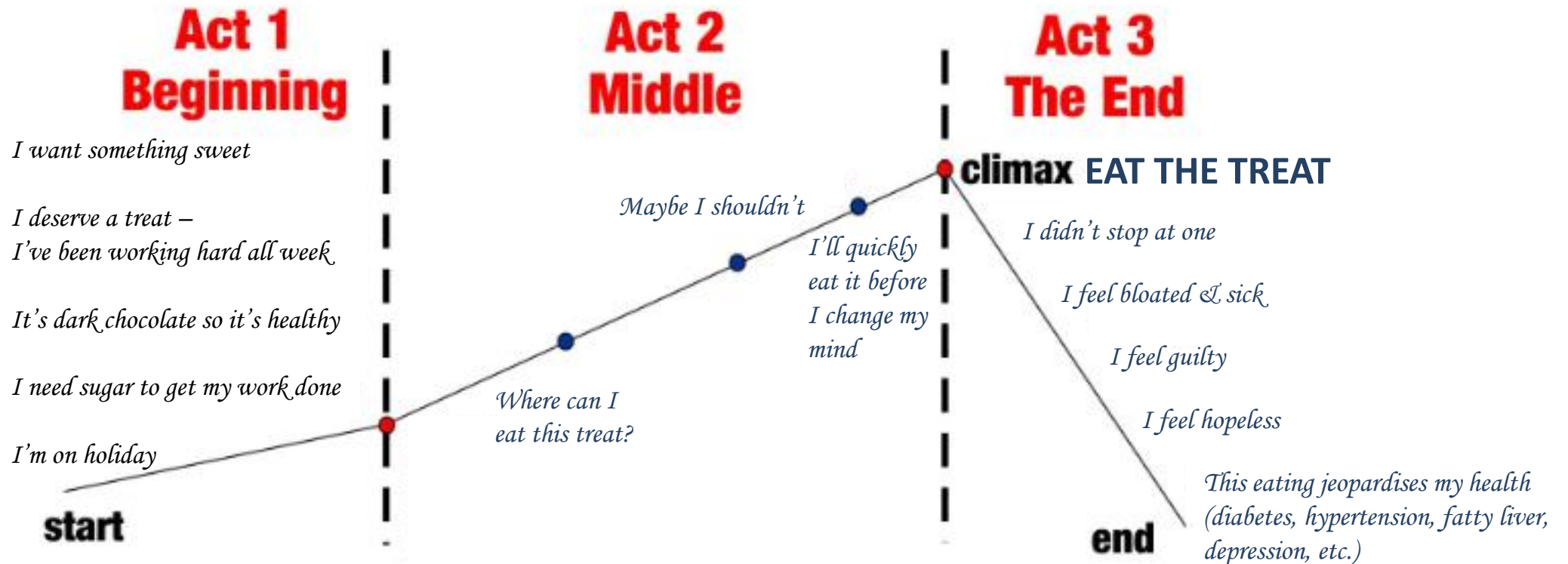
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# “I deserve a treat”

Tell the whole story

## Story Arc



NEW YORK TIMES BESTSELLER

"Fascinating... Dr. Kessler offer[s] practical advice for using the science of overeating to our advantage, so that we begin to think differently about food and take back control of our eating habits." —*The New York Times*



The end of overeating.



TAKING CONTROL OF THE  
INSATIABLE AMERICAN APPETITE

DAVID A. KESSLER, MD

*"The food industry is not only generating billions of dollars for itself by designing hyperpalatable combinations of sugar, fat, and salt – it's also creating products that have the capacity to **rewire our brains**, driving us to seek out more and more of those products."*

The End of Overeating –  
David Kessler

# Food Brainwashing

“Chemically engineered foods” are the most prevalent drugs available

- Food engineers are replacing bakers

80% of all groceries items contain sugar

- Sugar has 98 different names

100% legal and available 24hrs/day, 7 days/week

Advertised on TV, Radio, Billboard signs

Available to children and marketed as love

# Questions to ask when cravings arise:

- Is there any evidence that supports this as not being entirely true?
- How has this helped me in the past?
- Are there other ways to reward myself?
- What is the most realistic outcome of this?
- What is the effect of me believing this thought and what could be the effect of changing this thought?
- What can I choose to do now?



# Three Top Traps that lead us to overeate

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# There are two prominent findings from all the diet studies done over the years

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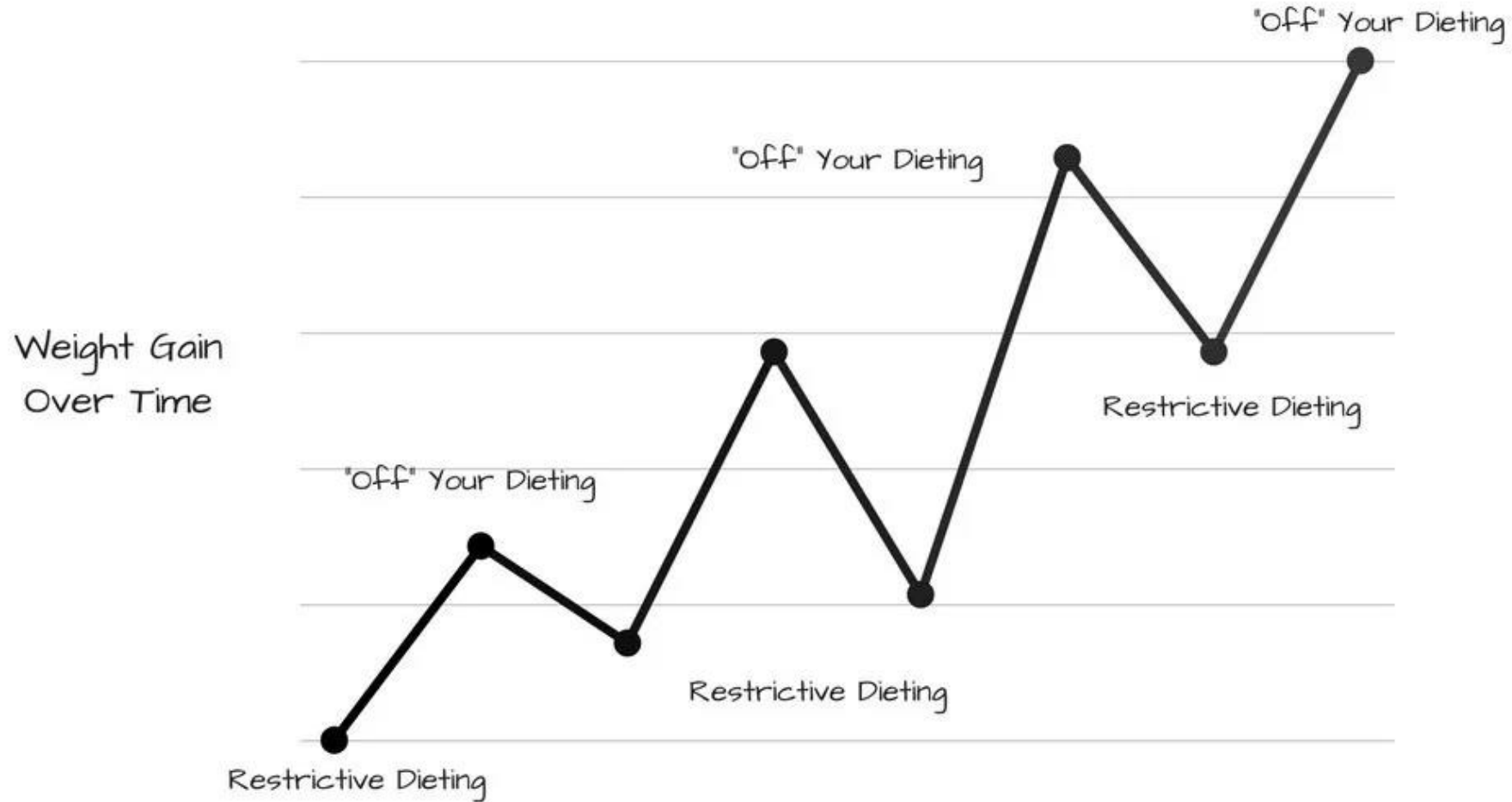
#1: All diets work

#2: All diets fail

Weight loss follows the same basic curve:

- All diets in the short term seem to produce weight loss. By six to twelve months, weight loss plateaus, followed by a relentless regain

# Yo-Yo Dieting & Weight Gain



When you *really really* want something for a *really* long time and you keep failing, you can start internalize this failure!

Hill, Wing and their colleagues agree that perhaps the most encouraging lesson to be gleaned from their registry [The National Weight Control Registry] is the simplest: in a group of 10,000 real-life biggest losers, no two people lost the weight in quite the same way.

Exactly why weight loss can vary so much for people on the same diet plan still eludes scientists. **“It’s the biggest open question in the field,”** says the NIH’s Hall. “I wish I knew the answer.”



HEALTH 2017 WEIGHT LOSS

## The Weight Loss Trap: Why Your Diet Isn't Working

<https://time.com/magazine/us/4793878/june-5th-2017-vol-189-no-21-u-s/>



# Homework

**Knowledge + Action = Change**





# Stand guard at the door of your mind

- Practice courage, determination, compassion, and **loving** thoughts
- **Appreciation** – Each activity seek to reveal all that is good about our lives and be appreciative. Gratitude breeds abundance

Feed your mind daily

A hand is shown in the lower-left corner, holding a glowing, golden orb. The background is a soft, out-of-focus sunset with warm orange and yellow tones. A small orange horizontal line is positioned above the title.

# Homework

Become a SUCCESS Detective!

Change your vibrational state. All day long you're going to notice things that are right about YOU:

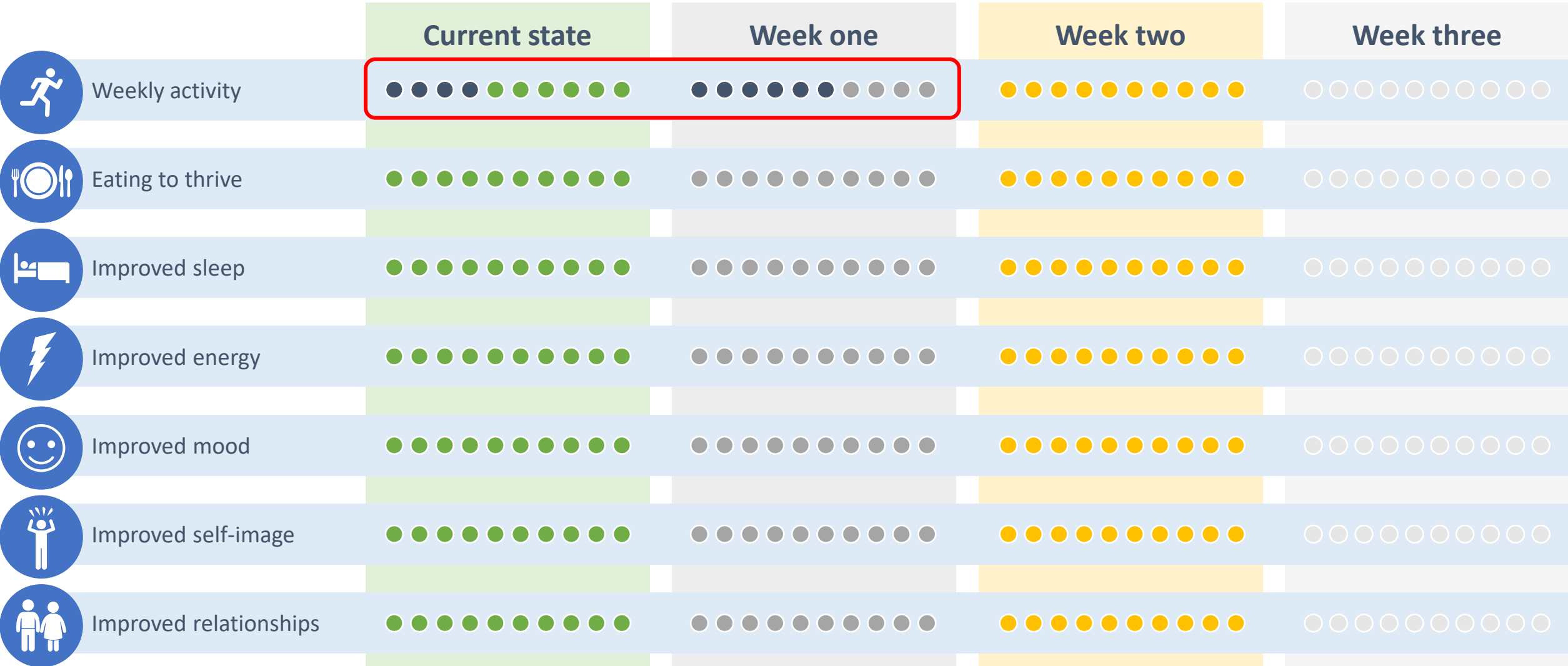
1. Body – noticing the strength, beauty, health you have today
2. Your actions – noticing your kindness, your words, your effort to be a good person
3. Your traits – intelligence, your intuition, your creativity, your presence

You're going to shift your perception – on yourself. You're going to notice everything that is right, beautiful and magnificent about yourself.

When you feel like a winner ~ This will create intrinsic motivation

You need to believe you're a winner – let's set you up for success!

Find proof that you're a winner at this!



**Non-scale victories – patient creates the success markers**

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<https://www.sandraelia.com/newsletter-sign-up>