



Slips and Getting Back on Track

I try hard to stay on track with my plan to be healthier, but there are times when I slip back into unhealthy habits. No one time of overeating or not being active will ruin my progress. How I react to that slip will determine my success. Getting back on track the very next opportunity will help me reach my goals.

Recognizing what triggers my slips and how I react to those triggers will help me develop healthier habits. New, healthy habits will limit my slips and make it easier to get back on track.

Triggers: A trigger causes an event or situation to happen. I don't always realize when a trigger has happened because it has become such a habit. Recognizing my triggers and reacting differently will change my habit.

Some triggers are positive and lead to a healthy behavior.
Other triggers are a problem and lead to an unhealthy behavior.

Habits: My habits are how I react to those triggers. When I react in an unhealthy way, it causes me to slip.

Trigger	Habits that make me slip
Seeing others eat at bedtime	Eating even though I'm not hungry
Not having a plan for a meal	Stopping for fast food
Flipping TV channels late at night	Staying up later than I should

Justification: When I make an unhealthy choice I often justify the behavior to make myself feel better about my choice. I know that unhealthy choices do not provide me with long term satisfaction and can actually hurt my progress.

- It's alright if I eat a big lunch now; I will do better tomorrow.
- I've had a bunch of candy today, but this is chocolate and all foods fit.
- I'm stressed and a milkshake will help me feel better.
- It's not polite to watch someone eat, so I will join him/her.
- I'm tired today, so I'll walk an extra 30 minutes tomorrow.

How can I change my habits?

1. Recognize the habit.
2. Change the trigger, if I can.
 - Put my walking shoes by the door to remind me to go for a walk
 - Keep healthy foods on the counter instead of junk food
 - Be sure to get 7-9 hours of sleep each night
 - Plan meals for the week
 - Set up regular activity dates with a friend so I go no matter what
 - Take a healthy dish to the next party I attend
3. Practice responding in a more healthy way.

Trigger	Healthier Habits
Seeing others eat at bedtime	Brush my teeth and go to bed
Not having a plan for a meal	Get a rotisserie chicken and bag salad from the grocery store
Flipping TV channels late at night	Set an alarm reminding me to go to bed

I can choose how triggers affect my behavior!

Trigger:

Husband brings home pizza at 9pm



Habit:

Eat 2 slices of pizza right before bed



Justification:

I'll exercise 30 minutes more tomorrow



Result:

I feel guilty about my decision and have a hard time staying on track



Habit:

Put 2 slices of pizza in container for lunch tomorrow



Justification:

I am so proud of my healthy choices



Result:

Stay on track to lose weight and live better

Getting back on track after a slip: Slips are normal, and should be expected. What matters is how fast I get back on track. When I get off track, I should remember:

- I have worked really hard to get where I am. I am worth it!
- What was the trigger that got me off track?
- What will I do differently next time?
- I will get back on track as soon as possible.