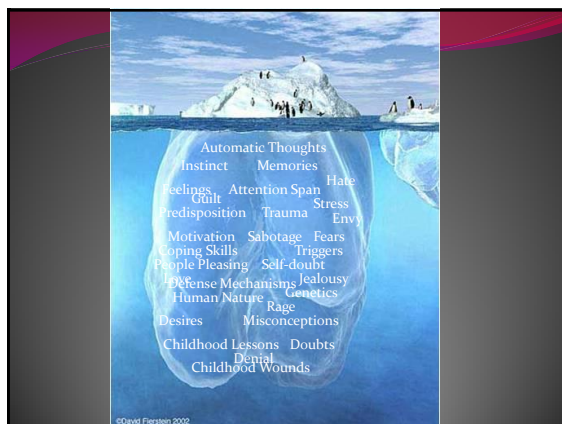


The 5 P's That Sabotage Change... & Their Antidotes

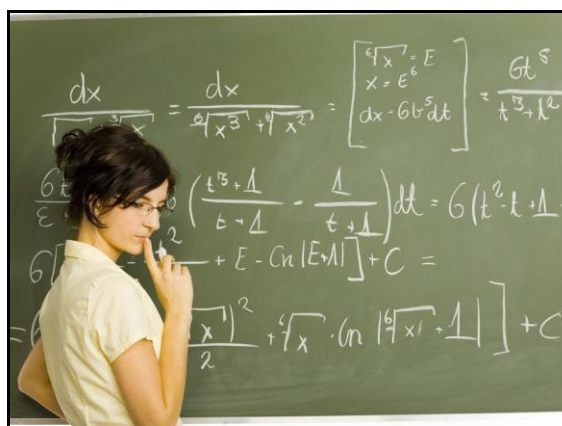
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Change

- Anything that causes an organism to change leads to stress, whether that change is considered positive or negative
- To the brain, change is work, and the brain prefers the path of least resistance
- To the body, change is work, and the body prefers the path of least resistance
- Change occurs naturally only if it is the path of least resistance
- Otherwise change must be initiated by the conscious mind

In the battle between the conscious and unconscious minds, the unconscious has more fire power. To win the battle, the conscious mind must be more prepared.



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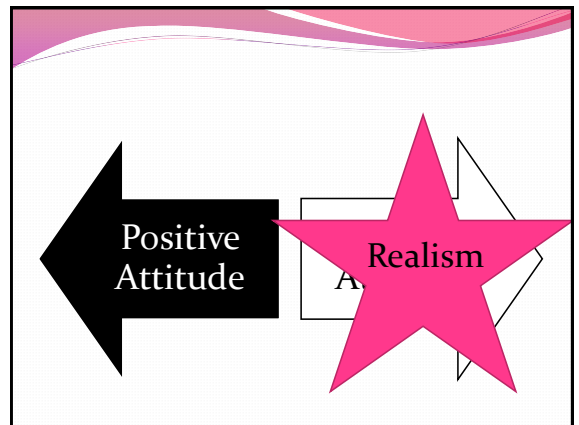
How Five Ways We Accept Change...
The 5 Habits of Highly Successful People
Stop Being on Yourself
Unsuccessful People

1. Positive Attitude
2. Pure Motives
3. Pursuit of Perfection
4. Persistence
5. Punishment



Positive Attitude

Hoping for the best does not allow you to plan for the worst.



The Antidote for Positive Attitude is Realism

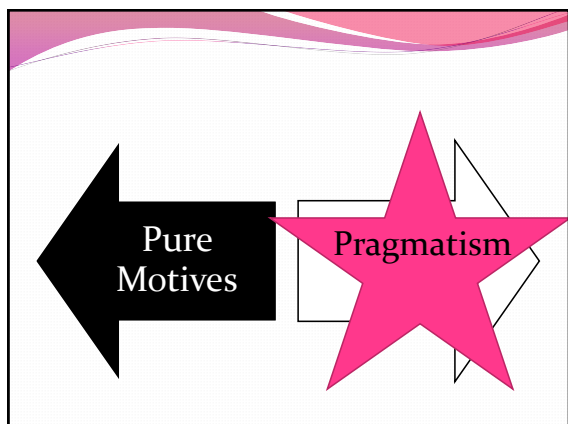
- Predict everything you can imagine that could possibly go wrong
- Document everything that goes wrong that you couldn't even imagine
- Accept that change is slow and potentially frustrating
- Be prepared to be frustrated – how will you handle that without giving up?
- Thought-Object Fusion: Being disappointed does not mean you are a disappointment

Pure Motives

Changing for “the right reasons” means not changing for the wrong reasons.

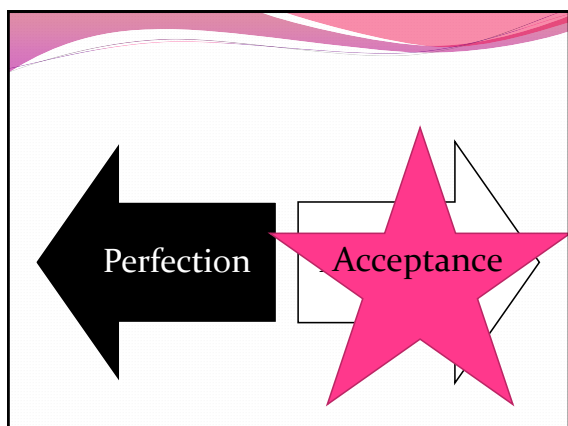
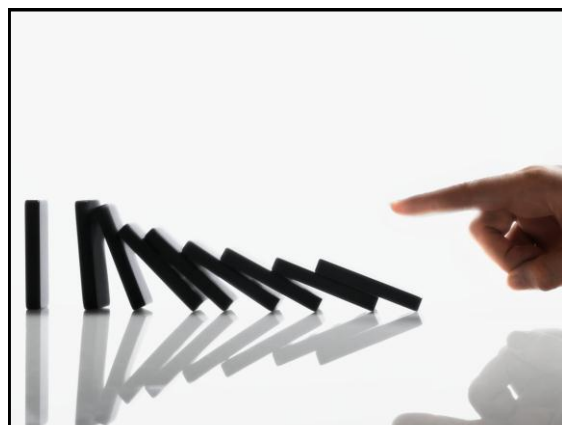
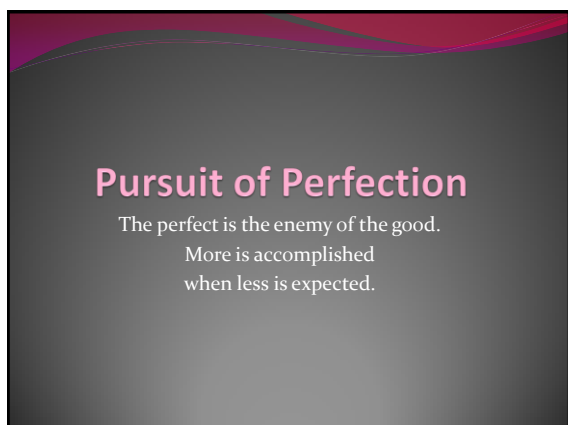
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The Antidote to Pure Motives is Pragmatism

- Accept that change is difficult and counter to human nature
- Create routines
- Link new behaviors to already established behaviors
- The unconscious only knows NOW
- Do it even though you don't want to – this is what makes the new behavior
- Make the behavior the reward - vague, future rewards with no guarantee are not motivating, no matter how important they are



The Antidote to the Pursuit of Perfection is Acceptance

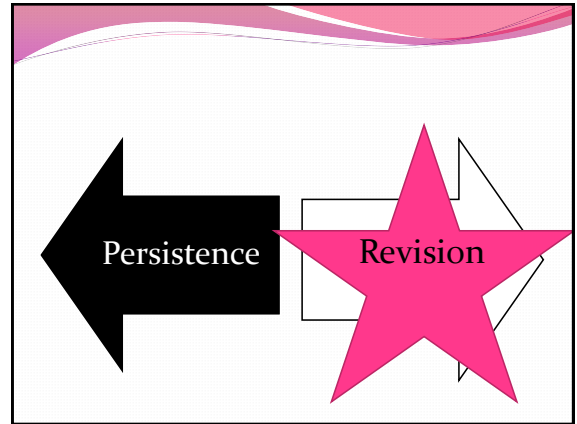
- Accept imperfection – Eliminate zero tolerance
- Teach regret rather than shame
- We believe that acceptance will keep us stuck – really it allows us to see what is instead of what we wish
- Studies show that self-compassion is the single most important factor in reaching difficult goals.

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Persistence

To exist, you must persist.
To thrive, you must re-evaluate.



The Antidote to Persistence is Revision

- Many behaviors started for a genuinely important reason, even if you can't remember it
- These behaviors can persist long after the reason is extinct
- Constantly revise and update plans
- Avoid spontaneous decisions even if you can't remember why
- Document, document, document!

Punishment

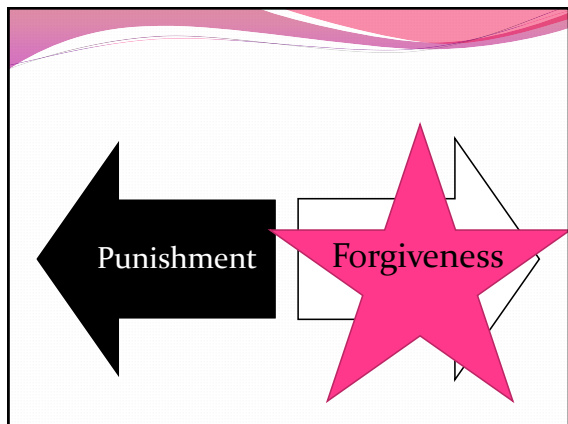
I have always found that mercy bears richer fruits than strict Punishment.

Abraham Lincoln



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The Antidote to Punishment is Forgiveness

- We think fear of punishment is motivating. Actually fear of punishment discourages disclosure, decreases feelings of self-worth and competence, and increases shame
- This leads to hopelessness and desperation, not change
- Dietitians are role models for showing compassion to others AND ourselves. Can you forgive yourself for being imperfect?

Thank you for all that you do!

For more information, to schedule a professional consultation, or to bring Jessica Setnick to your facility or event, please contact info@understandingnutrition.com or visit www.UnderstandingNutrition.com.

Additional Resources at UnderstandingNutrition.com



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