

Tree of Life Wellness Services, LLC

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EMDR for weight loss

Sometimes people struggle with weight loss because they genuinely don't know how to eat in a healthy way and they just need some new knowledge to help them on their way to meeting their goals. Other times people already have the knowledge but have trouble consistently applying it to their day to day behavior. In this case EMDR (Eye Movement Desensitization and Reprocessing) can help.

EMDR can clear up any negative or distorted thinking that may be getting the way of your weight loss goals. For example, some people do great on their wellness plan for days, and then have a really bad day and unintentionally sabotage themselves by thinking "Oh, I've been so good for so long and I've had a bad day, I deserve to splurge". Or perhaps someone feels badly about themselves, suffers from low self-esteem, and regularly goes back and forth between trying their hardest to lose weight and then giving up after thinking "Maybe I'm not worth it, I might as well give up". EMDR can help you ensure that your thinking lines up with your wellness goals, can help manage emotional/stress eating, and can boost self-esteem.

Another way that EMDR can help with weight loss is by "installing" the positive reasons to lose weight and the positive thinking that will help you meet your goals. For example, installing what it feels like to eat healthy and feel pleasantly full but not stuffed after a meal, or installing what it feels like emotionally to regularly eat healthy and exercise.

What do you think are key things getting in the way of your weight loss?

- Emotional eating/stress eating
- Low self-esteem (i.e. I don't deserve to be thin, to take time to eat well/exercise, to value myself, etc.)
- My thinking (i.e. "I had a hard day, I deserve to splurge", "It's not fair that everyone else can eat what they want but I can't", etc.)
- I don't give myself credit and then I get frustrated
- I have trouble tolerating cravings
- I have trouble taking the time and effort to plan for a balanced lifestyle
- It's hard to maintain the motivation to keep at it
- Other-describe: _____

What negative belief about yourself might this come from?

Where did you first learn that belief?

What would you rather believe about yourself?

Check any of these you think may be helpful for you to "install":

- What my body feels like physically when I eat healthy
- What it feels like emotionally to regularly eat healthy
- What I might look like if I was healthier
- What types of behaviors I would be doing
- My own personal benefits to losing weight (i.e. "I'll feel more confident", "I'll feel good about myself and my decisions", "I'll feel proud of my accomplishment", etc.)
- Other: _____

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Cognitions Related to Weight Loss:

Possible Negative Cognitions:

- I should put others' needs before my own needs.
- If I'm upset I deserve to splurge.
- If I already ate too much, I might as well continue.
- I don't deserve to be thin/healthy.
- It's not fair that other people can eat what they want.
- I can't stand being hungry.
- I have to feel stuffed to feel satisfied.
- I can't maintain healthy eating for very long; I know I will fail.

Possible Positive Cognitions:

- I make healthy eating a higher priority than pleasing others.
- If I take the time to nurture my body with healthy food and exercise, I'll be happier, healthier, and will have more energy for myself and for others.
- I deserve to make time to plan healthy meals for myself and to exercise; I'm worth it!
- If I'm upset, I can deal with my emotions directly and productively, instead of eating.
- Losing weight is much more important to me than a moment of pleasure while eating.
- If I slip up I can get right back on track immediately.
- I regularly plan ahead for weekends and special occasions to avoid overeating when possible.
- I deserve to be healthy/eat healthy/feel good about myself.
- I give myself credit every day for making healthy decisions; I deserve credit for my efforts!
- It isn't fair that I have to watch what I eat but it also wouldn't be fair to my body to remain unhealthy; therefore I choose a healthy lifestyle.
- I can tolerate cravings and hunger; I can use anti-craving techniques (relax/breathe, distract myself, drink water or tea, remind myself why I want to tolerate cravings, etc).
- Before eating, I identify how hungry I actually am on a scale from 0-10.
- I regularly eat only to mild fullness.
- Before eating more, I'll wait to see how I feel in 20 minutes.
- I choose a healthy lifestyle for life; this will allow me to enjoy my life and live longer.
- I choose to eat healthy food because my body feels good. I'd rather be thin/healthy.

