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# Weight Loss Worry

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## EPISODE 8

### **Worry Hack #1:** Best Case Scenario

- Instead of pretending something bad, as long as we are using our imaginations, we might as well imagine something amazing.
- How can you imagine this scenario you are worried about, differently? Instead of the worst case scenario, what's the best case scenario? (be as ridiculous as possible:)

### **Worry Hack #2:** "Yes...and"

- Worry thoughts are coming from your toddler brain-and sometimes all they need is to be heard and acknowledged in order to skip away. Acknowledging that yes, that is a thing that has happened and could happen, is often all your brain needs to calm down and let it go.
- How can you acknowledge these worry thoughts, and allow them to skip away using "yes, and..."?

### **Worry Hack #3:** Wonder about the "worry"

- Raise your awareness of and acknowledge your worry thoughts, instead of pushing them away or ignoring them. You can start to pay attention to them as they come up, or you can even sit and think about and make a list of the common worry thoughts you have about your weight loss.
- Then, ask yourself these questions about them:
  - Does the problem I'm worrying about exist in the world around me right now-outside of my mind and imagination?
  - Is it helpful? (preparing or preventing something important)
  - If yes, is there anything I can do to change it now?