Participant Guide

Take Charge of Your Thoughts

PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES
Session Focus

Taking charge of your thoughts can help you prevent or delay type 2 diabetes.

This session we will talk about:

- The difference between harmful and helpful thoughts
- How to replace harmful thoughts with helpful thoughts

You will also make a new action plan!

Tips:
- ✓ Identify your harmful thoughts.
- ✓ Put on the brakes.
- ✓ Think helpful thoughts instead.
Anna’s Story

Anna is at risk for type 2 diabetes. So she’s trying to eat well and be active.

Most days, Anna walks around the park. But on Tuesday, it’s raining. Anna thinks: “The weather is lousy. I’d better skip my walk today.”

Anna decides to replace her harmful thought with a helpful one: “It’s raining, so I’ll walk in the mall instead. It will also give me the chance to run some errands.”

To prevent harmful thinking:

- Make sure your Action Plan is realistic, doable, specific, and flexible.
- Have a sense of humor.
- Take care of yourself: manage stress, get enough sleep, eat right, and stay active.
- Keep things in perspective.
- Be around people who practice helpful thinking.
- Celebrate and reward your progress.
3 Steps to Replace Harmful Thoughts with Helpful Thoughts

1. Identify your harmful thoughts. What thoughts get in the way of your eating and fitness goals?

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2. Put on the brakes. Some people like to picture a big red stop sign. Others like to imagine the sound of a car slamming on its brakes, or the word “Stop!” How can you put the brakes on your harmful thoughts?

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3. Think helpful thoughts instead. What helpful thoughts could you replace your harmful thoughts with?

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# Replace Harmful Thoughts with Helpful Thoughts

Here are some ways to replace harmful thoughts with helpful thoughts.

<table>
<thead>
<tr>
<th>Type of harmful thinking</th>
<th>Instead of thinking ...</th>
<th>Tell yourself ...</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All or Nothing</strong></td>
<td>I can’t eat ice cream ever again.</td>
<td>I can have ice cream once in a while.</td>
</tr>
<tr>
<td>You see only the extremes. You don’t see anything in between.</td>
<td>Exercise is boring.</td>
<td>I haven’t found an activity that I enjoy yet.</td>
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<td></td>
<td></td>
<td>I’ll keep trying new activities until I find one that I like.</td>
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<tr>
<td><strong>Making Excuses</strong></td>
<td>It’s too cold/hot outside to go for a walk.</td>
<td>I will dress for the weather and walk anyway.</td>
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<tr>
<td>You blame situations or other people for your mistakes.</td>
<td>I can’t meet my eating goals because my wife keeps making cookies.</td>
<td>I will work out indoors.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>I find the cookies tempting.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>I will ask my wife to make something healthy instead.</td>
</tr>
<tr>
<td><strong>Filtering</strong></td>
<td>No one else supports my healthy lifestyle.</td>
<td>My friend Shelly supports it.</td>
</tr>
<tr>
<td>You ignore the good and focus on the bad.</td>
<td>I haven’t stuck to my diet at all this week.</td>
<td>I will ask for more support.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>I stuck to my diet four out of seven days.</td>
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<tr>
<td></td>
<td></td>
<td>I have a plan for how to stay on track in the future.</td>
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<tr>
<td><strong>Self-Labeling</strong></td>
<td>I’m such a weakling.</td>
<td>I can climb the stairs without getting out of breath now.</td>
</tr>
<tr>
<td>You call yourself something bad.</td>
<td></td>
<td>I’ll be a little more active each week.</td>
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<td></td>
<td></td>
<td>My daughter liked the stir-fry I made last night.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>I’ll keep learning more about cooking.</td>
</tr>
</tbody>
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Replace Harmful Thoughts with Helpful Thoughts

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| **Comparing**            | Teo has lost so much more weight than I have. | - My weight loss has slowed down.  
- I’ll ask Teo for some tips. |
| You compare yourself with other people and find yourself lacking. | Stella is so much stronger than I am. | - I’d like to be stronger.  
- I’ll try using a resistance band. |
| **Gloom and Doom Thinking** | I just know I’m going to get hurt. Then I won’t be able to work out. | - I’ll take steps to work out safely.  
- If I do get hurt, I’ll find a different way to be active. |
| You assume the worst. | I just know I’m going to get type 2 diabetes, since both of my parents had it. | - I know a lot more about how to prevent type 2 diabetes than my parents did.  
- I’ll do what I can to prevent type 2 diabetes. |