Record

Make sure that no matter what, you write these thoughts down. I'm serious. You may think you'll remember them, but I can guarantee, by the end of a long day, you will forget. Remember, as you are writing these down, you may find there are a lot more than you were expecting to find. That's okay. No matter where you are at, it is important to recognize and record all these thoughts so you have a true sense of where you are starting from. Use this as reference for rewriting on the next page.

Rewrite

For each negative thought, rewrite it into a positive one. Maybe your thought is, “I’m never going to lose weight because I give up too easily.” A possible way to rewrite this is, “I can choose to be healthier with some help. I can do anything if I want it bad enough.” Note that this will take time. Once you do it for a little while, you’ll find that rewriting these thoughts will become easier.

Reflect

At the end of each week, take 20-30 minutes to reflect on what you have learned. Record some of these in a journal. This will be vital to helping in the healing process. You'll be able to look back at the end of these 30 days and see how far you have come. This can do more than you think to encourage you.