

THE WEIGHT ESCAPE

How to Stop Dieting and Start Living

Joseph Ciarrochi, PhD

Ann Bailey, MA

Russ Harris, MBBS

SUPPLEMENT TO THE EBOOK: PRINTABLE EXERCISES

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FROM CHAPTER 1

EXERCISE: CLARIFYING YOUR VALUES

Use the list on the following page to inspire and motivate yourself as you work through the rest of this book. Keeping your values and goals uppermost in your mind will help you get where you want to be. Explore what sort of person you want to be, then rate how important each area on the list is for you—from 0 (not important) to 10 (of the highest importance)—and the extent to which your health is related to that valued area.

VALUED AREA	EXAMPLE VALUES	WHAT SORT OF PERSON WOULD YOU LIKE TO BE IN THIS AREA?	IMPORTANCE (0 TO 10)	EFFECT OF HEALTH & FITNESS
HEALTH AND FITNESS	Engaging in exercise; playing sports; caring for myself; being active; being mobile; engaging in activities likely to give me greater strength, endurance, flexibility or energy; enhancing my appearance; managing stress			Not applicable
INTIMATE RELATIONSHIPS	Caring; supporting; connecting; accepting; being honest; opening up; nurturing; communicating well; helping; loving; being assertive; being attentive; being present; listening; having fun; being forgiving; being kind			
FRIENDSHIP AND OTHER RELATIONS	Same as for intimate relationships above			
PERSONAL DEVELOPMENT	Discovering; striving to understand; accomplishing; improving; learning			
WORK	Achieving; contributing; being effective; resolving disputes; having influence; building; creating			
SPIRITUALITY	Connecting with God or the universe; acting consistently with my religious beliefs or faith			
COMMUNITY	Promoting justice; caring for the weak; helping others; lending a hand; improving or protecting the environment			
RECREATION	Enjoying music; art and/or drama; listening to or playing music; creating; adventuring; discovering; collecting; building; enjoying food and drink; exploring; inventing; fixing			
SAFETY, SECURITY AND SUSTENANCE	Keeping myself and others safe from danger; providing for myself and others			

FROM CHAPTER 5

EXERCISE: UNDERMINING REASON-GIVING WITH THE GOAL/EXCUSES CARD

We know that practice is the way to increase our power when it comes to defusion. This simple exercise will help you in that practice, and help you move closer to your weight-loss goals. All it requires is a small index card or piece of paper that you can carry in your pocket, wallet or purse.

Doing this will help you practice the skill of defusing from your excuses in order to help you achieve your goals. When excuses no longer dominate you, you'll have more freedom of action. You, rather than that dictator in your head, will get to choose what happens next.

First pick a realistic health goal from the table below, which is divided into four general domains:

1. Improving diet
2. Increasing exercise
3. Reducing sedentary behavior—even if you exercise for 30 minutes a day, there's a chance you're quite inactive the rest of the time
4. Creating a health-enhancing environment

IMPROVING DIET	INCREASING EXERCISE	REDUCING SEDENTARY BEHAVIOR	CREATING A HEALTH-ENHANCING ENVIRONMENT
Increase awareness of what you eat by completing a food diary (see appendix)	Increase awareness of your exercise patterns by completing an exercise journal	Do things standing up rather than sitting down (e.g., reading the newspaper)	Get at least eight hours of sleep a night
Eat breakfast	Take up dancing or some other fun physical activity	Wear a pedometer and set a goal of 8,000 to 10,000 steps per day	Follow the half-plate rule (fill one half of your plate with fruit and vegetables, the other with meat and/or carbohydrates)
Reduce your salt intake	Take a regular brisk walk	Get off the couch and walk around the house during TV ad breaks	Use small containers to store your food
Shift from eating fried fast food to fresh fast food	Do regular weight training	Have standing or walking meetings at work	Put everything you plan to eat on your plate before you start eating
Get a complete physical check-up from your doctor and seek advice from a qualified dietitian	Take up a team sport	Get off the bus or train early and walk the rest of the way	Use smaller plates and bowls
Eat a meal mindfully (see page 141)	Take up jogging, cycling, running, swimming or some other aerobic activity you enjoy	Walk to the shops or to work	Eat more fruit, vegetables and legumes and increase their variety
Be assertive in refusing food you're offered but don't really want	Commit to the gym on certain days of the week	Walk the children to school	Reduce distractions when eating
Eat smaller portion sizes at a restaurant (e.g., order an appetizer size rather than an entrée)	Exercise for a set amount of time (e.g., at least 175 minutes a week or 30–60 minutes on most days)	Stand up during phone calls	Watch for social influence (see page 72)
Replace a low-fiber, high-sugar breakfast cereal with a high-fiber, low-sugar one	Gradually increase your exercise time until you reach a new goal	Stand and take a break from the computer every 30 minutes	Eat mindfully with other people
Eat low-GI foods (see appendix)	Seek advice from a qualified personal trainer	Walk to your errands, or walk between them	Reduce access to unhealthy foods (don't have junk food within easy reach)
Start the meal with a food low in energy density (e.g., soup or a salad)	Train for an event (e.g., a race or competition)	Park the car further away from your destination and walk the rest of the way	Increase access to healthy foods (put a bowl of fruit on the table)
Replace foods of high energy density with foods of low energy density (see appendix)	Exercise with a friend	Use the stairs rather than the lift or escalator	Identify what time of day you feel desperately hungry and plan for this with healthy snacks
Eat more whole foods	Get out into the garden regularly or mow the lawn once a week	Stand up at work, if possible or if you don't already	Seek support from others for your health goals

You can generate a goal of your own if you prefer, but the key is to choose something you haven't been doing and you'd like to do more of. This might include exercising briefly, replacing an unhealthy breakfast with a healthier one, or drinking sparkling water instead of a sugary soft drink.

Once you've chosen your goal, write it down on your small index card or piece of paper. Make the goal specific. Describe when and where you'll do it. Then, on the other side the card, write down the excuses your mind might use to talk you out of your goal. For example, if you decide you want to go for a 20-minute walk before dinner, you might anticipate thinking, "Oh, I don't have time today." See the example goal/excuse card below. If you decide to have more vegetables with your dinner, you might watch out for excuses like "Vegetables aren't going to satisfy me" or "Vegetables are so boring." If you decide to do some vigorous exercise, you might have excuses like "I don't feel motivated today" or "I hate going to the gym."

Side 1 of card: goal 20-minute walk before dinner	Side 2 of card: excuses I won't have time I'm too tired
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FIGURE 10: Example of a goal/excuse card

Carry your index card with you for the next week. Whenever you think about performing your goal, especially if you don't really feel like doing it, pull the card out and read both sides. Ask yourself, "Can I do this anyway, even though my mind is giving me lots of excuses not to?" The key is to recognize that you can carry your excuses with you but you don't have to obey them—you can have those words show up inside your head *and* simultaneously carry out some health-promoting action.

FROM CHAPTER 6

EXERCISE: KEEPING A CRAVING JOURNAL

The form below will make it easier to identify your craving triggers. To start with, fill it out for a few days, to practice awareness of when you have strong desires for a specific food. Notice each time when your desire for a specific food was driven by physical hunger, and when it was not. Also notice if your cravings occur regularly at a particular time of day.

DATE AND TIME	FOOD CRAVED	PLACE CRAVING OCCURRED	HOW THE CRAVING FELT	RATING (1–9) ON HUNGER SCALE	RESULT (1 = DIDN'T GIVE IN, 9 = GAVE IN COMPLETELY)

After a few days of keeping your journal, analyze the results. Do you have a regular craving for a particular food or at a particular time of day? Does a particular emotional state trigger your cravings? Did the cravings become easier to resist as your awareness of them developed?

FROM CHAPTER 11

EXERCISE: ARE MY GOALS LIFE-ENHANCING?

Write down your key life goals on the left. Make sure you list some goals related to health and goals not directly related to health. Rate from 0 (does not satisfy this need) to 10 (strongly satisfies this need).

LIFE GOALS OR ACTIVITIES	NEEDS			
	BRINGS SAFETY, SECURITY OR SUSTENANCE	DEVELOPS POSITIVE RELATIONSHIPS	CHALLENGES ME	GIVES ME ENJOYMENT

I do these activities now:

I would like to start doing these activities:

Take a look at what you wrote above and consider some of these questions. Are you getting all your needs met from your activities? Do all your activities tend to be for one thing (e.g., safety or challenge)? Do you spend way too much time on one activity, and not enough on other activities? What health-related activities might you do more of, in order to get your needs met?

FROM THE SEVEN-WEEK WEIGHT ESCAPE BOOT CAMP, WEEK 1

EXPLORE AND RATE THE PRINCIPLES THAT GUIDE YOUR LIFE

This exercise will help you to take a detailed look at your guiding principles. Please take your time and rate each principle according to the following.

Importance: 0 = unimportant to me; 9 = extremely important to me.

(This is what you find important, not necessarily what others find important.)

Success: 0 = not at all successful; 9 = highly successful.

(This is how successful you feel you've been in living consistently by your principles.)

PRINCIPLE	IMPORTANCE	SUCCESS
1. Connecting with nature		
2. Gaining wisdom		
3. Creating beauty (in any domain, including arts, dancing, gardening)		
4. Promoting justice and caring for the weak		
5. Being loyal to friends, family, and/or my group		
6. Being honest		
7. Helping others		
8. Being sexually desirable		
9. Having genuine and close friends		
10. Having relationships involving love and affection		
11. Being ambitious and hard working		
12. Being competent and effective		
13. Having a sense of accomplishment and making a lasting contribution		
14. Having an exciting life		
15. Having a life filled with adventure		
16. Having a life filled with novelty and change		
17. Being physically fit		
18. Eating healthy foods		
19. Engaging in sporting activities		
20. Acting consistently with my religious faith and beliefs		
21. Being at one with God		
22. Showing respect for tradition		
23. Being spiritual		
24. Being self-disciplined and resisting temptation		
25. Meeting my obligations		
26. Maintaining the safety and security of my loved ones		
27. Making sure to repay favors and not be indebted to people		
28. Being safe from danger		

PRINCIPLE	IMPORTANCE	SUCCESS
29. Being wealthy		
30. Having authority, being in charge		
31. Having influence over people		
32. Having a leisurely life		
33. Enjoying food and drink		
34. Being sexually active		
35. Being creative		
36. Being self-sufficient		
37. Being curious, discovering new things		
38. Figuring out things, solving problems		
39. Striving to be a better person		
40. Enjoying music, art, and/or drama		
41. Designing things		
42. Teaching others		
43. Resolving disputes		
44. Building and repairing things		
45. Working with my hands		
46. Organizing things		
47. Engaging in clearly defined work		
48. Researching things		
49. Competing with others		
50. Being admired by many people		
51. Acting with courage		
52. Caring for others		
53. Accepting others as they are		
54. Working on practical tasks		
55. Seeking pleasure		
56. Being attractive		

FROM THE SEVEN-WEEK WEIGHT ESCAPE BOOT CAMP, WEEK 5

REDUCE EMOTIONAL EATING: SPOT THE FOOD AND MOOD CYCLES

DATE: _____ MON TUE WED THURS FRI SAT SUN

TIME	FOOD TRIGGERS	FOOD	FEELINGS BEFORE EATING	HUNGRY? (Y/N)	FEELINGS AFTER EATING	WAS EATING THIS FOOD CONSISTENT WITH YOUR VALUES? (CIRCLE ONE)
						Yes Somewhat No
						Yes Somewhat No
						Yes Somewhat No
						Yes Somewhat No
						Yes Somewhat No
						Yes Somewhat No
						Yes Somewhat No
						Yes Somewhat No
						Yes Somewhat No

FOOD TRIGGERS REFER TO THE ASPECTS OF YOUR ENVIRONMENT, IF ANY, THAT TRIGGERED EATING.

WEEKLY HEALTH DIARY

CIRCLE YOUR HUNGER LEVEL WHEN YOU START EATING AND THEN AGAIN WHEN YOU FINISH EATING

[illegible]

HUNGER SCALE

1	2	3	4	5	6	7	8	9
Starving, weak		Hunger pangs		Comfortably full		Overfull		So full it hurts

FROM THE SEVEN-WEEK WEIGHT ESCAPE BOOT CAMP, WEEK 6

THOUGHTS THAT YOUR MIND THROWS AT YOU TO DISCOURAGE YOU FROM EXERCISING

Circle those that hook you, i.e., that you believe sometimes

- Exercise is too much effort
- Exercise requires too much commitment
- I have too many chores to exercise
- Social commitments get in the way of exercise
- I am too stressed to exercise
- I am too sad to exercise
- Nobody encourages me to exercise
- Someone criticizes me for exercising
- I can't exercise after a long day
- I do not have nice places to walk in the neighborhood
- I do not think my neighborhood is safe enough to jog or walk
- I am not the physically active type
- Exercise is for those who do nothing during the day
- Exercise at a gym costs too much
- Gyms are too far away
- I do not know how to exercise properly
- If I exercise, I might hurt myself
- I am too old to exercise
- I am too heavy to exercise
- I feel too shy or embarrassed to exercise
- I have trouble organizing my life to make time for exercise
- I cannot get into an exercise routine
- Work demands too much of my time
- I feel too worn out to exercise
- Exercise is boring
- My family obligations get in the way of exercising
- Other reasons for not exercising (write in your own words)

Now, take a look at those reasons for not exercising. Could you carry one of those reasons with you while you exercise? (Perhaps even put it on a card and carry it with you to the gym.) Do these thoughts have to act as barriers?

If the thought is genuinely pointing to a problem (e.g., your neighborhood is dangerous and you don't want to walk in it), can you problem-solve ways around it (e.g., do a different kind of exercise)?

**MOTIVATIONS TO EXERCISE: IDENTIFY SOME “HEART-FELT”
REASONS WHY YOU MIGHT WANT TO EXERCISE**

Now that we have looked at reasons our mind generates for not exercising, let's look at some intrinsic reasons for why people do exercise. Please circle the ones that apply to you:

- | | |
|--|---|
| • Exercise helps me to cope with stress | • Exercise helps me to be attractive |
| • Exercise is a good way to clear my thinking | • Exercise gives me the opportunity to spend time with others |
| • Exercise helps me to relax | • I enjoy the competitive part of exercise |
| • I feel invigorated after exercising | • I love to feel challenged |
| • Exercise gives me some space to think | • I love to exert myself |
| • Exercise helps me to prevent health problems | • Exercise is a good way to have fun |
| • Exercise helps me to have a healthy body | • Exercise is a good way to meet new friends |
| • Exercise helps me to live longer | • Other motives for exercise (write in your own words) |
| • Exercise helps me to have more energy | |

Now that you have looked at motives for exercise, are you ready to consider what you might do to increase your exercise? Can you think of activities that connect to your motives above (e.g., to make exercise fun or social or entertaining)? For example, if you don't want to go to the gym, are there other things you can do?

There are at least two ways to increase your physical activity. First, you can increase the amount of formal exercise that you do—for instance, you can plan to go to the gym three times a week. Second, you can seek to reduce sedentary activity by increasing informal exercise. For example, instead of watching TV for an hour, you can go for a walk and listen to your favorite music or reconnect with nature. Instead of reading a book on the couch, you can exercise while listening to an audio book.

When thinking about physical activity, let yourself be playful and creative. You don't have to do what everybody else is doing or tells you. You can find your own physical activity routine, one that matches your values and interests.