



The FACE WEIGHT LOSS Program NEWSLETTER Number 7  
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### Realistic Resolutions

We are well into the season of resolutions, the all too familiar plans to eat no desserts, to not eat anything after 7 PM, eat only vegetables and fruits, essentially to become the perfect eater.

For those of us who have had bariatric surgery, the resolutions might be to eat breakfast, to take vitamins, to chew everything slowly and completely.

#### **What makes it so difficult to stick to these well intentioned and comforting resolutions?**

Most people struggling to lose weight or maintain their weight loss have learned from chronic dieting to be either-or, black or white thinkers. You are either on the diet or off it, and once you “blow” it, you may as well eat everything in sight until the next time you start the diet.

This kind of thinking can influence our resolutions as well. We start out eating a healthy breakfast, and chewing it slowly for the first 3 days, and then we have a busy morning and run out of the house without eating. The spell is broken and many of us find ourselves skipping breakfast the next day as well.

#### **How can we help ourselves counteract the either-or thinking that undermines our goals for eating?**

We tend to make resolutions that we think of as fixed rules from which we cannot stray. In order to be able to follow through on these plans for longer than a few days, **it is helpful to make goals that leave room for error and support the awareness that no one can be perfect.**

#### **Example of a Realistic Resolution**

“I will work towards eating breakfast as often as I can and acknowledge myself for each day that I achieve this goal.”

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