



# Module 13: Take Charge of Your Thoughts

## Participant Guide



# Session Focus



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

## In this session, we will:

- Discuss how to replace negative thoughts with helpful thoughts
- Practice replacing a negative thought with a helpful thought

**You will also make a new action plan!**

## Tips:

- ✓ Identify your negative thoughts.
- ✓ Put on the brakes.
- ✓ Think helpful thoughts instead.

# Negative Thoughts vs. Helpful Thoughts



## Fabienne's Story—Part 1

Fabienne is at risk for type 2 diabetes, so she's trying to eat well and be active.

Most days, Fabienne walks around the park. But on Tuesday, it's raining. Fabienne thinks, "Ugh, the weather is lousy. I'll just skip my walk today."

But then Fabienne remembers how well she's been doing at staying active. Walking every day has become part of her routine, and she's so proud of herself!

Fabienne decides to replace her negative thought with a helpful one: "It's raining, so instead of walking today, I'm going to do some chair exercises."



# Negative Thoughts vs. Helpful Thoughts

## Tips To Manage Negative Thinking:

- Practice recognizing negative thoughts.
- 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.

# Replace Negative Thoughts With Helpful Thoughts

## Three Steps To Replace Negative Thoughts With Helpful Thoughts

1. Identify your negative thoughts. What thoughts get in the way of your eating and activity goals?

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2. Put on the brakes—call a time out on those negative thoughts. Some people imagine a big red stop sign or a referee blowing a whistle and calling, “Time out!” How can you put the brakes on your negative thoughts?

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3. Think helpful thoughts instead. What are those negative thoughts telling you? What helpful thoughts can replace those negative thoughts?

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# Replace Negative Thoughts With Helpful Thoughts



## Changing Negative Thoughts

Recognizing the type of negative thought can help you turn it into a helpful thought.

### Types of Negative Thinking

- All or Nothing—You see only the extremes. You don't see anything in between.
- Making Excuses—You blame situations, things, or other people for your choices.
- Filtering—You ignore the good and focus on the bad. For example, "I should be losing more weight each month."
- Self-Labeling—You call yourself something bad.
- Comparing—You compare yourself with other people and find yourself lacking.
- Pessimistic—You assume the worst.

### Examples of Negative Thoughts

- I just know I'm going to get type 2 diabetes since both of my parents had it.
- I can't eat ice cream ever again.
- No one else supports my healthy lifestyle.
- I'm such a weakling.
- I can't meet my eating goals because my wife keeps baking cookies.
- Teo has lost so much more weight than I have.
- It's too cold (or hot) outside to go for a walk.
- I haven't stuck to my healthy eating plan this week.
- Stella is so much stronger than I am.
- Exercise is boring.
- I just know I'm going to get hurt. Then I won't be able to work out.
- I'm the world's worst cook.

When thinking about your negative thoughts and turning them around, consider these questions:

- When am I more negative?
- What around me causes me to be negative or think negative thoughts?
- What new routine can help me pause when I am thinking negative thoughts?
- What new routines can guide me toward helpful thinking?

