



## MODULE TWELVE

# Dust Yourself Off



### What should I do when I have a slip?

By now you are well on your way to a new, healthier lifestyle! You've probably been through times when you didn't stick to your new healthy eating and activity plans. These are called slips. Slips are a normal part of making lifestyle changes and are to be expected. It's important to think of a slip as a **temporary** problem and to **learn from it**.

*Slips don't hurt your overall progress. How you respond to a slip is most important!*

**“I've done MOVE! three times, and it's shown me that to be successful, I need a weight-loss program that requires a lifestyle change—not simply a diet.”**

**– Robert, lost 137 pounds over 4 years**

Guilt from a slip can lead to more slips and a loss of confidence. A series of slips can be harmful if they lead to a relapse. A relapse is a series of slips that causes you to fall back into unhealthy eating and physical activity patterns of behavior. Don't let a slip lead to guilt or despair—and don't give up!

### In This Module You Will:

1. Learn that slips are a normal part of lifestyle change.
2. Recognize what may trigger a slip.
3. Identify how to handle slips and get back on your feet to avoid relapsing.

# Progress Check-In



I met my previous healthy eating goal

I met my previous physical activity goal

*My weight today is \_\_\_\_\_ pounds.*

Reflect on how well you met your goals from the last module.

What successes did you have?

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What challenges did you encounter?

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What helped you address those challenges?

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## Even the Smallest Changes Can Make a Big Difference

What benefits did you notice from your weight-loss efforts this past week?

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Better sleep       | <input type="checkbox"/> More energy        | <input type="checkbox"/> Fewer prescription medications |
| <input type="checkbox"/> Better check-up    | <input type="checkbox"/> Less joint pain    | <input type="checkbox"/> Better blood pressure control  |
| <input type="checkbox"/> Improved memory    | <input type="checkbox"/> Better mood        | <input type="checkbox"/> Better blood sugar control     |
| <input type="checkbox"/> Clothes fit better | <input type="checkbox"/> Improved cooking   | <input type="checkbox"/> Other: _____                   |
| <input type="checkbox"/> Stress relief      | <input type="checkbox"/> Greater confidence | _____   |
| <input type="checkbox"/> More endurance     | <input type="checkbox"/> More organized     | _____   |

# Recognizing a Slip

Slips are a common experience—everyone who is trying to lose weight or maintain weight loss will experience a slip from time to time. No one slip, no matter how extreme, will cause you to fail. The slip itself is not the problem—the problem can come if you don't get right back on your healthy lifestyle plan after you slip.



Catch yourself when you slip or are about to slip. Stop what you are doing and take a look at the situation.

- *What is happening?*
- *Why is the slip starting?*
- *Try to take yourself out of the situation so you won't be tempted.*

What situations cause you to slip from healthy eating?

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What situations cause you to slip from being active?

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### Tom's Toolkit

*"There are several tools and strategies for handling a slip. Try these the next time you have a slip."*

1. **Fight negative thoughts with positive responses.**
2. **Ask yourself what happened so you can reflect on and learn from the experience.**
3. **Get back on track right away.**
4. **Talk to someone who supports you.**
5. **Focus on all the positive changes you've made."**

## Handling Slips

You've learned that slips are a normal part of making lifestyle changes. Most people who are trying to lose weight or maintain weight loss make mistakes, or slips. What will affect your success in this program and beyond is how you respond to slips. There are several tools and strategies that you can use for responding to a slip. **Consider these strategies the next time you have a slip.**



<b>Rethink your unhelpful thoughts.</b>	Negative thoughts can be your worst enemy. Don't fall into negative thought patterns like All or Nothing Thinking or Self-Labeling. Rethink your unhelpful thoughts. See Module 6 - Conquering Unhelpful Thoughts.
<b>Ask yourself what happened.</b>	Reflect on the situation and learn from the slip. How can you avoid this type of slip in the future? How can you manage the situation differently?
<b>Get back on track right away.</b>	Plan how you can get back on track right away. For example, make your very next meal a healthy one, or get back on schedule with your activity plan. Don't let your slip turn into a relapse.
<b>Talk to someone supportive.</b>	Call your MOVE! facilitator or another friend to discuss your slip. Talk about your new strategy for handling slips going forward. Commit yourself to a renewed effort.
<b>Focus on positive changes.</b>	You are making lifelong changes! Slips are just one part of the process.

**How can planning to handle slips help you be more successful in this program?**

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**How can friends and family members help you deal with slips and prevent relapses?**

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**How will you change the way you respond to slips?**

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# Planning to Handle Slips

Because slips are to be expected during your weight loss journey, planning on how you will respond when a slip occurs can help you save time, effort, and frustration getting back on track.

<b>Describe a situation that caused a slip from healthy eating.</b>	
Describe one situation that has caused you to slip from healthy eating.	
Can you avoid that situation in the future? How?	
<b>Make a plan to get back on your feet the next time you slip.</b>	
When this slip happens, I will:	
When will I act?	
What will I do first?	
The roadblocks that might come up:	
I will handle the roadblocks by:	
To make my success more likely, I will reward myself with:	

**Describe a situation that caused a slip from being active.**

Describe one situation that has caused you to slip from being active.	
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Can you avoid that situation in the future? How?	
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**Make a plan to get back on your feet the next time you slip.**

When this slip happens, I will:	
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When will I act?	
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What will I do first?	
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The roadblocks that might come up:	
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I will handle the roadblocks by:	
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To make my success more likely, I will reward myself with:	
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# From Slips to Relapse

Getting discouraged after a slip may lead to more slips. This may then cause a person to lose their confidence in their eating and activity patterns. A series of slips can lead to a relapse, or falling back into old eating and activity habits, which can result in weight gain.

It's important to think of a slip as a **temporary** problem and to **learn from it**. Don't let a slip lead to guilt or despair.



### If you have a series of slips:

- 1. Stay calm.** If you get anxious or start to blame yourself, things may get worse. You may get worked up and feel like giving up. Stay calm. Know that one slip or a series of slips does not mean failure.
- 2. Analyze the situation.** Instead of blaming yourself for a series of slips, learn what placed you at risk. Was it certain feelings or the presence of food, other people eating, or other activities? What thoughts did you have?
- 3. Take charge immediately.** Leap into action with alternative activities. Leave the house, put the rest of the food in the disposal, go for a walk, or do whatever works for you.
- 4. Ask for help.** Use your social support network. If you would like support during slips, don't be shy about asking for help! You can also reread this manual for motivation and support.
- 5. Renew your weight-loss commitment.** Remind yourself how far you've come and the progress you've made. One slip does not reverse all your hard work! Restate your program goals and renew the vows you made at the start of this program.

# Goal-Setting Check-Out

## Goals for Next Week

Set one new healthy eating and physical activity goal to work on over the next week. Remember to make it SMART (see Module 1).

### Healthy Eating:

I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Physical Activity:

I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you had trouble meeting your goals from last week, what will you do differently this week?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reasons for participating in a weight management program can change over time. Reflect on why you started the MOVE! Program and write down what matters most to you now.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



“Veterans should know that MOVE! focuses on them as individuals.”

Nobody will ridicule them if they don't reach their weight goal; instead, they'll get a lot of help and support.”

– Stephen, lost 36 pounds



# Module Summary

## ***Recognizing a Slip***

You are making positive lifelong changes in this program! Slipping from your healthy lifestyle plans is a normal part of the process of making these positive changes. Catch yourself when you slip or are about to slip. Stop what you are doing and take a look at the situation. What is happening? Why is the slip starting?

“Don’t get discouraged by the number on the scale. Keep going!”

– Darryl, lost 53 pounds

## ***Handling Slips***

To be successful in this program, it’s important to make a plan to get back on your feet after a slip. Slips are a normal part of making lifestyle changes. However, ignoring these slips or not addressing them can cause you to relapse, or to fall back into your old eating and activity habits.

## ***Preventing Relapse***

The good news is that a slip does not have to end in a relapse. To prevent a relapse, follow the five steps after a slip:

1. Stay calm
2. Analyze the situation
3. Take charge immediately
4. Ask for help
5. Renew your weight loss vows

Learning to handle slips and prevent relapses will help you enjoy continued success with your new eating and activity goals!

**A slip does not always lead to a relapse.**

## **Module To-Do:**

1. Set two new weekly SMART goals in your Module Check-Out.
2. Record in your *Food and Activity Log* every day.
3. Consider how you can plan for slips and respond in a productive way to get back on track.
4. Review Module 13 in preparation for your next meeting.