

PEERtrainer on track

Class 4:

Moving On: Part II

How To Deal With the
“Little Things”

PEERtrainer™

<http://www.peertrainer.com>

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This information is intended for the sole purpose of participants in the PEERtrainer on track Program. This is not a substitute for medical advice. Please seek a physician if you have any questions or need medical advice or attention when starting a weight loss program.

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1. It's very easy for interactions with others to set us off and really throw a loop in our day.
 - a. Sometimes it's a big thing like a major fight with a close friend.
 - b. Sometimes it's something that seems so silly that it "shouldn't" bother us, but it does anyhow – like a negative interaction with the check out person at a CVS.

2. In either case, what is usually happening is that we're focusing on things we can't control – how someone else is behaving.
 - a. We focus on what others – in our opinions - "should" do.

3. Albert Ellis: the root of human unhappiness is our illogical thinking habits which all revolve around "Shoulds", "Oughts" and "Musts".
 - a. If you're unhappy, you'll find that one of these is buried somewhere in your thinking.
 - b. These should's form early in life. Great example is Jackie's son playing chess.

4. The problem is this; when you're thinking that things should be different than the than the way you are, you're arguing with reality.
 - a. When you argue with reality, you always lose.
 - b. It doesn't mean you have to like the way others are behaving, but that's what is.

5. Common should thinking in weight loss: "I'm doing everything right, I should be losing weight!"

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6. Stop “Shoulding” On Yourself!
7. Become aware that underlying should thinking is blaming others.
 - a. There is a subtle victim undertone.
 - b. You’re in essence saying, “I’m unhappy because you behaved that way.”
 - c. You’re doing this instead of owning that you are choosing to react the way you are.
8. Steven Covey: When you start to think the problem is outside yourself, THAT’S the problem!
9. When you start to focus on the things you can control, you start to feel much more comfortable with what is going on.
 - a. You realize you don’t have control over what’s going outside of yourself, but you do have control over what’s going on within – meaning how you’re thinking and reacting to things.
10. The first thing to do, of course, is to start catching yourself when you go into should thinking.
 - a. Even if you don’t always catch it however, here is a trick. Anytime you find yourself angry/frustrated/irritated with others, that is your clue: there is a should, ought or must lurking somewhere below the surface there.
 - b. Test it out for yourself and you’ll find it.

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11. Our should's often form early in life in the movies/tv shows we watch.
12. Tool on what to do with your shoulds
 - a. Rewrite the thought. Deconstruct it.
 - b. Instead of saying, "she shouldn't behave that way towards me", you could say, "I really don't like it. I'd really prefer if she didn't say that to me, but she did. Now I have to decide how I want to react and what I need to do moving forward."
 - c. Then you have choices about how you're going to react to it.
 - d. Get out of the blame cycle. It will do you no good!
13. Also, make sure you've been taking good care of yourself physically.
14. Have you had enough rest, good nutrients, physical activity?
 - a. We're all susceptible to getting into this lousy, irrational thinking when we're tired or overtaxed.
15. Remember: there will always be weeds in the garden. The point is not to try to eliminate them altogether, but to pick them out as best you can and move forward.

We want to leave you with one thing: if you find yourself frustrated with your workouts this week, or what the scale says think of what sentence you are saying to yourself that has a should, ought or must. Some examples:

- "I worked out 4 times, one more time than usual. The scale **SHOULD** have a different number. I'm so frustrated!"

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- “I have been eating more broccoli. I **SHOULD** have more energy. Why don't I?? This is not working.
- “Why isn't she listening to me? She **MUST** do this because she is my daughter and I am her mother and this is the way it's supposed to be.”

Next week will be a VERY fun session. Can't wait!!

Jackie and Joshua