

# PEERtrainer on track

## Class 9:

### How To Get To The Other Side

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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### How To Get To The Other Side

1. A lot of times when we have a bad eating day, it's because we're looking to fill a void.
  - a. Can be anything.
  
2. Martin Seligman – Optimism.
  - a. Stacking the negatives until they overwhelm us.
  - b. Turning that on it's head and stacking the positive.
  - c. Another pillar of Optimism is Permanence.
    - i. People who are really unhappy and depressed often experience a sense of permanence. They feel like it won't end. They think it's a permanent condition and they lose hope.
  
3. How do you view the bad things that are happening.
  - a. As a permanent thing, or ...
  - b. As something that will pass.
  
4. Sometimes it feels like you're on one side of a wall, and you may wonder if you'll ever get to the other side of that wall
  
5. But think back to times when you really struggled; you almost inevitably got to the other side of that wall.
  - a. Maybe it wasn't easy and didn't happen right away, but in most cases it did happen.

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6. Jackie's experience – what kept her from getting really buried in negative feelings was focusing on the fact that the problems weren't permanent.
  - a. Remembering that these things are temporary.
7. Important to remember: we don't get stuck in permanence all the time!
  - a. We all have things we go through that we know aren't permanent.
8. Useful tool: Get in the habit of noticing for "permanence" in your thinking.
  - a. And remember times when you really did do it differently. When you put a temporary label on it, it unlocks your problem solving skills
  - b. It gives you hope and the chance to make it different.
  - c. Gives you different options.
9. Remember to maintain the perspective that things will pass.
  - a. Ask yourself: was it always like that?
  - b. What would you tell yourself if you could go back in time and speak to yourself in the middle of a big problem or challenge.  
What would you tell yourself?

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10. Don't forget that you have a totally new range of tools available to you to start exercising now.
  - a. It may take a bit of practice to remind yourself and catch yourself when you fall into "permanence" thinking, but it is a habit you can break yourself out of.

Have a great week!

Jackie and Joshua