

## THE NUTRISTIC METHOD

### Reframe Negative Thoughts

Negative self-talk sounds like:

- “I ruined everything.”
- “I have no discipline.”
- “I’ll never figure this out.”
- “I always mess up.”

These thoughts increase stress.  
Stress affects blood sugar.  
Stress fuels overeating.

We are not pretending everything is perfect.

We are choosing thoughts that are:

- True
- Supportive
- Forward-moving

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#### Practice Reframing Negative Thoughts

When a negative thought appears:

- 1 Pause.
- 2 Notice it.
- 3 Gently interrupt it.

Say to yourself:

“No. I don’t speak to myself that way anymore.  
This is what I choose to think instead.”

Then replace it with a supportive thought.

Not unrealistic.  
Not forced.

Supportive.

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## Reframe Practice

Negative Thought: \_\_\_\_\_

Supportive Replacement: \_\_\_\_\_

Negative Thought: \_\_\_\_\_

Supportive Replacement: \_\_\_\_\_

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## Helpful Examples

Instead of:

“I blew it.”

Try:

“One meal does not undo progress.”

Instead of:

“I have no willpower.”

Try:

“I am learning new skills. This takes practice.”

Instead of:

“I’ll never change.”

Try:

“I am changing—even if it feels slow.”

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## Your Focus

- ✓ Notice the inner critic
- ✓ Interrupt it
- ✓ Replace it

You are not trying to eliminate negative thoughts.

You are weakening their power.

Every time you reframe,  
you strengthen self-trust.

And self-trust is what creates lasting change.