GET BACK ON TRACK

Overeating happens to all of us. Here’s how to bounce back when it happens.

Journaling about what happened can help you avoid it next time!
GET BACK ON TRACK

Overeating happens to all of us. Luckily, so can recovery! Think of an overeating episode as a chance to learn why it happened and how to return to plan—not a failure. So forgive yourself (did we mention it happens to all of us?), jump back on plan, and keep moving forward.

How it helps: When you zero in on what led you to overeat, you’re more likely to skirt the situation next time. And when you can quickly pivot to “What’s my next step?” after you’ve overdone it, you’re back in the driver’s seat mentally. Now you can reconnect with your usual healthy eating behaviors.

WHAT TO DO: OVERCOME OVEREATING

Try these five steps to get back on track.

**STEP 1** Get rid of the problem food. Throw it out. Put it down the disposal. Walk it over to a neighbor right this minute. Just remove it from your environment.

**STEP 2** Track it. Treat this food as you do all meals and snacks: Track it and move on. You might be surprised that it adds up to fewer SmartPoints® than you feared.

**STEP 3** Don’t jump to conclusions. Watch out for unhelpful, automatic thoughts like “I’ll never lose weight!” or “I’m a terrible person.” They aren’t helpful, and they aren’t true. (See “Think Again,” page 4.)

**STEP 4** Plan your next meal. Yes, really. Skipping a meal will just leave you ravenous later on. Instead, think of a healthy, low SmartPoints dish to have. Check the recipe ideas on your app (you can sort them by SmartPoints!).

**STEP 5** Reflect and regroup. What led you to overeat? Trace the steps back to the starting “event”—which can be a thought, something you saw or heard, or a situation. Think about how you were feeling, what the food was, where you got it, what led you to keep eating, what made you stop. Knowing the answers can help you see how to prevent another lapse.

One thing that helps anytime? Head to Connect (for subscribers)—you’ll find support and solutions from other members who’ve gone through it, too.

CONTINUED
THINK AGAIN

Keep an overeating lapse in perspective. A quick reality check can help you get to thoughts that lead to plan-positive actions.

UNHELPFUL
“I blew it at lunch. I’ll never lose weight.”

HELPFUL
“I overate at lunch. Yes, it was a lapse but it was one meal and it doesn’t erase all the great work I’ve done so far. I’ll track it and move on.”

UNHELPFUL
“I went way over my SmartPoints last night. I might as well eat what I want and start over next week.”

HELPFUL
“I went way over my SmartPoints last night. Getting back to my plan right away will help me hold my ground.”

YOUR TURN! What unhelpful thought have you had recently? Write it here. Give it a reality check. Now, what is your helpful thought? Write it here.

UNHELPFUL
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HELPFUL
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TREAT YOURSELF WITH THE KINDNESS AND COMPASSION THAT YOU HAVE SO WILLINGLY GIVEN TO OTHER PEOPLE.
—OPRAH

If you overeat, track. It’s a weight off your shoulders and you’re maintaining control.
—KITTENKABOOTY*

WE’VE ALL BEEN THERE. THE KEY IS NOT TO FRET ABOUT WHAT YOU DID BUT TO GET RIGHT BACK ON TRACK.
—TINHOFE1*

I TRY NEVER TO PUNISH MYSELF FOR OVEREATING. IT HAPPENS. I TAKE CHARGE AT MY NEXT MEAL AND GET BACK ON PLAN BY TRACKING.

LISA

*Posted on Connect on the mobile app (for subscribers).
Preheat oven to 350°F. • Place phyllo shells on a sheet pan and bake until lightly crisp, about 5 minutes. • Meanwhile, in a small saucepan over high heat, heat milk and butter, stirring occasionally, until milk boils and butter melts. Reduce heat to low; stir in chocolate and vanilla extract until combined. • Let chocolate mixture cool slightly, about 2 to 3 minutes; evenly divide among cooked phyllo shells. Sprinkle tarts with sea salt; chill until filling sets, about 10 minutes. Top each tart with 1 teaspoon whipped cream before serving. Yields 1 tartlet per serving.