

# Guiding Thoughts and Images

## Lesson Plan for Instructor

### Materials:

Dry erase board or flip chart and appropriate markers  
Paper for participants to write on and pens/pencils

### Handout(s):

Guiding Thoughts and Images

### Suggested Format for Discussion:

- Write "Guiding Thoughts and Images" on the board or flip chart.
- Briefly explain the concepts of guiding thoughts and images as described in the handout. Presenting/discussing examples of non-weight related guiding thoughts and images might illustrate the concept. (For example, monetary investments may be guided by thinking "I am going to make a bunch of money off of this". Building something may be guided by an image of how you want it to look when finished).
- Ask participants to share their personal guiding thoughts and images related to weight control. If none are volunteered, providing examples may prompt some responses. Asking "Why are you trying to lose weight?" may also prompt responses, as will "What picture of yourself do you have in mind when you have lost the weight?" It may be necessary to ask these questions of specific individuals.
- Pass out the *MOVE!* handout entitled "Guiding Thoughts and Images".
- Discuss the examples in the handout.
- Ask each participant to do some self-examination so as to identify at least one guiding thought and one guiding image, to write them down, and bring the list to the next session.

