

Tempted

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):

Tempted

Suggested Format for Discussion:

- Write "Impulse Control" on the board or flip chart.
- Ask participants to describe what it feels like to have an "impulse" to eat, and to struggle with it.
- Establish agreement that impulsive eating is a major contributor to weight gain.
- Query participants about what leads them to "give in" to an impulse, and what they do to resist the impulse.
- Pass out the *MOVE!* handout entitled "Tempted".
- Discuss the handout, and demonstrate the STOP! technique.
- Have participants practice the technique. Require them to actually come up with the negative consequences to themselves, and to others, as well as specifying an alternative action.
- Ask participants to actually use the STOP! technique the next time they experience a strong impulse to eat something they shouldn't. Ask them to report on the results at the next meeting.

