

Irrational Ideas About Eating

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):

Irrational Ideas About Eating

Suggested Format for Discussion:

- Write "Irrational Ideas About Eating" on the board or flip chart.
- Explain that we have all kinds of ideas and beliefs about eating that make no sense in reality, yet we rigidly adhere to them. This is partially what makes it so difficult to change our eating habits. When we violate any of these beliefs, we become very uncomfortable and anxious, so we just keep doing the same old thing.
- Ask the participants for examples. If none are forthcoming, prompt them by giving the example "I must eat everything on my plate!"
- Write the examples on the board.
- Ask participants "Where do these irrational beliefs come from?"
- Distribute the *MOVE!* handout entitled "Irrational Ideas About Eating".
- Discuss the examples on the handout. Ask the group how many of them eat in accordance with each of the examples.
- Ask for suggestions on how to change these irrational ideas and beliefs.
- Write those suggestions on the board.
- Ask participants to make a list of their own irrational eating behaviors, and bring it the following week.

