



Eating for Your Health: Challenging Unhelpful Thinking

Patient Name:

Date:

Health Professional Name:

Designation:

Contact:

We have many thoughts every day. Some of these are helpful or neutral, but a lot can be unhelpful. Unhelpful thoughts can turn into behaviours that support an unhealthy / unhappy lifestyle.

Look at the unhelpful thoughts below in the left hand speech bubbles. Come up with different thoughts you could use to challenge the unhelpful ones, and write them in the right hand speech bubbles.

The following questions can help you identify unhelpful thoughts:

- Is the thought really accurate?
- What evidence do you have for the thought?
- How would you feel if a friend said this to you?

When identifying your alternative thoughts consider:

- What would you say to a friend who was thinking this way?
- Is there another more helpful way to view the situation?

Unhelpful Thought
It's not fair; I never get to eat the yummy food.

Helpful Thought
That's not true; I can eat yummy food whenever I want to.

Unhelpful thought

It's no good; I'll never achieve my goals.

I'm never going to be able to do physical activity, I don't have any time.

I'm hopeless; I can't even stick to my plan for one day.

Helpful thought

Empty speech bubble for helpful thought.

Empty speech bubble for helpful thought.

Empty speech bubble for helpful thought.

This nutrition information has been developed for use by Waitematā DHB Dietitians. It may be used by other healthcare professionals if appropriate training has been given. Please consult Waitematā DHB Dietitians if you have questions about using this information.

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