

THOUGHT ERRORS

Thought errors are thoughts that create unwanted desire and cause unwanted actions.
Here are examples:

- | | |
|---|--|
| <ul style="list-style-type: none">• Eating sweets is a part of life.• It's normal to eat to celebrate.• I'll be left out if I don't eat with them.• Food is delicious and meant to be enjoyed often.• I need to have three full meals a day.• Breakfast is the most important meal.• Cooking and eating with family is love.• All foods in moderation.• Life would be terrible without delicious food.• Food for the soul.• There is nothing like a home cooked meal.• Celebrating with a meals is what matters.• Parties without food and drinks aren't fun. | <ul style="list-style-type: none">• You must dine.• Food is the most important pleasures of life.• Not loving food is fringy and abnormal.• It's fine to eat it sometimes.• Just this once.• It won't matter.• It's normal to overeat and be overweight.• Cheating is fun.• Food should never be boring• Diets are hell.• Cutting back is painful.• Restriction is not normal.• I should be able to eat everything I want. |
|---|--|



THOUGHT ERRORS

Make a list of your thoughts that create unwanted desire and cause unwanted action.
Fill the page.



THOUGHT ERRORS

Make a list of thoughts you want to believe and think on purpose. Fill the page.

