

# Cognitive Diet Solution

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Prepare Yourself for  
Success!

Learn, Experience, and  
Operate Within the 10  
Foundational Strategies  
That Lead to Permanent  
Weight Loss.

Avoid the Traps That  
Lead to Failure!

Apply the Lessons  
Learned to Prevent Life  
From Getting In the Way  
of Your Goals!

# Cognitive Diet Solution

## Malott Counseling Services

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# Cognitive Diet Solution

A Process Group that  
Re-structures Your  
Thoughts to Lose  
Weight and Keep It Off  
on Any Nutritious Diet

I'm not Dieting  
I'm changing my  
Lifestyle ♡



## HOW IT WORKS

Expose and remove your self-defeating eating trap through the research-driven method of cognitive (thought) restructuring. Cognitive Behavioral Therapy (CBT) can help you beat the *DIET TRAP*. You will lose weight and keep it off.

## Why CBT Works

CBT challenges you to replace automatic thoughts that lead to negative habits. Eating is no different. We develop negative habits through unhealthy thought processes. Learn to respond to self-defeating thoughts for lasting weight control.

“Recent research in neuroscience has demonstrated the changes that CBT brings about in your brain.”

-Judith Beck, PhD



## Are These Your Thoughts?

- ✚ “They spent time making this. I can’t hurt their feelings!”
- ✚ “I’m on the road, I’ll get back on my diet when I get back home.”
- ✚ “Well, I blew it today! I’ll just enjoy myself and start again tomorrow.”

## CBT Restructured Thoughts

- ✚ “If I do eat this, I’ll feel bad about it later. I will eat the salad instead.”
- ✚ “I’m on the road. I need to choose

## How Can I Change?

### Change Your Thought Traps!

- ✚ Cognitive Strategies Change Your Mindset!
- ✚ Motivational Strategies Help You stick to Your Plan!
- ✚ Psychological Strategies Keep You Positive, Not Discouraged, Unmotivated, or Deprived!
- ✚ More...

## What’s Next?

**Everything’s a Choice! What Do You Want to Do Next?**

## Contact Us

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