

Good morning and happy Monday team!

I cannot believe it is already October. I hope you all had a great weekend and are starting to enjoy some of these fall temps.

Last week, we discovered why our goals are important using costs and benefits. This week we will look at internal obstacles. They are thoughts, beliefs, fears, and other barriers that can keep us from reaching our goals. People often describe this as “the voice in my head” that comes up with reasons, rationalizations, or excuses to self-sabotage or avoid taking action.

Attitudes can be one of the biggest internal obstacles to changing a behavior. “I don’t want to do this” or “This is a waste of time” can shape all our actions, fuel fears and apprehensions, and undermine our ability to reach our goal.

Behaviors are the result of what we tell ourselves. It’s not unusual for internal messaging to say we lack the skill or confidence needed to adopt the new behavior, so we keep doing what we’ve been doing. Thought: “I know I should be exercising, but I don’t know how to do it correctly.” Result: Not exercising.

Emotions are the way we feel and often related to the types of thoughts we have. Unhelpful thoughts that focus on how we think things should be but are not can lead to feelings of anger, sadness, anxiety, or other negative emotions. “Losing weight should be easy; why am I struggling

Identify Ambivalence—Can derail goals, so it’s important to understand the roots of it and work through it

Unhelpful Thoughts	Helpful Thoughts
Ex. <i>I enjoy eating junk food too much. I can’t give it up.</i>	Ex. <i>Eating healthier doesn’t mean I can’t have some of my favorite comfort foods.</i>

*Reframe negative thoughts and self-talk so they are more positive and encourage you to keep pursuing your goal.

Addressing Ambivalence

1. Accumulate positive experiences by participating in activities you enjoy.
2. Build mastery by consistently working on improving yourself and trying new things.
3. Cope ahead by preparing to deal with situations you know will make you uncomfortable

“There are plenty of difficult obstacles in your path. Don’t allow yourself to become one of them.”

- Ralph Marston

Peace,
Maggie

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