

# Contract to Self

Make a contract with yourself, your pledge to maintain your healthy behaviors and healthy lifestyle. It need not be elaborate. In fact, the shorter and more to-the-point you are, the easier it will be to memorize and keep in the front of your mind.

Example: I am a weight controller and I accept it. I understand that cognitive distortions created the emotions that caused me to turn to food. I vow not to relive my past of overweight and to maintain my healthy obsession going forward.

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