

Negative Prediction Skill

We're all guilty of making negative predictions from time to time, but is it habitual in your life? Has fortune-telling caused interference in your past plans to lose weight, exercise, and adopt a healthy lifestyle? Most often, negative predictions turn into reality because we subconsciously make it a foregone conclusion and then act accordingly. During your weight-loss journey, you undoubtedly will do some fortune-telling, which is why the following exercise is an important Dealing Skill. Refer to page 81 in *Brain-Powered Weight Loss* for an example of how to complete this worksheet.

1. My negative Prediction

How I make this prediction come true

Ways to disprove the prediction



2. My negative Prediction

How I make this prediction come true

Ways to disprove the prediction

3. My negative Prediction

How I make this prediction come true

Ways to disprove the prediction

