Self-Defeating Thoughts / Positive Counter Thoughts

**Self-Defeating Thought:** Everyone at the table is enjoying the bread basket. I want some bread so badly, but I can’t have any because it is off-limits on this stupid diet. It’s not fair that they eat it and don’t gain weight.

**Positive Counter Thought:** Eating bread does not serve me. I have choices, and I choose not to eat bread.

**Self-Defeating Thought:**

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**Positive Counter Thought:**

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