

# Diversion Skills Practice

When life doesn't go the way you want it to, the mind of a habitual dieter more often than not responds by turning to food. That only adds more emotional baggage and makes a stressful situation worse. We must learn to accept it and become fluent at tolerating distressing situations without using food or falling into other problem behaviors. Instead, treat yourself to something better. There are times when you'll need to distract yourself, times when you'll need to soothe yourself, and times when you'll need to improve the moment. Be at the ready by having a plan for all three. For example, you can distract yourself by calling a good friend you know who can always make you laugh. Or, if you love gardening, you can lose yourself working in your yard. You can soothe yourself by buying a fun magazine, listening to music or a podcast, getting a massage, or doing whatever brings you pleasure. You can improve any moment by doing mindful meditation, going for a walk, or hugging your kids or dog. Think about your own life and the things that make you happy.

My best distractions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My best self-soothers:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My best ways of enhancing a moment:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

