

Follow the 80/20 Rule

Spot & change all-or-nothing thoughts

The 80/20 Rule can change your way of thinking to help you change your way of eating. First, it is important to listen to your thoughts and spot those that are rigid or “all-or-nothing”. These thoughts may trigger problematic eating. You want to stop listening to these thoughts. It is helpful to replace rigid thoughts with more flexible thoughts. Give this a try with the following exercise!

- 1 Read the thoughts in the shaded box below.
- 2 Put an “X” beside the thoughts that you think are “all-or-nothing” thoughts.
- 3 Put a “√” beside the thoughts that you think are flexible or 80/20 thoughts.
- 4 Use the blank spaces on the Replace Your Thoughts worksheet to rewrite some of the “all-or-nothing” thoughts into more flexible thoughts.

- _____ I hate being on a diet.
- _____ I’m going to have some cake at the party, but I’ll just have a small piece.
- _____ I’m on vacation, I’m going to eat whatever I want.
- _____ If I can’t have salt anymore none of my food will taste good.
- _____ On Monday, I’ll get back on my diet.
- _____ Next time I order pizza, I’ll pass on the pepperoni.
- _____ That’s it! No more eating out. I’m going to start taking my lunch every day.
- _____ It’s not fair that everyone else can eat chips and I can’t.
- _____ I’m going to cut down the sugar in my coffee from three to two teaspoons.
- _____ I can’t go out with my friends anymore – alcohol isn’t good for me.
- _____ I’m going to be really strict with my eating until I lose 20 lb.
- _____ I ate a donut at the meeting this afternoon so I won’t eat any rice at supper tonight.
- _____ I’ll eat all of the ice cream in the freezer so it won’t tempt me anymore.