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**Psychological Barriers in
Weight Loss (10/05)**

DIET

Knowledge of Foods
and Nutrition

EXERCISE

A Key to permanent
weight loss.
Increase Activities.

**PHYSICAL
HEALTH**

Diabetes Sleep
HBP Apnea
Heart
Genetics Joint
Back Pain Pain
Knee Pain
Cholesterol
Acid Reflux

**MOTIVATION AND
GOALS**

-Health
-Body Image
-Activities

INDIVIUDALIZED

History of Success
(Any successes?)
"The Black Box"
History of Failures
(Reasons?)

SELF AWARENESS

Needs, Feelings,
Wants
Anger/Lack of Anger
Anxiety
Assertiveness
*"Denial Calories" and
"The Black Box"*

**HISTORY OF
NURTURANCE AND
AFFECTION IN
CHILDHOOD?**

Was food "love" or used
for reward?

"Finish all your food."
"Hurry up and finish."

**REGULATION OF
MOOD**

*Depression
Anxiety/Worries*
Uncomfortable
moods not the same
as hunger.
Addictions food or
people?
Suicide Risks....

**INTIMATE
RELATIONSHIPS**

Social Supports
Significant Others
Family (Messages)
Marital Relationships
Changes post surgery...

**SOURCES OF
HAPPINESS?**

Food
People
Activities and Pets
Spirituality/Prayer

Situation Controls

Decrease availability
of unhealthy foods.
Ask for help/
encouragement.
Reduce portion size

SELF-TALK

Positive or Negative?
Body Image Concerns
Self-Acceptance?

Guilt/Self-
Condemnation?

SNOWBALLING

Repetition of
Patterns/Choices
Over Time....

Habit Formation.

**COUNTERING
IMPULSIVITY**

Self Control
Satisfaction
Comfort
Eat if hungry or not?
Intimacy/Others
Closure
Responsibility
Priorities

Use Impulsivity
to your
advantage!
Make healthier
choices:
Foods
Liquids
People
Exercise

WARNING SIGNS

Excuses
Giving up: Why?
Reasons for eating?
Permission Given!
*EXTERNAL
FOCUS, NOT
INTERNAL?
Slippery Thinking*