



Lifestyle Coach Training Guide

Take Charge of Your Thoughts

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Session Focus

Taking charge of your thoughts can help prevent or delay type 2 diabetes. This module teaches participants how to replace harmful thoughts with helpful thoughts.

Participant Learning Objectives

By the end of the session, participants will:

- ▶ Recognize the difference between harmful and helpful thoughts
- ▶ Explain how to replace harmful thoughts with helpful thoughts

Materials Checklist

You will need:

- Your Participant Notebook
- Participant Guides for this module (one copy for each participant and for you)
- Blank Fitness Logs, as needed
- Blank Food Logs, as needed
- Blank Action Plans, as needed
- Lifestyle Coach Log
- Nametags, as needed
- Scale for weighing participants (same one for all sessions)
- Watch or clock
- Pens

Optional:

- Flip chart, easel or tape, and markers; or white board, white board markers, and eraser

Things to Do

Before this session:

- Reserve a meeting room. Make sure there is a private space where you can weigh participants.
- Gather needed supplies.
- Review this Lifestyle Coach Training Guide and the Participant Guide for this module. Make sure you understand both thoroughly.
- Arrive early.
- Set up chairs in a formation that invites discussion, such as a circle.
- Write needed text on flip chart or white board (optional). See 

As each participant arrives:

- Greet participants.
- Weigh participants in private.
- Record participants' data on your Lifestyle Coach Log.
- Tell participants their weight. Or write it down for them on a sticky note. Ask them to record it on their Weight Log.
- Give participants a copy of the Participant Guide for this module.
- Give participants blank Fitness Logs, Food Logs, and Action Plans, as needed.
- Ask participants to fill out and wear a nametag, as needed.
- Ask participants to sit down. Suggest that they review "Session Focus" on page 2 while they wait for the rest of the group.

After this session:

- As soon as possible, take notes on this session. Write down what went well and what you'd like to improve. Also write down any tasks you need to do before the next session.

Module Outline

Session Content:

The following content is designed to last for 60 minutes. Please allow about 10 extra minutes to weigh and consult with participants at the start of each session.

- Welcome and Review Page 6..... 10 Min
- Objectives Page 7..... 2 Min
- Harmful Thoughts vs. Helpful Thoughts..... Page 8..... 8 Min
- Replace Harmful Thoughts
with Helpful Thoughts..... Page 9..... 30 Min
- Plan for Success Page 15..... 5 Min
- Summary and Closing Page 16..... 5 Min

Lifestyle Coach Script

Notes to Coach	Welcome and Review (10 minutes)
	<p>▶ SAY: Welcome back, everyone! This is the ___ meeting of Prevent T2, the CDC’s lifestyle change program.</p> <p>Today, we are going to talk about taking charge of your thoughts.</p> <p>Before we start, let’s spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.</p> <p>↶ DO: Briefly summarize previous session.</p> <p>💬 DISCUSS: Does anyone have any questions for me about what we talked about last time?</p> <p>▶ SAY: Let’s talk about how things went with the action plan you made last time.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p> <p>▶ SAY: Now let’s talk about how things went with the other things you tried at home.</p> <p>💬 DISCUSS: What went well? What didn’t go so well?</p>

Notes to Coach	Objectives (2 minutes)
	<p>► SAY: Taking charge of your thoughts can help you prevent or delay type 2 diabetes. Today, we will discuss how to manage your thoughts.</p> <p>We will talk about:</p> <ul style="list-style-type: none">■ The difference between <u>harmful</u> and <u>helpful</u> thoughts■ How to replace <u>harmful</u> thoughts with <u>helpful</u> thoughts <p>Finally, you will make a new action plan.</p>

Notes to Coach	<u>Harmful Thoughts vs. Helpful Thoughts</u> (8 minutes)
	<p>► SAY: Let's start by talking about the difference between harmful and helpful thoughts.</p> <p><u>Harmful thoughts</u> <u>get in the way</u> of your eating and fitness goals. So they <u>raise</u> your risk of type 2 diabetes.</p> <p><u>Helpful thoughts</u> <u>help you reach</u> your eating and fitness goals. So they <u>lower</u> your risk of type 2 diabetes.</p> <p>Let's look at an example. Please turn to "Anna's Story" on page 3 of this module's handouts.</p> <p>↗ DO: Read (or ask a volunteer to read) the first three paragraphs of the story.</p> <p>► ASK: What <u>harmful</u> thought does Anna have at first?</p> <p>ANSWER: "The weather is lousy. I'd better skip my walk today."</p> <p>► ASK: What <u>helpful</u> thought does Anna replace this with?</p> <p>ANSWER: "It's raining, so I'll walk in the mall instead. It will also give me the chance to run some errands."</p> <p>► SAY: So Anna is telling herself: "Yes, it's raining out. But that won't stop me from reaching my fitness goal. I'll still take a walk. I'll just do it inside."</p> <p>↗ DO: Make sure participants understand the difference between harmful and helpful thoughts before moving on to the next section. Discuss the tips to prevent harmful thinking below "Anna's Story."</p>

Notes to Coach	Replace <u>Harmful</u> Thoughts with <u>Helpful</u> Thoughts (30 minutes)
<p>You don't need to cover all the types of harmful thoughts in this section. Choose the types that are most relevant to your group.</p> <p><u>All or Nothing Thoughts</u> and <u>helpful</u> thoughts to replace them with include:</p> <p>I can't eat ice cream ever again.</p> <ul style="list-style-type: none"> ■ I can have ice cream once in a while. ■ When I do have ice cream, I'll measure it. <p>Exercise is boring.</p> <ul style="list-style-type: none"> ■ I haven't found an activity that I enjoy yet. ■ I'll keep trying new activities until I find one that I like. 	<p>► SAY: We've talked about the difference between harmful and helpful thoughts. Now let's discuss how to replace harmful thoughts with helpful thoughts.</p> <p>Please look at "3 Steps to Replace Harmful Thoughts with Helpful Thoughts" on page 4 of this module's handouts.</p> <p>↗ DO: Use the handout to discuss how to identify harmful thoughts, put on the brakes, and think helpful thoughts instead.</p> <p>► SAY: There are many different types of harmful thoughts. Here are some of them.</p> <p>We'll start with <u>All or Nothing Thoughts</u>. That's where you see only the extremes. You don't see anything in between.</p> <p>💬 DISCUSS: What are some <u>All or Nothing Thoughts</u> you might have about changing your lifestyle?</p> <p>↗ DO: Write the harmful thoughts on the flip chart or white board, if you are using one.</p> <p>💬 DISCUSS: What are some <u>helpful</u> thoughts you could replace these with?</p>

Notes to Coach	Replace <u>Harmful</u> Thoughts with <u>Helpful</u> Thoughts
<p><u>Excuses</u> and <u>helpful</u> thoughts to replace them with include:</p> <p>It's too cold/hot outside to go for a walk.</p> <ul style="list-style-type: none"> ■ I will dress for the weather and walk anyway. ■ I will work out indoors. <p>I can't meet my eating goals because my wife keeps making cookies.</p> <ul style="list-style-type: none"> ■ I find the cookies tempting. ■ I will ask my wife to make something healthy instead. 	<p>► SAY: Now let's talk about <u>Making Excuses</u>. That's where you blame situations, things, or other people for your mistakes.</p> <p>💬 DISCUSS: What are some <u>excuses</u> you might make about changing your lifestyle?</p> <p>↗ DO: Write the harmful thoughts on the flip chart or white board, if you are using one.</p> <p>💬 DISCUSS: What are some <u>helpful</u> thoughts you could replace these with?</p>

Notes to Coach	Replace <u>Harmful</u> Thoughts with <u>Helpful</u> Thoughts
<p>Filtering Thoughts and helpful thoughts to replace them with include:</p> <p>No one else supports my healthy lifestyle.</p> <ul style="list-style-type: none"> ■ My friend Shelly supports it. ■ I will ask for more support. <p>I haven't stuck to my diet at all this week.</p> <ul style="list-style-type: none"> ■ I stuck to my diet four out of seven days. ■ I have a plan for how to stay on track in the future. 	<p>► SAY: Now let's talk about <u>Filtering Thoughts</u>. That's where you ignore the good and focus on the bad.</p> <p>🗨️ DISCUSS: What are some <u>Filtering Thoughts</u> you might have about changing your lifestyle?</p> <p>📌 DO: Write the harmful thoughts on the flip chart or white board, if you are using one</p> <p>🗨️ DISCUSS: What are some <u>helpful</u> thoughts you could replace these with?</p>

Notes to Coach	Replace <u>Harmful</u> Thoughts with <u>Helpful</u> Thoughts
<p><u>Self-Labeling Thoughts</u> and <u>helpful</u> thoughts to replace them with include:</p> <p>I'm such a weakling.</p> <ul style="list-style-type: none"> ■ I can climb the stairs without getting out of breath now. ■ I'll be a little more active each week. <p>I'm the world's worst cook.</p> <ul style="list-style-type: none"> ■ My daughter liked the stir-fry I made last night. ■ I'll keep learning more about cooking. 	<p>▶ SAY: Now let's talk about <u>Self-Labeling Thoughts</u>. That's where you call yourself something bad.</p> <p>🗨️ DISCUSS: What are some <u>Self-Labeling Thoughts</u> you might have about changing your lifestyle?</p> <p>📌 DO: Write the harmful thoughts on the flip chart or white board, if you are using one.</p> <p>🗨️ DISCUSS: What are some <u>helpful</u> thoughts you could replace these with?</p>

Notes to Coach	Replace <u>Harmful</u> Thoughts with <u>Helpful</u> Thoughts
<p><u>Comparing Thoughts</u> and <u>helpful</u> thoughts to replace them with include:</p> <p>Teo has lost so much more weight than I have.</p> <ul style="list-style-type: none"> ■ My weight loss has slowed down. ■ I'll ask Teo for some tips. <p>Stella is so much stronger than I am.</p> <ul style="list-style-type: none"> ■ I'd like to be stronger. ■ I'll try using a resistance band. 	<p>► SAY: Now let's talk about <u>Comparing Thoughts</u>. That's where you compare yourself with other people and find yourself lacking.</p> <p>🗨️ DISCUSS: What are some <u>Comparing Thoughts</u> you might have about changing your lifestyle?</p> <p>📌 DO: Write the harmful thoughts on the flip chart or white board, if you are using one.</p> <p>🗨️ DISCUSS: What are some <u>helpful</u> thoughts you could replace these with?</p>

Notes to Coach	Replace <u>Harmful</u> Thoughts with <u>Helpful</u> Thoughts
<p><u>Gloom and Doom</u> Thoughts and <u>helpful</u> thoughts to replace them with include:</p> <p>I just know I'm going to get hurt. Then I won't be able to work out.</p> <ul style="list-style-type: none"> ■ I'll take steps to work out safely. ■ If I do get hurt, I'll find a different way to be active. <p>I just know I'm going to get type 2 diabetes, since both of my parents had it.</p> <ul style="list-style-type: none"> ■ I know a lot more about how to prevent type 2 diabetes than my parents did. ■ I'll do what I can to prevent type 2 diabetes. 	<p>► SAY: Now let's talk about <u>Gloom and Doom Thoughts</u>. That's where you assume the worst. This type of thinking often leads to giving up.</p> <p>🗨️ DISCUSS: What are some <u>Gloom and Doom Thoughts</u> you might have about changing your lifestyle?</p> <p>👉 DO: Write the harmful thoughts on the flip chart or white board, if you are using one.</p> <p>🗨️ DISCUSS: What are some <u>helpful</u> thoughts you could replace these with?</p>

Notes to Coach	Plan for Success (5 minutes)
	<p>► SAY: Please look at your Action Plan Journal. Let's spend the next few minutes making a new action plan.</p> <p>Keep in mind what worked and what didn't work well for you since our last session. Are there any changes that you want to make?</p> <p>Also keep in mind what we discussed today about taking charge of your thoughts.</p> <p>As you make your plan, remember to keep it:</p> <ul style="list-style-type: none"> ■ Realistic ■ Doable ■ Specific ■ Flexible <p>Remember to focus on behaviors. And try to have fun!</p> <p>↙ DO: Give participants a few minutes to make their action plan.</p>

Notes to Coach	Summary and Closing (5 minutes)
 <p>Things to Try at Home:</p> <ul style="list-style-type: none"> ■ 3 Steps to Replace Harmful Thoughts with Helpful Thoughts ■ Action Plan 	<p>▶ SAY: Between now and our next session, I'd like you to practice taking charge of your thoughts. Follow the "3 Steps to Replace Harmful Thoughts with Helpful Thoughts" on page 4. You can use "Replace Harmful Thoughts with Helpful Thoughts" on pages 5 and 6 for ideas.</p> <p>↗ DO: Answer questions as needed.</p> <p>▶ SAY: We have come to the end of our meeting. Today, we discussed how taking charge of your thoughts can help you prevent or delay type 2 diabetes. We talked about:</p> <ul style="list-style-type: none"> ■ The difference between <u>harmful</u> and <u>helpful</u> thoughts ■ How to replace <u>harmful</u> thoughts with <u>helpful</u> thoughts <p>💬 DISCUSS: Do you have questions about anything we talked about today?</p> <p>▶ SAY: Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about ____.</p> <p>Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.</p> <p>Meeting adjourned.</p>