



# The Beck DIET Solution Newsletter

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## Welcome to the Beck DIET Solution Newsletter



### A letter from Dr. Judith Beck

Friends,

Hope you enjoy the inaugural issue of the Beck Diet Solution newsletter. Inside you'll find an article on handling dissatisfaction.

A number of people have contacted us about our diet workshop for professionals and the public on September 13<sup>th</sup> in Philadelphia. They want to know if they should attend the workshop if they've already read one of the books or if they've attended one of my previous workshops.

The workshop will review the important concepts and techniques in my program and will include my latest adaptations. I think one of the most valuable parts, though, will be watching me role play difficult situations with real dieters or professionals who treat dieters. It's one thing to read about implementing a technique from one of the books and another to experience what needs to be done when the dieter runs into trouble. For example, we will do role plays that include some of the following topics: Dieters who

- ⇒ like to eat spontaneously and don't want to plan their meals in advance
- ⇒ feel deprived, especially in social situations
- ⇒ have trouble sticking to their plan when they're upset
- ⇒ experience intense cravings
- ⇒ can't or won't make time in their schedules for what they need to do to lose weight
- ⇒ have sabotaging thoughts such as, "I don't care"
- ⇒ make one mistake and continue to have a "bad" eating day
- ⇒ feel discouraged when they get on the scale
- ⇒ have trouble enlisting the cooperation and support of family and friends
- ⇒ start to gain weight back and become hopeless

So my guess is that people will find the workshop valuable, even if they've had experience with the program in one way or another. And to answer another question—no, we haven't planned any other workshops at this point.

Best,  
Judith Beck

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Email us at: [dietprogram@beckinstitute.org](mailto:dietprogram@beckinstitute.org)

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# Dissatisfaction

Bill had a habit of overeating at meals. He liked the “overly full” feeling he got, a safeguard against future hunger. We were working on reducing the size of his meals to reduce calories and have him become accustomed to “normal” degrees of fullness. He did experiments during the week. He found that indeed he wasn’t hungry after meals. But he was spoiling the experience by saying, “This is so unfair. I really want to eat more.” He was feeling *dissatisfied*, not hungry.

When you’ve finished eating what you had planned for a meal, do you sometimes want to eat more? Do you label that desire as hunger? It could be hunger, if the meal was inadequate or if you ate it too quickly. But much of the time, like Bill, you probably aren’t hungry. You’re unhappy that you have to stop eating.

If you *are* genuinely hungry (i.e., your stomach actually feels empty) up to twenty minutes after the meal, then make changes in what you plan to eat the next time. You may not have planned enough to eat. Or you may need to change *what* you eat. Many people eat too many simple carbs, for example, and not enough protein and healthy fat.

If you’re not genuinely hungry, then do the following:

- Make sure you’ve planned food that you like. You can end up feeling dissatisfied, for example, if you eat tuna fish dry. Better to mix it with a small amount of mayonnaise, even if you have to reduce your serving size.
- Sit down and eat slowly
- Notice and enjoy every bite
- Watch out for sabotaging thoughts, such as, “It’s not fair that I can’t eat more.” “This is too hard; I can’t keep it up.” “I *really* want more to eat.” — *Continued, next page*

## Share Your Weight Loss Story . . .

**Do you have an inspiring Beck Diet Solution weight loss story you would like to share with us and have featured on our blog?**

We would love to hear from you!

Email us with your story ([dietprogram@beckinstitute.org](mailto:dietprogram@beckinstitute.org))— Feel free to add any thoughts about which one or two techniques helped you the most, or what change in your thinking helped you the most--

And of course, “before and after” pictures (or just “after” pictures!) are always welcome!

## Dissatisfaction— *continued from previous page*

Remind yourself:

- I'm probably just feeling unsatisfied, which is not a reason to overeat.
- Even if this IS true hunger, there's no emergency here. I'll be eating again in x hours.
- I deserve a lot of credit for eating only what I planned. ("It's actually great that I'm stopping now.")
- Stopping now means I'll still be able to wear smaller-sized clothes, cross my legs, not feel like people are judging me because of my weight, feel comfortable meeting new people, etc."
- The more I label and accept dissatisfaction, the easier it will become. The more I struggle against not being able to eat whatever I want, the worse I'll be in the short-run and long-run."
- *Every* instance of accepting dissatisfaction ("Oh, well") is important and I deserve credit for accepting it.

There's nothing wrong with feeling dissatisfied. It's nothing you need to "fix." And you're not alone. Millions of people feel dissatisfied every time they go shopping because they'd like to buy things that they can't. Maybe you do, too. They usually adopt an "Oh, well," attitude. "Oh, well, I'd like to buy that bigger television but I don't have enough money." They accept the fact, and move on.

It's the same with food. "Oh, well. I'd like to eat more but I can't, not if my goal is permanent weight loss. I might as well accept that fact, and move on." In the long run, to avoid chronic dissatisfaction, you may need to learn how to appreciate what you *do* have, especially non-tangible things such as family, friends, work, health, spirituality, fun, and so on.

After reminding yourself of these things, immediately get busy doing an activity or task you've planned in advance to engage your attention elsewhere.

## A Frequently Asked Question

### Which diet book should I read first?

*The Beck Diet Solution* book plus workbook cover more psychological material. *The Complete Beck Diet* contains a good, sensible diet.

I've found that most people read—and do all the activities—in *The Beck Diet Solution* book first; it's a little less confusing. Then they go to the workbook. But some read/do the tasks of the two simultaneously, especially because they want to be able to use the charts in the workbook from the beginning. It's really up to you.

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