Session 5

Slip Response Plan

How will you respond to a slip? It is best to prepare in advance, so that you have a response plan in place. Consider the following example of a slip, which can be easily generalized to other situations (e.g., having a holiday meal with family, going out to eat at a restaurant where it may be more difficult to eat healthily, etc.).

Before the slip: (e.g., going to a birthday party and you don’t want to eat cake)

Prepare for being in a pressured situation. Recognize that you need a plan!

Possible responses:

1. Avoid the party. You could skip the party or leave early.
2. Eat your healthy, regular meal before the party.
3. Include the “slip” as part of your plan. If you only have dessert once a week, plan to have it at the party.
4. Tell a friend who will also be at the party your concern and ask them to help you avoid the temptation of cake at the party (e.g., you could ask them to keep you away from the cake, to distract you during cake time, or to join you in not eating any cake).
5. Tell the host about your healthy choices and ask that she/he support you by not offering you any cake.
6. Remind yourself of why you are changing your behavior or planning ahead for this situation. What are the long-term benefits of living a healthy lifestyle? Post these reminders somewhere.

After a slip occurs:

1. Remind yourself that you’re just human! Slips happen to successful people.
2. Make sure to congratulate yourself of the changes that you HAVE made.
3. Remind yourself that one slip does NOT mean you are a failure or that what you’ve done so far is worthless or ineffective.
4. Come up with a plan to get back on your program.
5. Learn from the slip: what could you have done differently in the situation? What WILL you do differently next time you are confronted with such a temptation?
6. Don’t punish yourself by skipping a meal or doing extra exercise.
7. Start over NOW.
8. Remember to reward yourself for your successes!