

The 3 Stages of

DICHOTOMOUS THINKING

When learning about our thought processes, it's helpful to consider ourselves scientists who always observe reactions to certain changes in our process. Use the following questions to help think through your stages of dichotomous thoughts and lay the foundation for a more flexible approach.

STAGE

01

Strict Adherence

When we are stuck in the cycle of feeling like we have to be strict with our choices, we often feel like any deviation will result in failure. Pay attention to your responses in these moments of strict adherence and respond to these questions:

1. How am I feeling with these strict boundaries?
2. What thoughts, feelings, emotions are coming up as a result of these boundaries?
3. How am I acting in response to the thoughts, feelings, and emotions?

STAGE

02

Structured Awareness

Progress begins when we're willing to explore what flexibility could look like in our decisions. Use the questions below as a starting point:

1. What is a more balanced thought about this situation?
2. If I was taking a more balanced approach to this situation, what thoughts, feelings, and emotions could change?
3. What "mental load" could I alleviate by allowing myself more flexible thinking?

STAGE

03

Flexible Thinking

Embrace flexibility with your decisions. Practice with the following questions:

1. Consider the last time that you had a strict thought about something related to food. Rewrite that thought using your new methods of flexibility.
2. How does this change in thought affect your feelings and emotions?
3. How will reframing your thoughts help you in the future? How would your reaction to the event change?

The 3 Stages of

DICHOTOMOUS THINKING

When learning about our thought processes, it's helpful to consider ourselves scientists who always observe reactions to certain changes in our process. Use the following questions to help think through your stages of dichotomous thoughts and lay the foundation for a more flexible approach.

Questions I still have

I have to tell my coach about...

NOTES:

