

THE MACKLIN METHOD · BEHAVIOURAL THERAPY

1-8

Module Headlines

The headline for each of the eight behavioural-therapy modules — the single most important idea from each, in about two minutes of reading.

MODULE ONE

Internalized weight bias.

People living with excess weight are often exposed to negative assumptions about size, appearance, discipline, and personal responsibility. Those messages can become internalized, which means the bias starts to feel like an explanation for your own body.

Countering internalized weight bias begins with a different explanation: obesity is a real, chronic, progressive, brain-centred medical condition that is strongly influenced by genetics and environment. It is not your fault, and effective treatment exists.

You are not being asked to excuse the condition. You are being asked to understand it accurately enough to treat it.

MODULE TWO

Wanting & *high-risk times*

WANTING is the non-conscious motivation to go and get food – a drive that, for our ancestors, meant hunting and gathering. In our modern food environment, that same drive results in calorie intake above what we need.

You will be invited to discover that there are **patterned settings and times** at which you are subject to wanting, and therefore at greater risk of overeating. These are your high-risk times. You will be asked to consider characterizing wanting, mapping when and where it shows up in your day, and potentially riding it out when it does.

Wanting is one of three appetite-system characters. Watch the animation that introduces all three on the homepage.

MODULE THREE

Expectations & *best weight*

You will learn why weight loss naturally slows down and eventually plateaus in any weight loss effort or intervention. The reason is biological – when your brain detects fat loss, it raises appetite and lowers metabolic rate to defend against further loss.

You will be invited to consider the point at which weight loss plateaus as your **BEST WEIGHT** – the weight you arrive at when living your healthiest, most enjoyable lifestyle, at an effort level you can sustain.

You work on finding your healthiest, most enjoyable, and sustainable lifestyle – and then your brain and body will tell you where that lifestyle lands you. **That is your best weight.**

MODULE FOUR

Restraint over *wanting*

The process called **RESTRAINT** in moments of wanting is the key behavioural attribute of those who lose weight and keep it off. You will be invited to discover that automatic thoughts — **permission thoughts** — occur in moments of wanting that give justification as to why you should eat or overeat.

You will be asked to learn your automatic permission thoughts and ultimately challenge or displace them. **Changing these thoughts is the mechanism of sustained adherence to changes in behaviour** that land you at your best weight.

MODULE FIVE

Resilience over *setbacks*

Every successful path to a best weight includes setbacks. You will learn how negative thinking — seeded from past weight loss struggles — may sabotage your current ability to withstand setbacks.

You will be invited to discover, challenge, and ultimately change automatic thinking in moments of setback. **Changing your thinking is the process that underlies sustained behavioural change** — and the skill that makes setbacks recoverable rather than defining.

MODULE SIX

Modulators & the *internal states* that get in the way.

Working to find your best weight is tough enough. Unfortunately, certain **internal states** can make the process even more difficult.

You will be invited to examine how your success can be adversely affected by **stress, fatigue, depression, anxiety, ADHD, alcohol use, and inactivity**. Each of these can modulate your risk of overeating. Then you will learn what you can do about these appetite-system modulators.

MODULE SEVEN

Values & the *direction* of your effort.

Managing weight is a lifelong pursuit needing sustained effort. You will be asked to consider: what are the things in my life that are meaningful enough to make me willing to maintain a sustained effort?

These meaningful reasons are called **VALUES**. They serve as a key source of intrinsic motivation, and you will be asked to do two things with them:

Diet, exercise & *calories*.

At its most basic level, weight gain occurs when calorie intake exceeds calories expended. The reverse is true about weight loss. **This math, however, changes in predictable ways** when the brain detects fat loss – appetite increases and metabolic rate decreases to favour weight regain.

What if there were clearly no best diet for weight loss? What if exercise alone were generally ineffective at promoting significant weight loss? Could you consider finding your own "best" diet and your "best" exercise level – with best defined as the healthiest you can maintain that is still enjoyable?