

**WEIGHT LOSS  
UNMET NEEDS &  
FRAMEWORK OF  
BEHAVIOR CHANGE**

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# CENTERING

# **WEIGHT GAIN & THE THREE BASIC NEEDS**

## **Safety- Satisfaction & Connection**

These basic needs are grounded in life itself and how we manage them today is based on the evolution of the nervous system .

# SAFETY

- We need safety from raw survival knowing we won't be attacked if we speak up, or walk outside etc...
- We fulfill this need by **avoiding** harms such as not touching a hot stove or steering clear of certain people.
- When not met we will likely experience **fear**

# SATISFACTION

- We need satisfaction from having enough to a feeling that life is worth living .
- We handle this by **approaching** rewards such as smelling a rose, finishing the laundry and building a business.
- When unmet we will likely experience **frustration**

# CONNECTION

- We need connection, from expressing sexuality to feeling worthy and loved .
- We take care of this need by **attaching** to others, texting a friend, feeling understood and giving compassion.
- When this need is unmet we will likely feel **sadness**

# MET NEEDS

- When we experience our needs sufficiently met, there is a sense of fullness & balance. The body and the mind default to their resting state = responsive mode or green zone.
- **The body is able to conserve its resources refuels and repairs itself – is able to recover. There should be a sense of peace, contentment, and love. A feeling of well-being**

# UNMET NEEDS

- Unmet needs offer a sense of deficit and disturbance: something missing, something wrong; body and mind can be agitated out of their resting state and into the reactive mode or red zone.
- The body lingers in fight or flight, compromising, immune, hormonal, cardiovascular and digestive system. The mind has a sense of fear, frustration & hurt.



# WHY THIS MATTERS

- The difference between feeling capable and confident while handling a challenge or life stressor & no need to fill unmet need's with food.
- Feeling unprepared, rattled and worried, Reaching to fill voids with food.

# LET'S DISCUSS

- Safety – when unmet = fear
- Satisfaction –when unmet = Frustration
- Connection – when unmet = loneliness & sadness

# FRAMEWORK OF ANY BEHAVIORAL CHANGE

- Knowledge and outcome expectancies (improving people's knowledge about the health consequences of their behaviors)
- Personal relevance (drawing people's attention to what health behavior change would mean for them)
- REVISIT your WHY

- Positive affective attitudes (promoting positive feelings about behavior change)  
How I feel when...
- Descriptive norms (increasing the visibility of positive health behaviors in the social environment)

- Subjective norms (improving social approval of positive health behaviors) considering the other people in mind to make oneself better for the people around them.
- Personal and moral norms (rules, principles, dispositions or character traits) committed to for the betterment as society or community as a whole.

- Self-efficacy (increasing people's belief in their ability to change their behaviors. For example, if you set a goal to lose ten pounds and you're sure that you can do it, then your self-efficacy about weight loss is high. But if you set a goal to go to the gym every day and you're pretty sure you're not going to stick to the plan, then your self-efficacy for exercise is low.
- Intention/goal setting and the formation of concrete plans (helping people set goals and form plans on how to achieve them) **what does your stress resilience or management look like? What is your specific plan to lose those 30 pounds .**

- **Behavioral contracts** (facilitating that people share their plans and goals with others- or with themselves & stay accountable )
- Connections & solid relationships
- Relapse prevention (helping people develop skills to cope with difficult situations) tips, tool bag, go to's

