

How to Survive a Dieting Setback



Everyone experiences occasional setbacks, especially people on diets. The trick is to prevent a minor slip from becoming a major disaster that thwarts your long-term weight-loss goals. The most determined dieter cheats once in a while—it's only human. Don't chastise yourself or give up because you've had a slip-up in your eating plans. Remember, a temporary setback does not equal a permanent failure!

Here's what to remember when you go astray.

- Setbacks are a natural part of learning self-control.
- Acknowledge your mistake and plan how you'll respond to a similar situation the next time. Make it work to your advantage.
- Remember, long-term success is still quite possible.
- Give yourself positive feedback. If you eat half of a candy bar, for instance, praise yourself for not eating the whole thing.