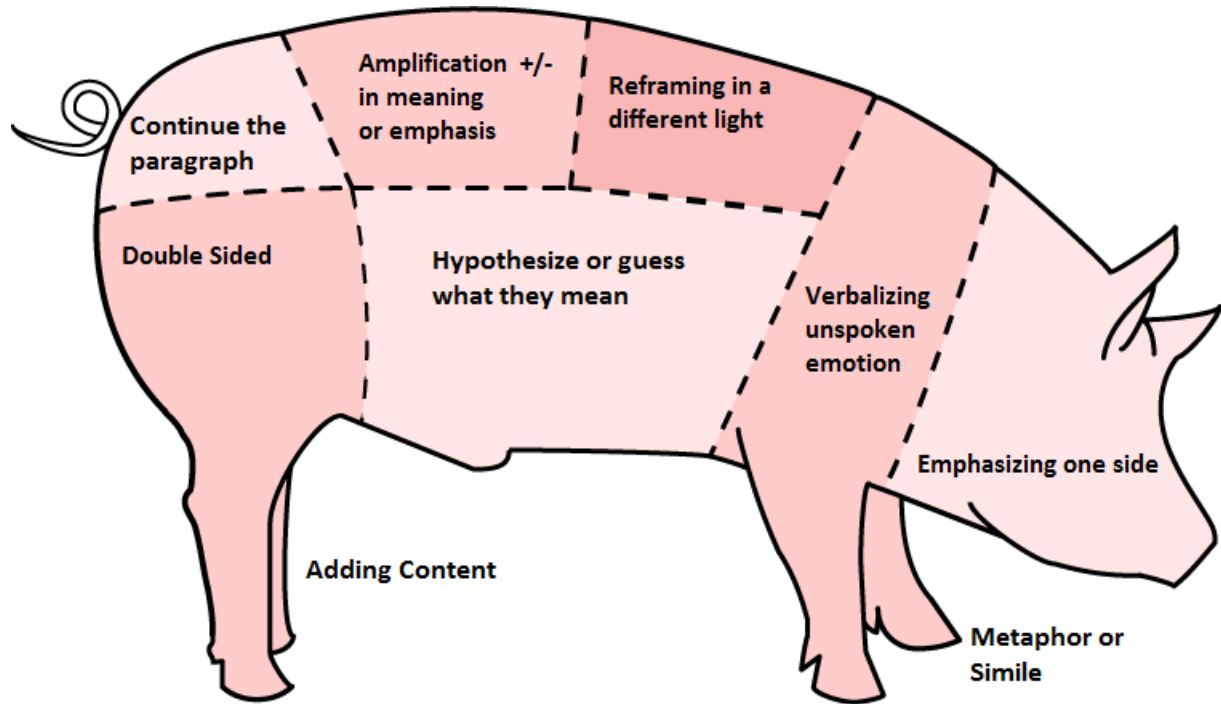


# CARVED HAM



Statement: I want to lose weight, but I just love to eat, especially sugary treats, I can't stop myself when they are in the house, I know it's not good for me.

**1. CONTINUE THE PARAGRAPH (OR SENTENCE):**

... And now you are thinking it's time take your first step towards change.

**2. AMPLIFICATION (POSITIVE OR NEGATIVE) IN MEANING OR EMPHASIS**

- a. Your health is not being affected at all by your eating habits.
- b. There is no room to make changes in what you are eating.

**3. REFRAME**

Sounds like this is an opportunity to take your health seriously.

**4. VERBALIZING UNSPOKEN EMOTION**

You're upset you can't control your eating

**5. EMPHASIZING ONE SIDE**

Sounds like losing weight is important for you to change your eating habits.

Sounds like eating sugar is more important to you than your health

**6. DOUBLE SIDED**

On one hand you love to eat sugary foods and the other hand losing weight is a priority for you

**7. HYPOTHESIS OR GUESS WHAT THEY MEAN**

Sounds like you can't control yourself around food

**8. ADDING CONTENT**

It sounds like you are setting a bad example for your kids

**9. METAPHOR AND SIMILE**

- a. You want to show others you can tame this lion
- b. Your house is like a candy store

**Practice Statement:**

I'm glad I got probation and not jail however coming to see you every week, picking up my kids, and going to work is really hard for me to do. I don't think I can do all of them.

I like to pay my restitution because I know I was wrong but I also have to pay child support and rent.

I'm learning a lot from going to treatment and I'm enjoying sobriety but I find hard to stay away from my old criminal friends since I've known them all my life.