

## Spotlighting a common flexibility pitfall

**All-or-nothing thinking** shows up when eating feels like you're either doing it "right" or doing it "wrong," with little room in between.

### Rule-Based Eating

**Rigid rules override context or internal cues:**

"I can't eat after 8pm."

"Desserts are only for special occasions."

### Good Day/Bad Day Labeling

**Whole days are framed as singular successes or failures:**

"I was good today, so I deserve this treat."

"I already messed up today, so I might as well not even try."

### Healthy/Unhealthy Labeling

**Foods feel approved vs. forbidden rather than neutral:**

"That's unhealthy, so I shouldn't eat it."

"I'll eat healthier again once I get back on track."

### Over-Reliance on GLP-1 Appetite Suppression

**Appetite suppression is maximized rather than adapted to:**

"I shouldn't eat if I don't feel clear hunger."

"I need to eat as little as possible to get the most out of this."

### Over-Correction

**Perceived mess ups trigger extreme attempts to “fix”:**

“Today was bad, so tomorrow has to be perfect.”

“I need to skip dinner because I’ve had too much today.”

### Perfectionistic Logging

**Logging becomes a measure of adequacy or self-worth:**

“This meal isn’t ‘healthy enough’ to log.”

“If I can’t hit my targets exactly, then logging is pointless.”

### Fear of Failure

**Rigid self-discipline is used to prevent “mistakes”:**

“I can’t trust myself with that food in the house.”

“I need to stay strict with myself so I don’t lose control.”

### Shame Spirals

**Self-criticism drives shutdown and giving up:**

“I always do this.”

“What’s wrong with me?”

### Outcome-Focused Thinking

**Consistency and progress feel invalid without visible change:**

“It’s not worth it if I don’t see changes in the mirror.”

“If the scale isn’t moving, then what’s the point? I’ll just quit.”