

Name: _____

Activity: Dani's Story

Dani is on a weight loss plan to lose 30 lbs. and has been trying really hard to eat healthy and watch her fat and calorie intakes. So far she's been successful and seen results. She's been invited to a party where there are a lot of unhealthy food choices. She isn't so sure that she'll be able to resist the temptation to eat these foods. She really wants to be social but her friends don't understand how difficult this is. Dani doesn't want to be a food snob but she doesn't want to blow her diet either. This would really mess up her progress so far. After all, healthy eating and exercising has not been easy, nor has the will power she's developed. Her friends are really putting the pressure on her. What should Dani do? Work through the problem by putting the decision making process into action.

Discuss:

☐ What is the problem?

☐ What would you say Dani's values are?

☐ What would you say Dani's goals are?

☐ What circumstances do we need to consider? (success/failure of weight loss/ will power?, feelings)