

Setbacks

Distinguish between- Lapse, Relapse, and Collapse

- **Lapse-** Slight error or slip, the first instance of backsliding. It is a discrete event like eating a forbidden food, exceeding a calorie level, or gaining weight
- **Relapse-** When lapses string together (forming a pattern).
- **Collapse-** When relapse is complete. The person returns to his or her former state, and there is little hope of reversing the negative trend

A Lapse Must Not Always Lead to Relapse - View a lapse for what it is, an unfortunate but temporary problem. Respond positively to life's inevitable setbacks. The issue is not so much whether the lapses occur, but the person's **REACTION** after they occur!

Six Steps to Gaining Control

Step 1:**Stop, look, and listen-** Stop what you are doing and examine the situation

Step 2:**Stay Calm-** If you get anxious or blame yourself for the lapse, the situation may get worse

Step 3:**Renew your weight loss vows-** Take a minute to remind yourself of how far you have come, the progress you have made, and how sad it would be if one lapse canceled out all your hard work.

Step 4:**Analyse the lapse situation-** Use the situation to learn what variables place you at risk.

Step 5:**Take charge immediately-** Don't wait. Be decisive. Take action.

Step 6:**Ask for help-** Talk family members, call someone you know who had weight loss surgery, call a member of the Nash Surgical Weight Loss team.