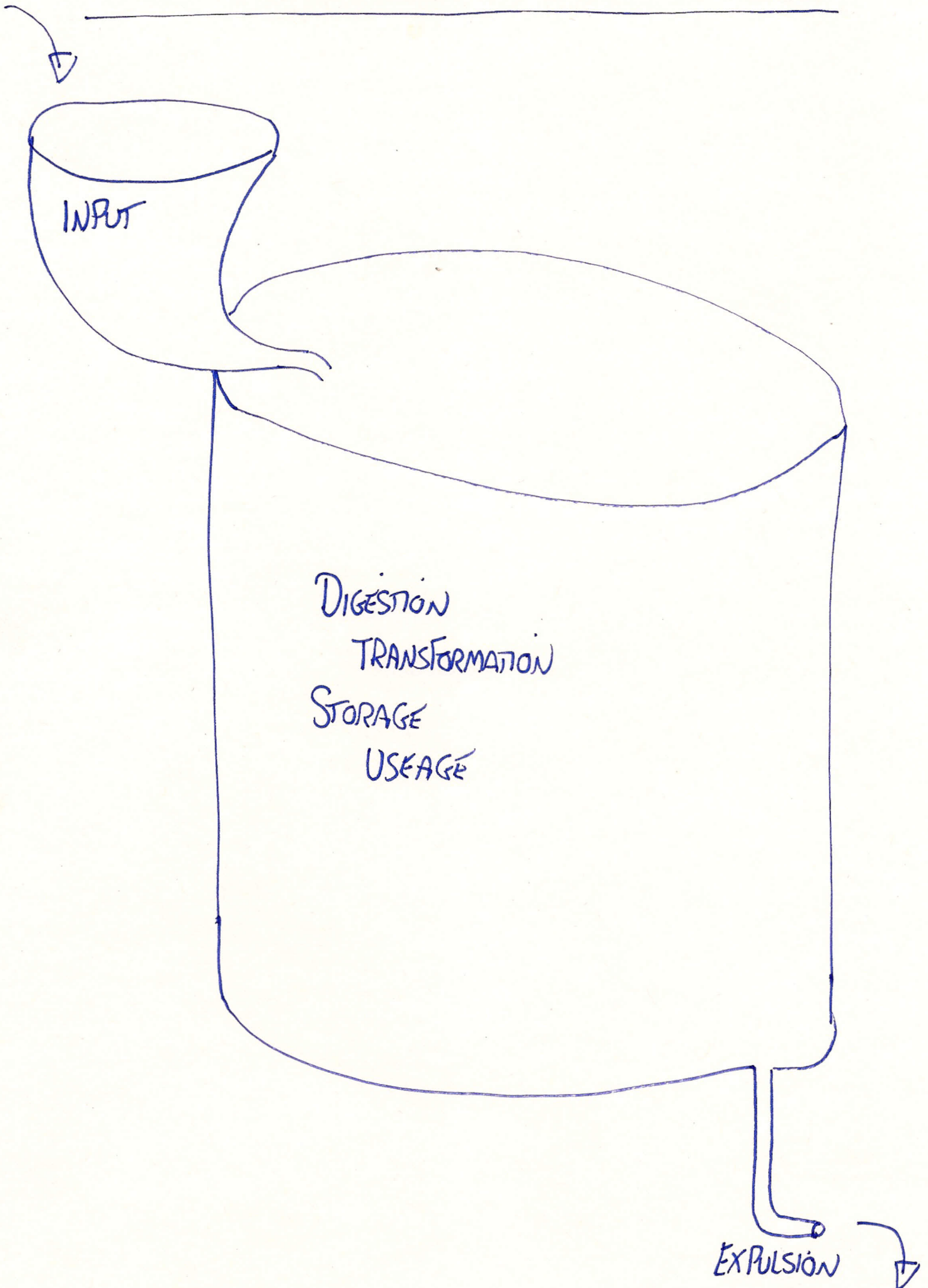


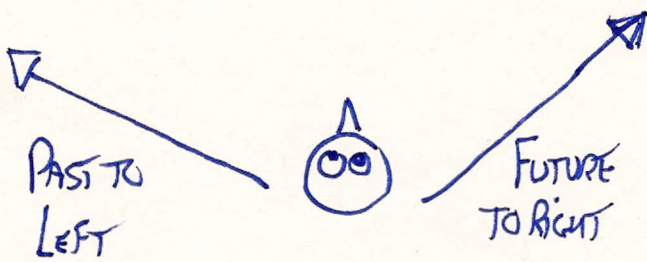
THE BODY AS A CONTAINER FOR EMOTIONS & INFORMATION



TIME LINE ORIENTATION PATTERNS



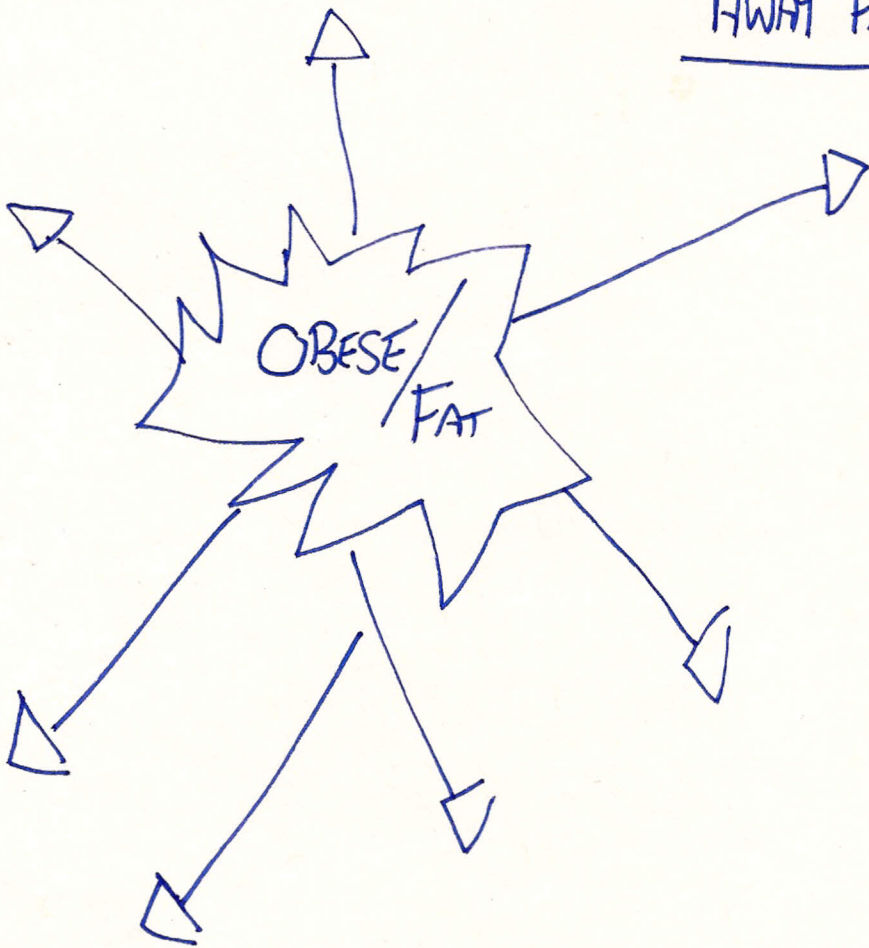
- EXTROVERTED
- FLEXIBLE BODY CLOCK
- GENERALISES TIME
- RESPONDER/REACTOR
- GOOD SOCIALLY
- PRONE TO LATENESS
- BIG CHUNK



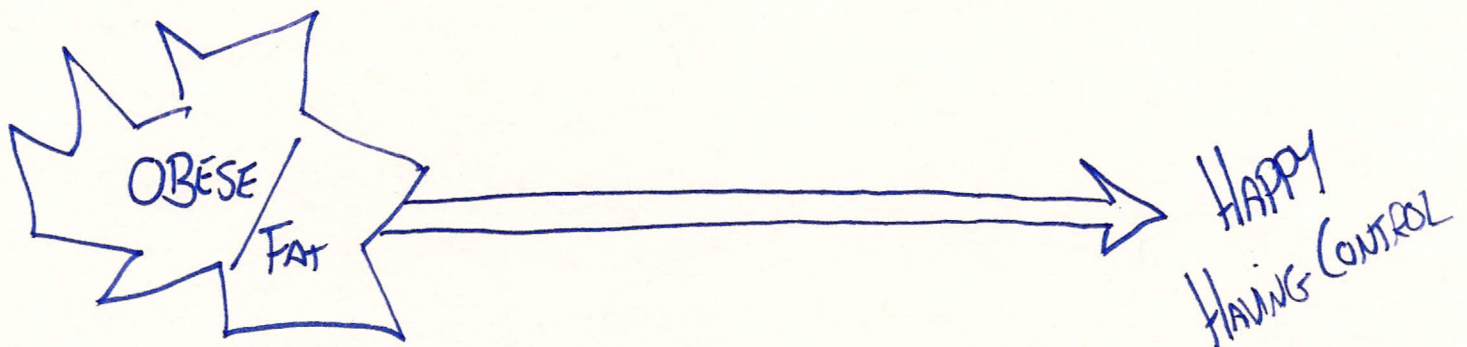
- INTROVERTED
- INFLEXIBLE BODY CLOCK
- TIME SPECIFIC
- PLANNER/ORGANISER
- INHIBITED SOCIALLY
- PUNCTUAL
- SMALL CHUNK

ALL OF THE ABOVE IS BASED ON A OVERGENERALISATION

"AWAY FROM" BEING OVERWEIGHT

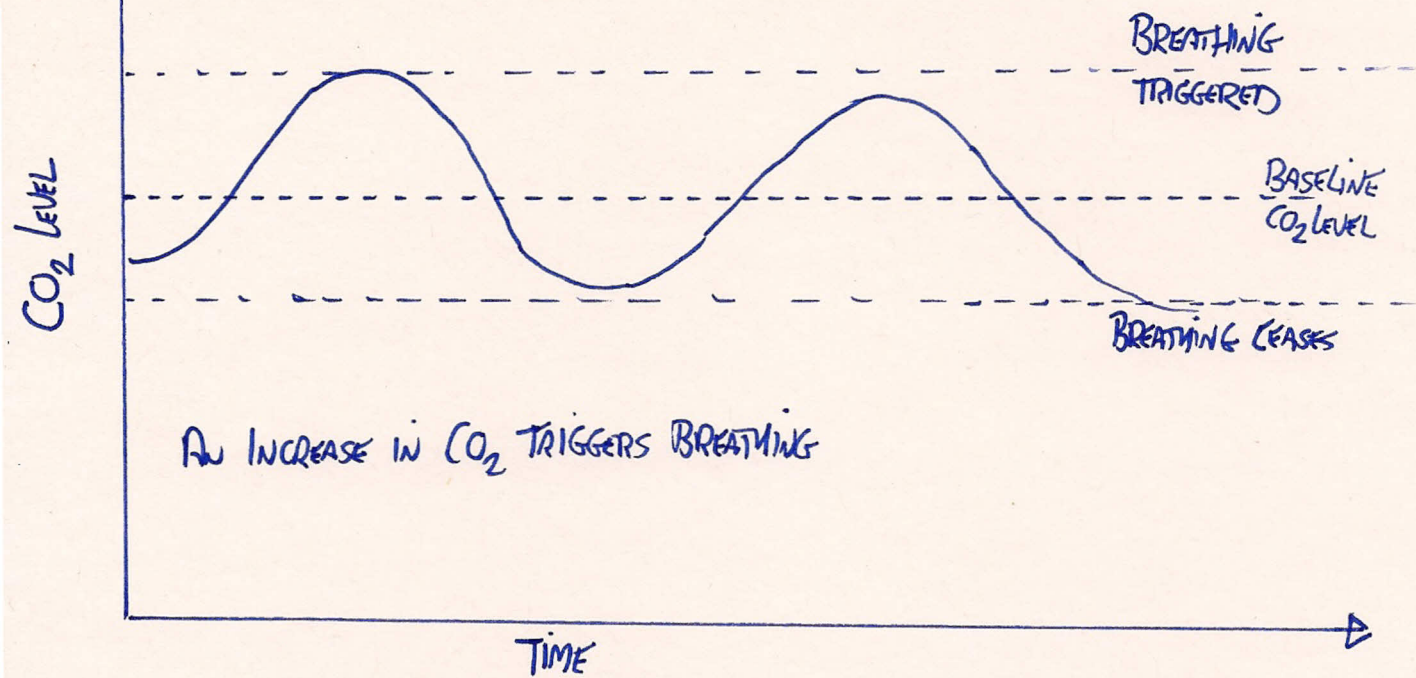


"TOWARDS" OUTCOME.

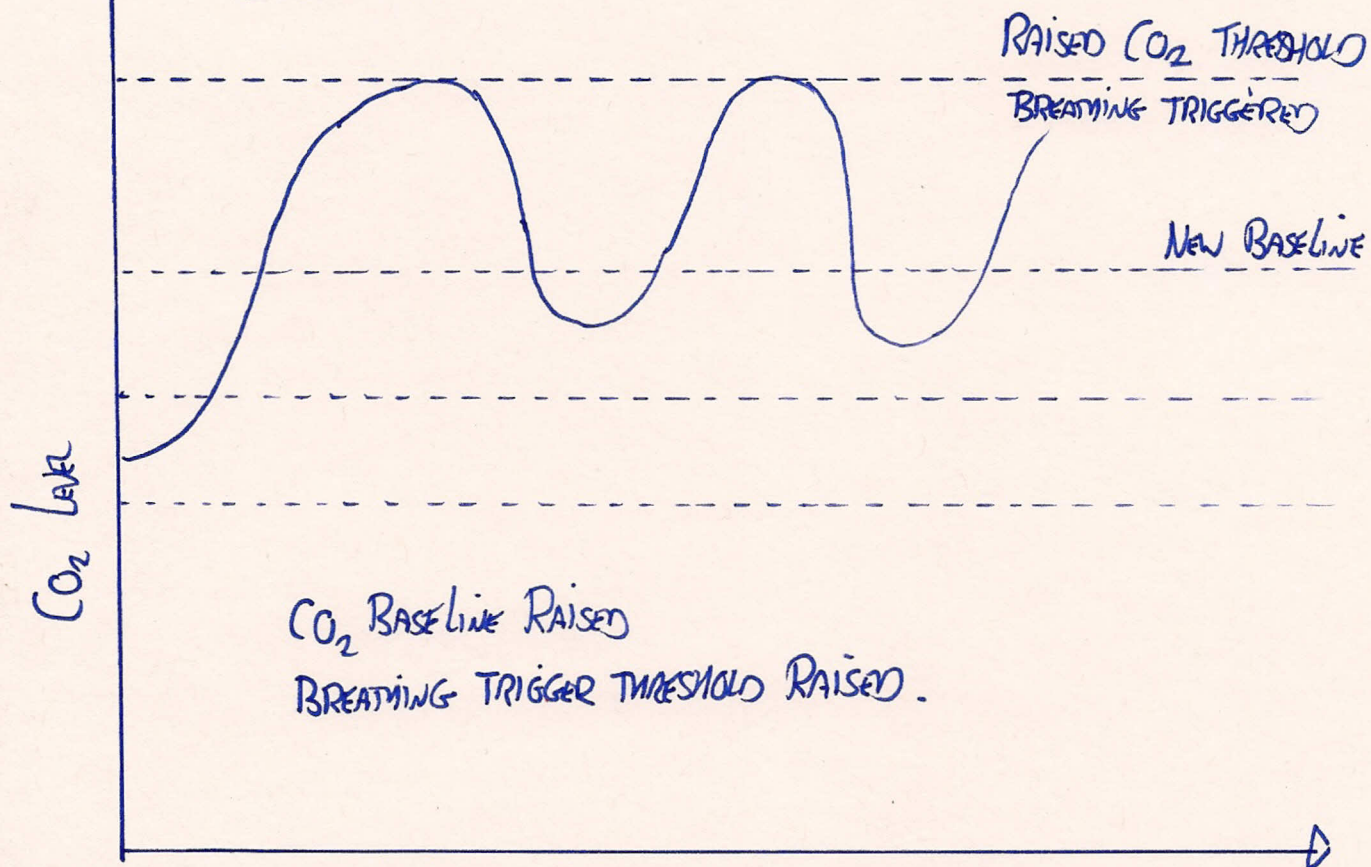


IN ANOREXIA, THE OUTCOME IS NOT ACHIEVED
BY THE WEIGHT LOSS.

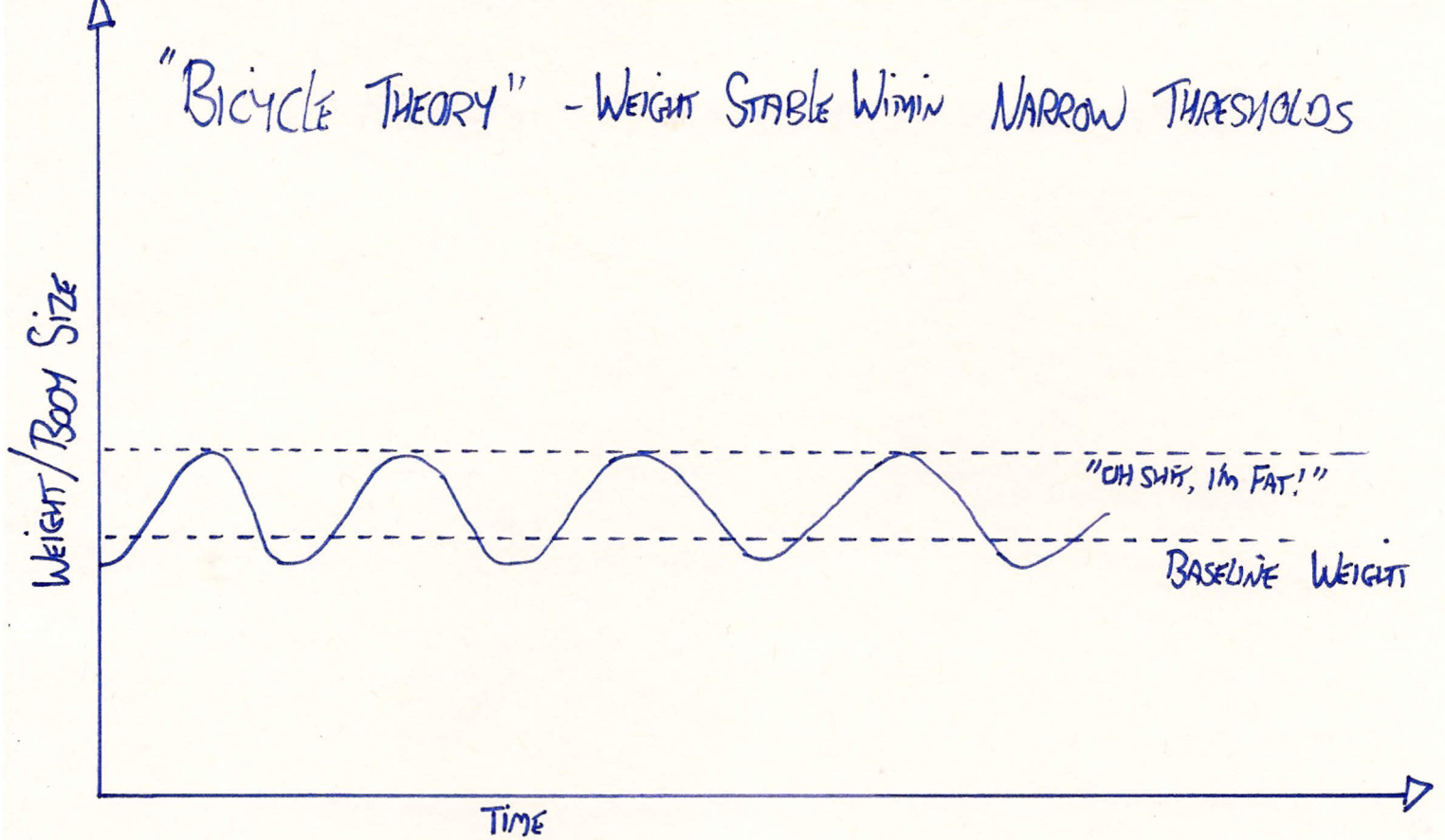
MAMMALIAN RESPIRATION



COPD

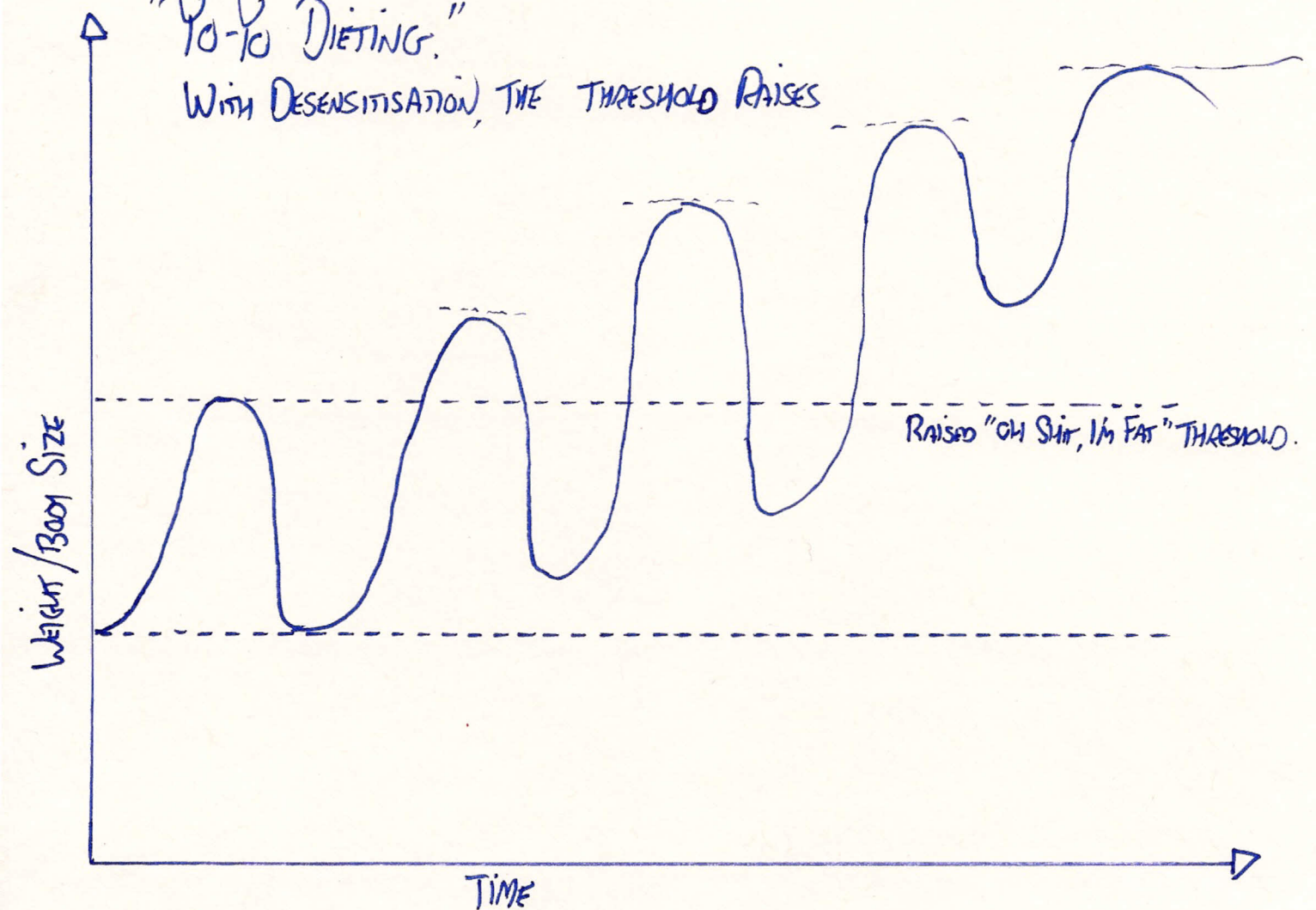


"Bicycle Theory" - Weight Stable Within Narrow Thresholds

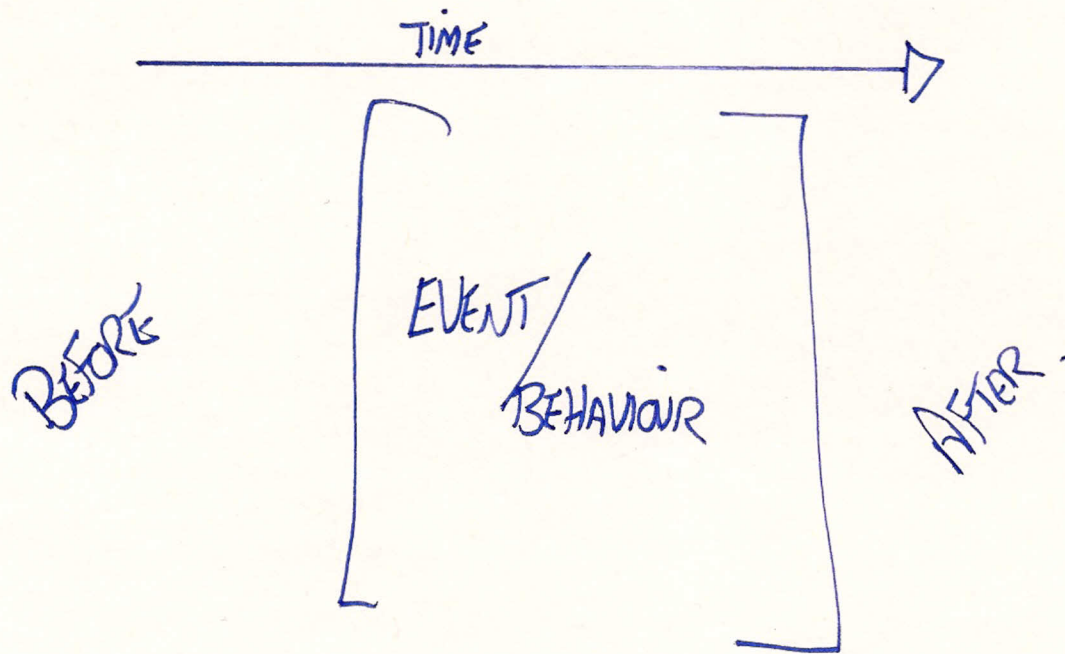


"Yo-Yo Dieting."

With Desensitisation, THE THRESHOLD RAISES



EVENT STRUCTURE



■ "I WISH I HADN'T DONE THAT!"



PERSON LOOKS BACK ON THE EVENT WANTING TO CHANGE HISTORY.

■ "I REALLY WANT THAT CAKE!"



PERSON ONLY SEES THE PLEASURE OF EATING THE CAKE, BUT NOT WHAT HAPPENS AFTER.

■ "THAT CAKE WILL ADD TO MY OBESITY"



PERSON SEES WHAT HAPPENS IN THE FUTURE AFTER EATING CAKE.