Conceptual Model of the Dynamics of Weight Loss Maintenance

**MODIFIERS OF TENSION**

**Sources of Tension**
- Old habits and impulses
- Unmet needs for:
  - Mood/stress regulation
  - Pleasure
  - Social acceptance
- Thoughts/beliefs about:
  - Identity/self-concept
  - Managing weight

**Reducing the Tension**
- Developing automatically
- Meeting needs more healthily
- Changing beliefs/self-concept

**Managing the Tension**
- Learning & insight
- Self-regulation
  - Monitoring, setting limits
  - Responding to lapses
- Managing influences (modifiers of tension)
  - Willpower/motivation

**RELAPSE**

**MAINTENANCE**