IS RESET RIGHT FOR YOU?

RESET may be a good fit if you:

✓ Struggle with emotional or stress-related eating
✓ Feel caught in an all-or-nothing cycle
✓ Have difficulty staying consistent
✓ Experience cravings or eating triggers
✓ Want to improve your relationship with food
✓ Struggle with motivation or accountability
✓ Have tried diets but struggled with long-term consistency
✓ Want to focus on sustainable behavioral change

This isn't about perfection.
It's about learning how to respond differently when life gets difficult.

YOUR RESET STARTS HERE

CONTACT US

RESTORATIVEPATHCC@GMAIL.COM

RESET is a program that utilizes CBT techniques and is not a substitute for medical care/behavioral health services, individualized nutrition counseling, or treatment for medical or eating-disorder conditions. Coordination with appropriate healthcare providers is encouraged.

RESTORATIVE PATH COUNSELING & CONSULTATION PRESENTS:

RESET:

An 8-Week Behavioral Wellness & Weight Management Program

Recognize. Empower. Shift. Transform.

Reset your mindset.

Rebuild your habits.

Reclaim your momentum.

"Lasting change begins with more than a diet.

It begins with your mindset."

WHAT IS RESET?

RESET is an 8-week therapist-guided behavioral wellness and weight-management program designed to help you understand the connection between your thoughts, emotions, behaviors, and habits.

RESET focuses on the **why** behind your behaviors—not simply what you should or shouldn't eat.

THE GOAL?

More confidence.
More consistency.
More sustainable change.

THE 4-STEP RESET MODEL

STEP 1 – RECOGNIZE

Understand your patterns.
Identify emotional triggers, automatic thoughts, cravings, habits, and environmental cues that may be influencing your choices.

STEP 2 – EMPOWER

Build your confidence.
Develop healthier coping strategies and strengthen your ability to make intentional choices—even when motivation is low.

STEP 3 – SHIFT

Change what keeps you stuck.
Challenge all-or-nothing thinking, interrupt unhelpful patterns, and develop new responses to cravings, stress, and setbacks.

STEP 4 – TRANSFORM

Make change sustainable.
Turn new skills into everyday routines, prepare for high-risk situations, and develop your personalized 90-day maintenance plan.








A NEW WAY FORWARD

One choice doesn't define you.
One setback doesn't erase your progress.
And progress doesn't require perfection.

RESET your mindset.
REBUILD your habits.
RECLAIM your momentum