

## **PREVIEW\_ David and Jen Unwin - Interview (Manchester 2017) 3**

**Dr. Jen Unwin:** We're all about, "nothing is a failure really", so obviously people fall off the wagon, don't they. Christmas happens, birthday happens... I think that's the case with a lot of people who are trying to change their lifestyle.

**Dr. Andreas Eenfeldt:** So what do you do?

**Dr. Jen Unwin:** Yeah, we're all human beings and all around is temptation and sugar. So it's never a failure, it's just an opportunity to say, "Why did that happen? How did I feel when that happened?" Noticing actually. And people always say, "Oh, God, I actually felt really dreadful. You know, I went back to putting on weight or feeling unwell..."

And then, you know, how might you get back on track or how you got back on track in the past... Sharing people's stories in the group about how they've got back on track. And people are always welcome back.

**Dr. David Unwin:** Don't you think, I mean all of us as we get older, you learn stuff and we often learned our best things from mistakes. So what is a mistake, I'm not sure. But it might easily be a learning opportunity.

So I would say, "Okay, Christmas hasn't gone well. But what would you do differently next year? Let's use what you've learned, let's use your intelligence and your resourcefulness. Let's think about what you would do differently next time. Because you did it before, so you can obviously do it again."

They always come and think I will shout at them. Why would you shout at somebody? They are doing their best. Life happens, doesn't it... Divorces, something unhappy... And then you might slip back. But what's great is you've learned some stuff the first time. You would learn even more the second time.

**Dr. Andreas Eenfeldt:** Is it sort of like quitting smoking or something?

**Dr. David Unwin:** Yes.

**Dr. Andreas Eenfeldt:** Lots of people fall off the wagon, get back smoking and maybe they have to quit three times, four times, five times.