



## QUESTIONNAIRE: YOUR ACHIEVABLE GOALS

*Thank you for filling this out— it helps the sessions immensely. Please bring it to our first session.*

### **YOUR PRESENT SITUATION**

**What is your current experience? It's the clash between your present reality and your goals that gives you the very important motivation to change!**

What is your self image now?

How do you see yourself in the mirror, naked or clothed?

What do you say about yourself or imagine others are thinking?

How do the extra pounds feel?

How do you emotionally feel about yourself right now?

What health problems are affected by your weight? (Blood pressure, heart, diabetes, sleep apnea, cholesterol, triglycerides, joint pains, heartburn, out of breath...).

## YOUR PAST

### What is your weight history?

Were you chubby as a child?

Was anyone in your family overweight?

Did they teach you any negative eating habits?

At what age did you start to gain weight and was it slow or rapid?

What was happening at that time?

### What is your diet history?

Are there any diets that worked well for you in the past and why?

Any that did not and why not?

What happened to cause weight gain after any diet that worked?

## THE HABITS THAT PUT ON THE WEIGHT

**It's time to be *really* honest with ourselves. No shame, excuses, or denial, please! Remember, you're not alone! These are social and cultural habits also. And some you learned as a child. (Circle what applies to you)**

**Quantity of food:** over-eat, feel stuffed

**Quality of food** (these foods aren't all "bad" but are not the healthiest choices):

Too many fats—butter, margarine, any kind of oil, peanut butter, mayonnaise, dressings, sauces, nuts, chips and greasy snacks, fried foods, most fast foods.

High fat dairy—cheese, sour cream, cream; regular milk, cottage cheese, yoghurt.

High fat meats—fatty beef or pork, chicken with the skin, gravies and sauces.

Fruit juice or juice drinks.

Few vegetables.

Sweets—sugar, cake, pastries, pie, donuts, candy, ice cream, frozen yoghurt, cookies, regular sodas; sweetened drinks, cereals, yoghurt and energy bars.

Alcohol

White or refined starches—bread, cereal, rice, pasta, crackers, potatoes.

Specific food “addictions” that are difficult to limit or you eat emotionally—sweets, salty snacks, starchy “comfort foods”, alcohol.

**When you eat:** breakfast, snack, lunch, snack, dinner, snack(s). Skip meals. Snack when not hungry.

**Where you eat:** in front of the TV, computer, reading, car, restaurants (how often \_\_\_\_\_), fast foods (how often \_\_\_\_\_).

**How you eat:** quickly, distracted.

**Why you eat:** because others are eating; because you see the food; emotions (circle—happy, excited, stressed, depressed, lonely, bored, tired, angry, afraid, negative about self, hopeless...)

**How much exercise you get:** what type, how long, and how often.

## **YOUR FUTURE: HOW DO YOU WANT TO BE DIFFERENT?**

**Imagine your “new you” goal**—if you can see it, you can be it! If you can feel it, you are on your way! Make it desirable to you.

(Really use your senses. Close your eyes or look at a past picture and then write down your first thoughts and impressions. It’s OK to be outrageously positive! Imagination actually creates the motivation and belief necessary to move towards the goal. Athletes use this future imagery and positive feelings all the time.)

What will you look like at a better weight in the mirror or in a particular outfit?

What will you say about yourself? What will others be thinking?

What will you feel like in your body, in your clothes?

How will you feel emotionally about yourself as you reach and maintain this goal?

Specifically how will your health improve at this better weight?

## **THE CHANGE IN HABITS THAT GUARANTEES SUCCESS**

Imagining the goal gives you the positive feelings necessary to get you *on* the weight loss path but it doesn't get you *to* your goal!

It's the change in habits that gets you there. The successful athlete also has to break the goal down into smaller doable steps. Circle which of the new behaviors you think you need to change in order to lose weight, even if you don't yet believe you can do it.

**Quantity of food:** stop when moderately full.

### **Quality of food:**

Fats—less butter, margarine, oils, peanut butter, mayonnaise, dressings, sauces, nuts, chips and greasy snacks; eliminate fried foods; use low fat substitutes.

Low fat dairy instead of regular dairy.

Lower fat meats and protein substitutes—lean cuts, skinless chicken, fish, eggs, soy, beans. Baked, broiled, or grilled instead of fried. Avoid gravies and sauces.

Whole fruit instead of juices and juice drinks.

More vegetables.

Fewer sweets and sugary drinks or none. Sugar substitutes.

Less alcohol or none.

High fiber/ whole grain starches or less white starches.

Foods you eat “addictively”—none or less.

Special diet: low cholesterol, diabetic, low salt, low fiber, restrictions because of blood thinners.

### **When you eat:**

Skipping meals can cause bingeing later in the day for some people. Snacking may be unnecessary for your body or it might be just what it needs. When do you want to eat in order to reach your better weight?

(Circle) breakfast, snack, lunch, snack, dinner, snack.

**Where you eat:**

Eating in your home’s dining room or kitchen table (i.e. not while standing, reading, working, in front of the TV, etc.) and not in the car makes good eating habits easier to establish. Restaurants may be a very important part of your week but can be difficult regarding portion control. Fast food places can usually be avoided by planning ahead.

New habits: (circle) one place at home where not distracted—kitchen or dining room; non-distracted at work; limit restaurants and fast foods; better choices and planning ahead when eating out; take food to work; not in car.

**How you eat:**

There is a lag time between when your stomach is reasonably full and when you actually feel satisfied. Eating quickly means you don’t have time to notice the fullness and you therefore overeat. Eating slowly focuses on all of the sensory pleasures and slow eating therefore means more satisfaction. Eating while distracted by TV or activities means you aren’t aware of the food quantity and quality and eat more.

New habits: eating slower, not distracted.

**Why you eat:**

What to do or say when others tempt you: \_\_\_\_\_

How to keep tempting food out of sight: \_\_\_\_\_

For emotional overeating—list three alternate satisfying activities you could do instead when you have these feelings (stretch your brain!)

1). \_\_\_\_\_

2). \_\_\_\_\_

3). \_\_\_\_\_

**How much more exercise is possible:** what type, when, with whom, what steps to take to get started, and what are other possibilities.

## **BE AWARE OF ANY RESISTANCE**

Is there any part of you that doesn't want to lose weight and why? (Ex. don't feel safe, don't think you deserve it, don't want to fail again, rebellion...) Note—there is often a conflict between parts of ourselves and what they want for us. One part may want to lost weight and another part thinks it needs the old habits for comfort, reward, safety or just to feel good. These are conflict areas that we'll resolve in the sessions.

Would a change in behaviors or weight cause any conflict in your household or social life?

Is there any change that you don't want to make or don't believe you can? Any effort that seems just too big?

## **WHAT FEELING OR ABILITY DO YOU THINK YOU NEED?**

What feeling or ability do you need in order to start making these changes? For example, would it take confidence, the belief it's possible, belief in yourself, hope, self-appreciation, discipline etc... to start you moving towards your goal? Think about it.

When have you done difficult things or been successful before?

Didn't you have this feeling or ability then?

Which means you already have it in you! In our sessions you'll learn how to use this inner resource for changing eating and exercise habits also.

***You can do it! Expect success!***