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**Client Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**WEIGHT MANAGEMENT QUESTIONNAIRE**

**HISTORY**

When did you start being overweight?

What was going on in your life at that time?

Have you ever been able to lose weight?

How did you lose the weight at that time?

How long were you able to keep the weight off?

Why do you think put it back on?

Have you ever suffered from Bulimia or Anorexia?

**CURRENT PATTERNS OF EATING**

In what situations do you eat badly?

What sets off (triggers) unhealthy eating patterns?

What pattern to your problem eating have you noticed?

How do you know when to start eating?

What do you think about yourself while this is going on?

What do you think about yourself afterward?

**BELIEFS ABOUT EATING**

Why do you think you overeat?

Why don't you just stop?

What have you tried?

Do you think you can stop?

What will happen, what are the consequences, if you continue this path?

**PAST ENVIRONMENT**

What was it like for you growing up?

What were the most significant events in your young life?

Were you bullied, suffered harsh criticism or judgment, at school or at home?

Did you feel that you never really belonged?

Did you receive the nurturing, love and support you needed from your parents?

How do you get on with your mother now?

How do you get on with your father now?

Did you always feel supported and loved now?

Did you ever fantasize about being somebody else?

**MOTIVATION/BELIEF**

Why do you want to lose weight now?

Do you believe you can lose the weight?

What will others think when you lose weight?

What will be different when you lose weight?

What will you be able to do when you lose weight?

What will other people say when you have lost the weight?

What is the one thing that might stop you?

Do you have any fears about losing weight?

**SELF IMAGE**

If you don't like your body - what is stopping you from changing it?

What would have to happen for you to be able to change the way you want to?

What do you think other people think about your body?

What do you think when you see other overweight people?

What do you think about *you* at this weight?

**FUTURE BEHAVIOUR**

What can you be doing *instead* of eating in those situations?

What are the biggest benefits you are looking forward to when you lose weight?

What will the future look like when you lose weight?

How will you be different?

**OBSESSIVE THOUGHTS ABOUT FOOD**

*“I just cannot stop thinking about food – I think about food all the time.”*

Did your parents withhold food as a form of punishment?

Have you ever experienced hunger?

Have you ever had to compete for food?

Were you ever highly criticized as an obese person?

Have you ever been a dancer or a model?

What does food mean to you?

Are there any incidents in your past, in which eating was filled with negative emotions (E.g., anger or hate)? Or with positive emotions E.g., rituals and celebrations, like Christmas, Thanksgiving, other times?

Did your mother or father ever criticize you for putting on weight?

Regarding Eating Disorders (E.g., anorexia, bulimia):

Why have you chosen a life path that you know will eventually kill you? Who are you trying to hurt? Your mom and dad? Yourself? Maybe someone you wanted to marry and turned you down? Who are you trying to hurt? Are you punishing yourself?

What or who are you trying to control?

Who are you trying to hide from? Friends, relatives, yourself? What did you do that was so bad that you had to hide from it?