

## ***Congratulations on turning thoughts into actions!***

### **10 questions Weight Management sheet**

By downloading this questionnaire you are already taking active steps towards your desired goal. This sheet is designed to provoke some thinking, help you reflect on where you are, and support you in your weight management goals prior to your first Hypnotherapy session.

The benefits of using hypnotherapeutic techniques, means that we combine conscious habit changes with work on a deeper subconscious level. This allows you to support yourself with establishing good habits, but additionally if there is deeper therapeutic work you wish for to change past ideas around your weight, I will work with you to support your goals.

#### **Question 1**

What are your goals for weight management? (Please circle)

1. I want to get healthier
2. I want to put on more weight
3. I want to take off weight

#### **Question 2**

How much do you want to get results?

Urgently                      Very Much    Its Important but not essential                      Yes, but can you do it for me?

We all know that two factors here which make a difference to weight, will be a) how much exercise you do and b) how much you food you consume. The following questions are merely designed to provoke some thinking as to what you currently do.

#### **Question 3 (for weight loss)**

What circumstances prompt you to eat most? (tick more than one if appropriate)

- a) I snack when I like to take a break
- b) When I go out for meals and socialise
- c) In the evening when I am bored
- d) When I feel emotional
- e) At the beginning/middle/end of the day as a reward
- f) I don't think about eating, it just seems to happen
- g) Other (please state)

#### **Question 4**

Do you undertake the shopping and cooking?

- a) Yes its me, I shop and cook for only myself
- b) I am shopping and cooking for myself and my partner
- c) I am shopping/cooking for my family
- d) I do not do the shopping but do the cooking
- e) I do the shopping but not the cooking

This questions is designed explore how much you are in control of the process of what it is you consume, how and when.

**Question 5**

How often do you shop?

- A) Everyday
- B) More than 4 times in a week
- C) Once a week

**Question 6**

Do you use your closest shop to get additional items?

Yes/no

More about shopping minefields at the session....

**Question 7**

What physical activity do you like?

**Question 8**

What support do you feel you can get from your family/friends towards your goals?

**Question 9**

What single action do you believe will be the most helpful in achieving your goals?

**Question 10**

What would I gain from taking off weight/putting more weight on?

- |                               |         |
|-------------------------------|---------|
| a) Extra spending money       | yes/no  |
| b) Better life expectancy     | yes/no  |
| c) Better overall health      | yes/no  |
| d) Improved appearance        | yes/no  |
| e) Better relationships       | yes/no  |
| f) ability to do other things | yes/no. |
| g) self esteem                | yes/no  |
| h) Other... (fill this in)    | yes/no  |

**Take another action!**

Now you have successfully examined your motivations and current situation, call me on 07902890700 to arrange a first appointment and email this questionnaire to myself, Geraldine Marsh at [info@blackheathcounselling.com](mailto:info@blackheathcounselling.com). This will allow us to really work hard on your goals once you are here.