

How do you know you want to change?

Please give as many specific examples as possible.

- What unwanted behaviors do you have? For example, I eat uncontrollably. I hide food. I eat until I am uncomfortable or immobile. I exercise compulsively.

- What symptoms do you have? For example, decline social invitations, multiple wardrobes, breathless after walking up the stairs, high blood pressure, etc. Guilt is my most frequent emotion.

- What are the consequences of those behaviors and symptoms? For example, I wear unflattering clothes to cover myself up. I have stayed in a job I don't enjoy because I don't have the confidence to assert myself. I am not in a satisfying relationship. I avoid sex because I am embarrassed about my body.

- What other people are affected by your problem? How are they affected? For example, my partner is affected because I am not fully present, and am often grumpy. My boss is affected because my productivity is low at work.