

Examples of specific answers

How do I know I want to change?

1. What unwanted behaviors do I have?

- I am eating pastries and candy throughout the day.
- I am sneaking food.
- I am not preparing meals.
- I am not grocery shopping.
- I am sleeping or reading during my exercise hour.

2. What symptom do I have?

- I am 5'6" and weigh 186 pounds so I am 40 pounds overweight.
- My cholesterol is high.
- I am uncomfortable in my body, clothed or not. I feel self-conscious, awkward and unattractive. I feel like a barge.
- Brain fog-emotional and cognitive disconnect
- A sloppy body

3. What are the consequences of these behaviors and symptoms?

- Increased health risk of diabetes, cancer and heart disease
- Low libido, feeling inhibited about sexual intimacy
- Less than optimum energy & performance in all aspects of life.
- Comfort with a cost -I soothe myself with the usual litany related to overeating. I don't allow myself any chance of becoming either physically or emotionally distressed. If I eat then I won't be hungry and I won't feel anything except the known distress about overeating.

4. What other people are affected by my problem? How are they affected?

- My boyfriend is affected by the quality of food that is in the house and how it is prepared and served. He enjoys regular, balanced meals, having food available, eating together. He is affected by my libido and level of relaxation and body confidence. I think he also feels secure, that as long as I am overweight there is less chance of losing me to another man. He also teases me about my weight and exercise regime-he's pretty funny but he'd have to come up with some new material.
- My colleagues are affected by my focus, ability to problem solve, ability to concentrate, listen, make decisions, relate to authority figures, etc. and all of that is linked to my sugar intake/brain fog/energy going into thoughts about overeating/weight.
- I have a lot of friends with food/weight issues and we spend a lot of our time talking about the issue. If this were no longer an issue to discuss then the dynamic of the relationship would change.
- In my family, I am the way I have always been. Competent, pleasant, moderately overweight. As much as I have gone my own way in life (and I am much less conventional than my siblings) I still maintain my childhood ways of sneaking sweets that holds stable my childhood body form.
- I think others link my body form to the perception that I am nice, easy-going, non-threatening.