

Weight: Decisional Balance

Name _____

Each statement represents a thought that might occur to a person who is deciding whether or not to lose weight. Please indicate how IMPORTANT each of these statements might be to you if you were considering a decision to lose weight. There are FIVE possible responses to each of the items that reflect your answer to the question "How important would this be to you?" Please circle the number that best describes how important each statement would be to you if you were deciding whether or not to lose weight.

1 = Strongly Disagree

2 = Disagree

3 = Undecided

4 = Agree

5 = Strongly Agree

1.	The exercises needed for me to lose weight would be a drudgery.	
2.	I would feel more optimistic if I lost weight.	
3.	I would be less productive.	
4.	I would feel sexier if I lost weight.	
5.	In order to lose weight I would be forced to eat less appetizing foods.	
6.	My self-respect would be greater if I lost weight.	
7.	My dieting could make meal planning more difficult for my family or housemates.	
8.	My family would be proud of me if I lost weight.	
9.	I would not be able to eat some of my favorite foods if I were trying to lose weight.	
10.	I would be less self-conscious if I lost weight.	
11.	Dieting would take the pleasure out of meals.	
12.	Others would have more respect for me if I lost weight.	
13.	I would have to cut down on some of my favorite activities if I try to lose weight.	
14.	I could wear more attractive clothing if I lost weight.	
15.	I would have to avoid some of my favorite places if I were trying to lose weight.	
16.	My health would improve if I lost weight.	
17.	Trying to lose weight could end up being expensive when everything is taken into account.	
18.	I would feel more energetic if I lost weight.	
19.	I would have to cut down on my favorite snacks while I was dieting.	
20.	I would be able to accomplish more if I carried fewer pounds.	