

Weight – Process of Change

Name: _____

The following experiences can affect the weight of some people. Think of any similar experiences you may have in trying to lose weight or keep from gaining weight. Please rate how FREQUENTLY you use(d) each of these during the past month. There are FIVE possible responses to each of the questionnaire items. Please circle the number that best describes your experience.

- 1 = Never**
2 = Seldom
3 = Occasionally
4 = Often
5 = Repeatedly (always)

1.	I read about people who have successfully lost weight.	
2.	Instead of eating I engage in some physical activity.	
3.	Warnings about the health hazards of being overweight move me emotionally.	
4.	I consider the belief that people who lose weight will help to improve the world.	
5.	I can be open with at least one special person about my experience with overeating behavior.	
6.	I leave places where people are eating a lot.	
7.	I am rewarded by others when I lost weight.	
8.	I tell myself I can choose to over-eat or not.	
9.	My dependency on food makes me feel disappointed in myself.	
10.	I am the object of discrimination because of my being overweight.	
11.	I remove things from my place of work that remind me of eating.	
12.	I take some type of medication to help me control my weight.	
13.	I think about information from articles or ads concerning the benefits of losing weight.	
14.	I find that doing other things with my hands is a good substitute for eating.	
15.	Dramatic portrayals of the problems of overweight people affect me emotionally.	
16.	I stop to think that overeating is taking more than my share of the world's food supply.	
17.	I have someone who listens when I need to talk about my losing weight.	
18.	I change personal relationships which contribute to my overeating.	
19.	I expect to be rewarded by others when I don't overeat.	
20.	I tell myself that I am able to lose weight if I want to.	

21.	I get upset when I think about my overeating.	
22.	I notice that overweight people have a hard time buying attractive clothes.	
23.	I keep things around my place of work that remind me not to eat.	
24.	I use diet aids to help me lose weight.	
25.	I think about information from articles and advertisements on how to lose weight.	
26.	When I am tempted to eat, I think about something else.	
27.	I react emotionally to warnings about gaining too much weight.	
28.	I consider the view that overeating can be harmful to the environment.	
29.	I have someone whom I can count on when I am having problems with overeating.	
30.	I relate less often to people who contribute to my overeating.	
31.	I reward myself when I do not overeat.	
32.	I tell myself that if I try hard enough I can keep from overeating.	
33.	I reassess the fact that being content with myself includes changing my overeating.	
34.	I find society more supportive of thin people.	
35.	I put things around my home that remind me not to overeat.	
36.	I take drugs to help me control my weight.	
37.	I recall information people have personally given me on how to lose weight.	
38.	I do something else instead of eating when I need to relax or deal with tension.	
39.	Remembering studies about illnesses caused by being overweight upsets me.	
40.	I consider the idea that overeating could be harmful to world food supplies.	
41.	I have someone who understands my problems with eating.	
42.	I ask people not to overeat in my presence.	
43.	Other people in my daily life try to make me feel good when I do not overeat.	
44.	I make commitments to lose weight.	
45.	I struggle to alter my view of myself as an overweight person.	
46.	I notice the world's poor are asserting their rights to a greater share of the food supplies.	
47.	I remove things from my home that remind me of eating.	
48.	I take diet pills to help me lose weight.	