

How Well Do You Know Yourself?

Instructions: Please continue the process of evaluating the feasibility of making changes in your overall health habits by answering the following questions. Conducting a searching, candid, and honest evaluation of your own readiness prior to making a firm commitment to change has been demonstrated to be a critical step to ensure success. Use this assignment to clarify the following issues.

1) What are your emotional eating patterns? In what type of situations have you found it difficult to resist unhealthy behavior in the past?

2) What cues your cravings? Take am moment to think about this – Your habit cues can be sights, smells, time of day, emotions, blood sugar, etc. Figuring out what cues your bad habits is really helpful when you are going about to replace them with wonderful new ones.

3) What are the ways you use your present physical condition (weight, health status, strength etc.) to shield you or protect you? (i.e. From intimacy, from rejection, from attempting something new or difficult.) Are there any reasons you might want to keep unhealthy habits active in your life? (This is a hard one for most folks and requires brutal honesty.)

4) When you have attempted change in the past, what are some of the ways you sabotaged or undermined your success?

5) Based on your knowledge today, what would be the two most important things for you to change in order to achieve robust health? Be specific, what would you be doing differently?

6) Never mind how to make it happen right now, what do you want to change about your enduring health habits?

7) What is it about you that would make it possible to change if you decided to? What is there about you that might make it easier?

8) On the following scale, from 1 to 5, what number best reflects how ready you are at the present time to change your enduring health habits: **CIRCLE ONE**

Not Ready To Change	Thinking of Changing	Undecided/ Uncertain	Somewhat Ready	Very Ready to Change
1	2	3	4	5

9) If you circled a number other than 5, what would it take for you to move to a 5?