



GMB Forensic Questionnaire

The GMB forensic questionnaire is your vital starting point. Its importance cannot be over emphasised, it is a KEY component in your journey to a new, healthy, slim you. Do ensure that you read through all the questions, several times if necessary, before even attempting to answer them, as this will give you an overview of just what is going to be involved. Don't be tempted to rush through the questionnaire and write down the first thing that comes into your head. Many of our past clients have told us that when they did this and then came back to it again later, after thinking about the questions in more depth, they ended up changing many of their answers.

Be alone, be somewhere quiet, be relaxed, and take as long as you wish, probably the longer the better. Initial trials of GMB indicated a strong relationship between the number of hours invested in the dedicated answering of the questions and the level of long term success achieved. You may be interested to know that when a client opts for the face to face GMB experience at the clinic, it has been known for the first session, which focuses on the completing of the questionnaire to occasionally take up to 8 hours!

Each question has been specifically designed to ask some pretty heavy, maybe even awkward questions about yourself, your past and your beliefs, to prod you and to get you thinking - helping you discover just what your eating habits and patterns are doing to you and why.

It's crucial that you are perfectly honest with yourself - to be successful you have to build what may be a painfully honest picture of your weight history and then, and only then, can you think about addressing change. You are the only person who loses out, if you're cheating and not being truthful!

We advise you to keep a written record of your answers as these will provide the vital road map for your personal GMB journey. Knowing your answers, seeing them written down, will ensure that maybe for the first time you will know more about yourself and what choices, what behaviours, you most need to address. Also the questions are numbered, as your responses need to be, to enable us, to possibly visit some of your answers during our sessions.

There are a couple of good reasons why you should keep your answers somewhere safe. Firstly so you can check regularly and see if you're making the right changes. Secondly, there'll come a time when you realise your life has changed. When that happens, in the same way as a 'before' photo is a brilliant incentive to lose weight, a catalogue of your old, bad, eating habits will be something to look at and be pleased that you've put them well and truly behind you. It will act as a constant mental 'nudge' never to revert back to the old ways.

Good luck!

Before you start, however uncomfortable it is for you, you need to get on the scales and find out how much you weigh now, and make a note of this. You need to know the starting point of your journey. We also strongly recommend that you make a note of your key body measurements, there may well be weeks during your journey when it is inches/centimetres you will be losing rather than pounds. You should also have an idea of the weight you want to be and make a note of this too. Make a note of your current clothes size and the size that you're aiming to be, but of course be realistic. The controversy about size zero celebrities and models is contentious for good reason. Don't hanker after the bad flipside of being overweight - being underweight can potentially be just as unhealthy as being overweight.

If you don't have a set of recent photos of yourself, think about taking some now, trust us, they may well prove invaluable to you in the future

The Body Mass Index (BMI) was first developed in the mid 19th century, and the formula has been used by the medical profession ever since to determine whether a person is classed as normal weight, overweight or obese. The main problem with using BMI is that it only takes your height and weight into consideration, but after years of medical research, we are becoming increasingly aware that just knowing your weight alone doesn't automatically determine how healthy or unhealthy you are. The far more important factor to consider is your actual body composition, especially your body fat percentage, and more specifically the distribution of body fat.

Although not absolutely essential, it would certainly be very beneficial if you have access to this information, so you have an idea of your own body fat levels and where exactly you are carrying your excess fat. (We'll go into this in more detail in the GMB manual)

If you would like to work out your BMI then you need to know your height in meters and your weight in kilos. The formula is to divide your weight in kilos by your height in meters squared. Here's an example below:

Height = 1.65m

Weight = 95kg

Formula $95 \div (1.65 \times 1.65)$

$95 \div 2.72 = 34.9$

So this person has a BMI of 34.9

(The standard recommended BMI to be of normal weight is 18.5 – 24.9)

So let's find out something about you.....by peeling the onion.

Before you answer a single question, get real with yourself. After you've answered a question, take another look at what you've said and go one step deeper inside your head and your food problems. Answer again, even more honestly. It's like peeling an onion. We don't want you to just take one layer off; we want you to peel as deep as you can, to really expose your reasons for eating to excess.

Q1. Do you have a REALISTIC date in mind for you to reach your target weight / size?

Bear in mind that the GMB process is about incorporating sustainable, sensible lifestyle changes, as opposed to being a drastically quick fix which results in unhealthily fast weight loss! So make sure your expectations are realistic – a healthy target to aim for ideally is to reduce your weight on average by between 1 and 2 pounds per week over a sustained period of time. It's very positive psychologically to have a goal for your mind to latch on to.

Q2. Do you have a particular outfit in your wardrobe that you'd like to be able to wear again?

The significance of this is that part of the visualisation therapy involves you projecting your mind forward in time to when you are your ideal weight and size. You would then picture yourself wearing these particular clothes, focussing on how good you're feeling about yourself – proud and confident, slim, attractive, fit, healthy and full of energy etc. In psychology it's called "going there first" – athletes regularly use this technique to picture themselves giving their best possible performance. If you don't have any "slim" clothes, then just think about what sort of outfit you're going to enjoy buying and wearing. How you will look? And, more importantly, how you will feel?

You've only done two questions, but stop right there.

If you've got your target date and outfit in mind, let's go there right now, in your mind.....project yourself forward. Just for five minutes sit quietly, alone, close your eyes and see yourself, really see yourself. Maybe you're getting ready to go out for the evening with your partner and a few friends. You're at your target weight you are so proud. What do you look like? What clothes are you wearing? How much energy and self-confidence do you have? What fragrance are you wearing? How do other people see you and behave towards you? Build up the whole vivid picture in your mind, the more detail the better.

If you could have all that right now, all of it – or, of course, you could have a bar of chocolate, or a bag of crisps, which would you choose? It's your choice.

Your Childhood and Background

Although we may find it hard to believe and accept, many of our mannerisms, traits, habits, etc., were learned and developed during our childhood. Think carefully about your childhood – ask yourself if you had any reason to develop any issues related to food and eating as you were growing up. The questions below may help to bring to the surface any possible problem areas that you've maybe never even considered before now.

The more time you spend thinking about these issues the better. Some people have spent two or three days on this section of the questionnaire alone.

Q3. Who brought you up? (Parents, grandparents, other...)

Q4. Which people did you have most contact with as you were growing up - who had the most influence on your life?

Q5. When you think back was your childhood happy?

Q6. How was your relationship with your family? Did you feel loved / wanted – or maybe you felt abandoned / lonely / unloved / not good enough etc?

Q7. Were there any problems or negative influences / experiences at home with your parents / step-family / siblings / any other relatives.....? Eg did your parents' divorce / split up?

Q8. Did you ever experience any abuse – verbal / physical / emotional or sexual etc?

Q9. Were there any rivalries in relationships within the home – eg between yourself and your siblings maybe?

Q10. How was your school-life? Did you ever experience any problems at school - bullying etc? Did you go to boarding school?

Q11. How were mealtimes at school?

Q12. Were you healthy as a child?

Q13. Were you overweight as a child?

Q14. How were mealtimes at home? Was it a pleasant, relaxed, family time or were there rows, stress etc?

Q15. Were you brought up to clear your plate at every meal, was food ever used as a reward when you were a child?

For example, did your parents ever say to you if you clear your plate you can leave the table, or if you finish your dinner you can have a dessert or other reward maybe?

Q16. Do/did your parents have a weight problem, or any other members of your close family?

Q17. When did your weight first become an issue for you?

Q18. If you have children, are they overweight?

Q19. How is your current relationship with your close family?

Q20. Do you have any problematic relationships in your life at the moment? If so, how do you see them improving?

Q21. Do you have any problems currently with your partner or have you ever experienced any problems with previous partners? (e.g. abuse etc)

Q22. Do you or your partner have any children from a previous relationship? If so, are there any problems with step-children on either side?

The answers to these questions may explain how you came to eat for emotional reasons rather than hunger, but realistically now you have to step well away from that history and create your own healthier new future.

Weight History

Q23. Can you pinpoint exactly what was happening in your life when you first started to gain weight, or you were aware of your weight being an issue for you (and also at any subsequent times, if applicable)? Can you associate the weight gain with any particular emotions etc?

Q24. What is the lightest weight you've reached as an adult?

At this stage, do you need to have another look at what you've set as your goal weight to see if you're being realistic with yourself?

Q25. How did you feel about yourself at this time?

Q26. What is the longest period of time you've stayed at a "normal" weight? (if at all)

Q27. Did you maintain a normal weight in a healthy way, or was it a struggle?

Q28. Have you ever had what you would regard as a normal / good relationship with food?

Q29. How do you feel about your relationship with food at the moment?

Q30. Which diets, if any, have you followed in the past? What worked best for you, what didn't and why?

Q31. What is the heaviest weight you've ever been?

Q32. How does / did it make you feel?

It's a good idea at this stage to set your notes out along a time line – draw a straight line on a sheet of paper, birth to current day, noting significant events good and bad, and your weight at the time. Then add in any information you can think of relating to what exactly was going on in your life at that particular time and how you were feeling – i.e. whether you were happy or unhappy, feeling content or lonely, carefree or stressed out, getting married or splitting up etc. This may help you realise how different events and emotions have influenced your eating habits over the years.

Draw Your Timeline Here:

Maybe you should consider taking a break now, give yourself time for the information to sink in. You may wish to discuss certain aspects of what you've written, or to check that your recollection of your childhood was accurate according to other members of your family. You'd be surprised how often your recollections of events differ from those of others.

Now let's look at your current eating habits.

Q33. Do you enjoy eating?

So often people never really think about the question above. If you have an unhealthy relationship with food, you may find that you eat for all sorts of inappropriate reasons – for example when you're bored, stressed, depressed, sad or lonely - in fact anytime, except when you're actually hungry! - and this also usually means that unfortunately, you probably don't currently enjoy the whole eating experience, because of the feelings of guilt that normally follow! We all need to eat in order to stay alive, so it is an important and necessary part of everyday life, and our mindset is that eating should be an enjoyable experience, but we can only really fully enjoy our food when we're eating in response to the appropriate trigger, which of course is pure physical hunger, rather than any other trigger, especially an emotional one! In contrast with a "diet", where eating often becomes a stressful, unpleasant experience, the GMB method takes you on a journey of learning, or re-gaining the ability to really savour and thoroughly enjoy eating!

Q34. What are meal times like now? Are they happy family times, or rushed and treated as unimportant events?

Q35. Does food play a big part in your social life? How often do you eat out? Several times per week, or maybe only once a month.

Q36. Do you tend to eat more when eating out?

Maybe opting for several courses, as well as devouring the bread roll, while you're contemplating the menu! It's actually quite common, even for slim people, to eat up to 20 per cent more, when eating out, compared with eating at home. Don't worry, all this doesn't need to be a problem, just so long as you're prepared in advance and you approach eating out exactly like a slim person does.

A person who enjoys a good relationship with food tends to recognise the fact that they will quite probably consume more food, (and ultimately more calories!), than normal when they eat out, so they simply make sure that they "budget" for this in their meals surrounding the social event by making extra-light food choices, so their overall food and calorie consumption balances out over the course of the week.

Q37. Are you the one who does the food shopping in your household?

Q38. Who prepares and cooks the food?

Q39. Who is ultimately responsible for your being overweight?

This is a question that very few people ever really think through, or consider the accurate answer.... If you're in charge of buying, cooking and serving out your food, then it's time to face up to the responsibility and stop putting the blame on others. Even if someone else does all this, and you are simply "presented" with a meal, you are still the only one who is responsible for how much you eat. No-one is actually holding you down and physically forcing the food into your mouth, are they?

Q40. Do you eat regular meals, or do you skip meals and go for long periods of time without eating anything?

Maybe you are a "grazer" and you pick your way through lots of bits and pieces, rather than eating set meals?

Overweight people sometimes think they're doing the right thing when they skip certain meals, but in fact this often works against them, causing their metabolism to slow down! Also, if you graze your way through the day, convincing yourself that you "haven't really eaten anything much" because you didn't actually sit down and eat a proper meal served on a plate, you might be quite surprised at exactly how much food you've got through. The reality is that if you spread out a day's worth of "snacking" in front of you, you'd probably find that you've consumed far more food than if you had actually eaten three meals! The big problem with grazing and eating "hand to mouth" is that you don't give your brain a chance to really register exactly what and how much food you're eating, so the result is your eating becomes totally "mindless", whereas when you have a portion of food served on a plate in front of you, it is so much easier for you to engage your brain and eat "mindfully", being far more aware and conscious of what and how much food you're consuming!

Q41. Do you eat breakfast?

Again, many overweight people fall into the trap of skipping breakfast – usually protesting that they “don’t feel hungry”, and yet for some reason they choose NOT to apply the same logic as the day goes on, and their lack of hunger doesn’t stop them from eating at all sorts of other times! Here are some interesting research statistics to consider.....

A study from the University of Bath (UK) found that people who eat breakfast burn more calories throughout the day and have tighter blood sugar control than test subjects who skipped breakfast.

According to the NWCR (National Weight Control Registry) 78% of people on their register who have lost weight and kept it off for at least a year eat breakfast.

Q42. Do you eat quickly?

Q43. Do you ever find when you’re eating with a group of people you’re the first to finish?

Overweight people tend to be fast eaters. You should be aware that when your stomach sends hormonal signals to your brain that it is full, it can take up to 20 minutes for the brain to receive the signal, so if you eat too quickly you will have already finished your meal before your brain has had a chance to register that you are full, and so you end up feeling uncomfortable because you've eaten too much.

Q44. Are you constantly thinking about food / the next meal? Do you feel as if your whole life revolves around food?

Overweight people often say that they feel as if food fills their head just about every waking minute, and they are sometimes a bit apprehensive about what they are going to be filling their mind space with after they've gone through the GMB process!

Q45. Do you tend to finish everything on your plate? Do you finish off other people's food? (e.g. your children)

Q46. Do you eat large portions at mealtimes?

Q47. Do you ever feel really stuffed after a meal?

Q48. So, imagine you're sitting down to a meal. Would you eat your favourite thing on the plate first or save it till last?

It may seem a strange question but it's a fact that people with a healthy relationship with food eat their meals in a different order to people who don't have that healthy relationship. The slim person thinks when they see the meal in front of them 'I may not get to the end of this meal and I know that the thing I eat first when I'm hungry I'll enjoy the most so I will eat my favourite thing at the front end of the meal. If I'm full before I get to the end and have to leave something on my plate, it really doesn't matter.' The majority of people with an unhealthy relationship with food, of course, will tend to save the best till last. They use it as a magnet to draw themselves to the end of the meal to ensure they Hoover up everything on the plate – whether they're uncomfortably full as they approach the end of the meal or not, they'll always carry on until they've eaten their favourite part.

When you really think about it is it possible that with just a little more thought you could make healthier choices when buying and cooking food, choices that would take you closer to your goal, to that place, that time that you pictured a little while ago when we asked the first couple of questions. That time when you'll feel fitter, healthier, slimmer, wearing those clothes you've so longed for.

Q49. Make a comprehensive list of ALL the things you eat and how often (eg once a month, twice a day, etc)..... Make sure you include everything.....

Q50. Be honest with yourself: Do you think that you eat healthily overall?

How's the onion doing?

Q51. Do you have what you would call 'good eating' days and 'bad eating' days?

Q52. Make a list of what you would eat on a typical 'good' day

Remember to be completely honest with yourself and include absolutely everything, even the odd snack; include all drinks. Remember every time you finish your kids' tea. Each nibble you grabbed from the fridge as you walked past or prepared a meal for someone else.

Q53. Now make a list for a 'bad' day.

Q54. How often do you have 'bad' days?

Q55. What triggers a 'bad' day?

Q56. Do you like to finish off a meal with a dessert?

Why? When people in a restaurant order a starter and a main course then the chances of them ordering a dessert because they're hungry are remote. They may give in to peer pressure, or be intimidated by the waiter, but they're seldom hungry.

Q57. What's your favourite fruit?

It would be far more beneficial for you to start reaching for a refreshing, nutritious piece of fruit, rather than a calorie-dense dessert that is probably full of refined sugar.

Q58. If you're going to snack on something, what would you reach for first?

Think about whether you are a sweet or savoury person.

Q59. Do you feel there's any particular food or food group that's causing your weight problem?

Maybe there will be certain things you might prefer to avoid completely for a while, until you get used to your new eating habits.

Q60. And are there any particular foods you would like to cut down on, or cut out altogether?

Q61. Have you ever given up anything before?

(e.g. sugar / milk / alcohol etc)

Of course if you have given up something in the past then these small changes that you are starting to make will be easy, like a walk in the park.

Real hunger versus desire and craving

Q62. Do you know the difference between hunger, a desire and a craving to eat?

(Real physical hunger can only be experienced when you haven't eaten anything for a good few hours. It's usually signalled by stomach rumbles, low energy, and other symptoms such as irritability or headache.

Desire – is just wanting to eat something because you like the look of it – 'I fancy (whatever it is)'

Craving is usually for something specific – I've got to have some chocolate, or I've got to have a McDonalds.....

Q63. Do you ever eat at times when you're not physically hungry?

Think carefully about what your particular triggers are that start you off reaching for food and make a list of all of them – For instance – do you graze in between your meals, constantly picking? Or while you're watching TV? Do you ever eat just to please someone else (e.g. when eating in a restaurant, or as a guest in someone's home maybe because you don't want to "offend" them)? Or do you eat to distract yourself from something else maybe? Are you a comfort eater – do you eat when you're feeling bored or stressed, happy or sad, celebrating or commiserating etc etc? Really consider why you have been led to believe that food can overcome these feelings.

Q64. Do you eat when you're angry or upset – when you've had a row, for example?

Q65. Are you a secret eater?

When everyone else is out of the house? ie do you eat something and hide the wrapper, hide the evidence? Or even eat in the car on the way home and put the packaging in the bin before you see your family? If so, now is the time to start being very honest with yourself – even if no-one else SEES you eating that food, your own body KNOWS that you've had it, and that's exactly what counts towards all those excess calories building up and resulting in your weight problem!

Q66. Do you prefer to eat on your own?

Q67. Do you eat more when you're on your own, compared with when you're in the company of other people?

As an example would you maybe order a small green salad when you go out for dinner with friends and then proceed to empty the contents of the fridge when you get home?

Q68. Do your slim friends ever say they can't understand why you're overweight because they never see you eat much?

Some overweight people confess that their "slim friends" will often express their surprise at why they are overweight and struggle to lose weight, as the slim friends never actually see the overweight friend eating very much in front of them. The overweight person knows the whole truth of course, which is that they feel embarrassed or uncomfortable eating large amounts of food in the company of other people, especially people who are slimmer than themselves, so they nibble away at a small side salad in front of their friends, but then they will "make up" for this as soon as they are on their own by eating a whole load of food "in secret".

Q69. How much liquid do you drink per day?

Tea / Coffee / Water / Coke / fizzy drinks * Sugar-free drinks** Fruit juice

*(*Do you realise a 330ml can of coke contains 140 cal?)*

*(**Do you realise that after drinking a sweet drink whether sweetened artificially or with sugar, the body craves more sweetness, and often food? Moreover, the effect is greater with artificial sweeteners.)*

Do you also realise you should beware of the amount of sugar – and therefore calories – in fruit juice even though it's natural? It is often better to eat the whole fruit itself instead of just the juice – that way you get less sugar and more fibre, so it also keeps you satisfied for longer too!

Q70. Do you take sugar in your tea / coffee?

Q71. What sort of milk do you use? Full cream Semi Skimmed Soya Other

If you drink tea or coffee with milk or sugar (or even both) grab a calculator and multiply the number you drink each day by 365, and then multiply that by the combined calories in your drinks. You will be amazed how they mount up and even more surprised how by just making one small change you can achieve a big result, example, a person who drinks five cups of tea or coffee a day with semi skimmed milk consumes 15 calories x 5 cups per day x 365 days in a year, a staggering total of 27,375 calories a year, of course if they took a spoonful of sugar as well the figure would rise to 54,750, a weight gain or loss of over 15lb (6.8kg) a year!

A three cup a day coffee habit, complete with two teaspoons of sugar for every cup? Simply by cutting out the sugar creates an annual deficit of over 35,000 calories. This is a potential weight loss of 10lb (4.5kg).)

Next we need to build up a picture and understanding of your current lifestyle.

Q72. Do you have a lot of stress in your life?

Maybe in your job, family etc. If you've identified "stress" as one of your eating triggers, is there anything you could do to reduce your stress levels at all, or are you just going to have to find other, more productive ways of handling your stress, other than simply turning to food?

Q73. How much and what type of alcohol do you drink per week?

See if you can work out the number of units & calories.

Q74. Where and when do you drink alcohol?

e.g. in the evening with a meal / at the weekend etc

Q75. Are you concerned about the amount of alcohol you consume?

Q76. How would you feel about reducing your alcohol intake? Would it affect your social life?

Some people decide to change their usual tipples as a way of reducing their calorie intake.

Q77. Do you take any exercise currently?

Q78. What sort of exercise do you do?

Q79. Do you have any plans to increase the amount of exercise you do?

Remember that the more you move about the more calories you are burning. Don't worry if you hate the idea of joining a gym, or are unable to do anything more strenuous than simply walking a few steps – every little helps. It's important to try and find some sort of activity that you actually quite enjoy doing, rather than forcing yourself to do something that you find really boring and tedious!

Q80. List your five main reasons for wanting to get slim? What concerns you most?

Really take your time to answer this question, think of your onion-peeling; because you will be using these reasons as part of a powerful motivational technique.

Once you've written down the things that are so important to you, you should regard it as a sort of contract with yourself – this is what you want to achieve and why – it's much more effective when you put something in writing, rather than just thinking about it and then pushing it to the back of your mind again. You can then keep copies of this document somewhere handy, so you can whip it out and instantly refresh your memory about exactly where you are aiming to get to, whenever you're in a situation where you are feeling tempted to eat something that you don't need. Use your reasons to decipher what is more important to you – the short-term instant gratification of eating, or the long-term benefits of getting slim.

Feelings about being overweight

Q81. Has being overweight affected your self-confidence?

Q82. Do you feel that being overweight has had any effect on your relationship/s?

Q83. If yes – how?

Q84. Do you enjoy being overweight?



(If you can think in terms of a cost-benefit analysis, could you think of any downsides to changing your habits? For example, you might have to find something else other than eating to relieve boredom, you won't be able to give yourself the excuse that you're upset and want a bar of chocolate. This is going to require a certain amount of effort rather than remaining as you are now. What downsides can you find? How will you deal with them?)

Q85. Can you think of any benefit in maintaining your current weight?

(e.g. maybe your weight has been a protective shield from any unwanted attention.....)

Q86. If you had to place yourself on a scale of 1-10, how certain are you that you want to make the change?

Hopefully the pros of shifting your excess weight will outdo the 'cons' of staying the way you are. Give yourself some time to think about this. Where are you on the scale?

Q87. Also using a scale of 1-10, how confident are you that you can make these changes?

(Think about what you've achieved in the past when you've put your mind to something. A school sports day win? A good grade in an exam? Passing your driving test? Anything so important to you that you put your mind to it, made an effort and achieved what you wanted. You should approach this with the same attitude. Remember even small changes will add up to a big result in the end.)

Q88. So how confident are you now that you can make changes?

Now to look at your innermost feelings about your weight, the often-negative effect it has had on your confidence, and the part it plays in your relationship with your partner or other family members.

Making the Commitment

Whilst some of the questions that follow may seem strange, you should spend a considerable amount of time thinking them through and considering how the answer to one question affects your thoughts on the next.



Q89. Are you concerned about your health and the implications of your weight not only on yourself but your family and loved ones?

Q90. Are you happy with your life?

Q91. If you could change one thing in your life, right here, right now, other than your weight, what would it be?

(This question is probably one of the most important of all. You cannot spend too much time thinking about and analyzing the answer you're going to give.)



Q92. How long do you want to live?

Q93. Why?

Q94. Are you afraid of dying?

Q95. Who is important to you?

Q96. Who are you important to?

Q97. Are you committed to losing weight?

Q98. What is stopping you?

(The use of fear in therapy seldom helps achieve permanent change; however we want you to be aware of the risks of diabetes, stroke and certain cancers that go hand in hand with obesity. When you talk about the risks, the pain, the desperation many people go through regarding their weight, and you ask them 'is the burger or whatever really worth that?' Can they really think it's that good?' Losing weight is not rocket science, it is not in itself expensive, it's not painful, its benefits can last a life time, and virtually everyone can achieve it.)

Q99. Are you prepared to accept the consequences of your actions?

The final question maybe sums it all up, are you prepared to accept the consequences of your actions in life? If you are, and you are ready to make a few - some only temporary - changes, then really there is no reason why your journey should not start right here, right, now.

Learn to hold yourself accountable, for all your actions.

Face to face, in the clinic, it would take a minimum of four hours to harvest the information required from this questionnaire. You're reading the questions yourself, so you're not talking to someone, hearing their responses, getting feedback, having the question reflected back in a different way, etc. However as you complete this on your own; it's important to be thorough and completely honest, thinking back to your childhood where appropriate because, as we said earlier, many issues, bad habits and the seeds of distorted thinking often stem from that time in all our lives.

Once you think you've finished, go back and check your answers. Make sure you've been honest. Change anything you think you need to. How could the issues the questions ask you have affected your eating habits? Your behaviour around food?

Here and now, at this very moment, you're at a crossroads in your life. You've obviously had enough of being overweight, feeling frumpy, unhealthy, struggling to climb stairs, being fed up with your limited choice of clothes. Feeling embarrassed in front of your husband/wife/children's friends. Feeling depressed at the very sight of a mirror. You've got to the decision point. It's crunch time.

You don't need reminding you did this to yourself, but you're open to suggestions as to how to change. You've probably now admitted there's something wrong that dieting hasn't sorted out. You needed to bring forgotten things to the surface. That's why honesty was so important. If you've been saying you live on salads but are actually a burger and fries junkie, it won't help you one bit because you'll end up completely off track.

Look at yourself as if through someone else's eyes. How much excess weight are you carrying? What would you advise? What would you do? What would you think of that person? What would you say if it were your brother, sister, or your best friend? If you're upset by these thoughts, that's not unusual. But you need to see yourself as others see you, because going forward during our sessions what we're striving to do is get you to the right place for you (not us) to bring about change.

Finally, you are not alone, we are with you, and will stay with you 100% of the way.