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Weight Worries – Worksheet

Weight Worries is all about the anxieties and fears that come up due to various pressures we experience in connection with losing weight and how this is linked to our emotions, thoughts, or beliefs. Answer these questions honestly to understand how the weight of weighing yourself worries you.

1. What do you feel when you weigh yourself?

Write this down

2. What makes you happy when you weigh yourself?

Write this down

3. What makes you sad when you weigh yourself?

Write this down

4. How have you let your weight on the scales determine your self-worth?

Write this down

5. What is the relationship between the scales and your mood?

Write this down

6. How has weighing yourself made you want to give up?

Write this down

7. How has weighing yourself made you want to continue?

Write this down ...

8. How can you still believe in yourself and love your body, and not be attached to the number on the scales?

Write this down

9. What makes you feel pressured to lose weight?

Write this down ...

10. Who makes you feel pressured to lose weight?

Write this down ...

11. How has the pressure to lose weight made you feel controlled?

Write this down ...

12. How has the pressure to lose weight supported you to lose weight?

Write this down ...

13. How has the pressure to lose weight not supported you to lose weight?

Write this down ...

14. How has the pressure to lose weight made you feel stressed?

Write this down ...

15. How have you felt confused by which diet to choose or not?

Write this down ...

16. How have you felt overwhelmed, by not being able to decide on a diet or exercise plan?

Write this down ...

17. How has your need to get it right, kept you from taking any action?

Write this down ...