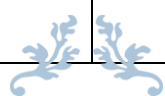


LET'S HAVE A CONVERSATION

This worksheet can help you and your dietitian explore the weight-neutral approach.

Exploring your perspective	
Is losing weight something you want to do or something you think you should do?	
What messages have you heard about weight loss and the connection between weight and health?	
How do you think life would be better if you could lose weight or keep it off?	
Reviewing your experience	
What have you tried in the past to lose weight? Did it work and was it sustainable?	
How do you feel when you weigh yourself? What happens?	



The constant societal messaging about the importance of being thin or having a certain body type has created the inaccurate assumption that weight and body size are directly associated with happiness, health, value, and success.



Let's reframe	
What if your weight didn't change but you were able to improve your relationship with food and your quality of life?	
Besides weight, what are some other ways you could measure change or progress?	

Progress or 'success' could be measured by changes in energy level, mood, thoughts and behaviors around eating, activity level, and/or sleep patterns.

Using these measures lays the foundation for a health-centric approach that prioritizes emotional, spiritual, intellectual, and comprehensive physical self-care over weight.

Let's consider the alternatives	
Rather than focusing on a weight-oriented goal, let's use our time together to explore changes you can make that will leave you feeling better and living more healthfully, no matter what you weigh.	



Although people may lose weight at first with traditional weight loss interventions, research indicates that the majority of them gain it back—and some gain more than they lost. In fact, the most common outcome of weight-focused interventions is actually weight cycling, which may be more harmful than not losing weight in the first place.

