

Diet's Don't Work®

Check the items that are causing you a problem in your life.

- Identifying feelings
- Worry
- Grief
- Perfectionism
- Guilt
- Shame
- Resentment
- Jealousy
- Shyness
- Anger
- Self-confidence
- Control
- Self esteem
- Assertiveness
- Aggression
- Eating
- Smoking
- Alcohol
- Sugar
- Gambling
- Spending
- Relocation of Home
- Hopelessness
- Depression
- Obsessive thoughts
- Anxiety
- Changes
- Panic
- Academic problems
- Relationship with child
- Relationship with parents
- Relationship with spouse
- Relationship with siblings
- Authoritative figures
- Legal issues
- Sleep
- Dreams
- Rebellion
- Defiance
- Passiveness
- Dependency
- Isolation
- Fear
- Drugs
- Fear of the Future
- Racing thoughts
- Unorganized
- Overwhelmed
- Body Image
- Rage
- Avoidance
- Marital problems
- Phase of life
- Relaxation
- Sexual identity
- Lack of Sexual Arousal
- Abuse
- Childhood trauma
- Trauma in adulthood
- Divorce

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- Hyperactivity
- Spirituality
- Goals
- Attention span
- Dyslexia
- Impulse Control
- Phobias
- Conduct
- Suicidal thoughts
- Aging
- Poor memory
- Physical disabilities
- Pain
- Chronic fatigue
- Tremors
- Medical Condition
- Relationship breakup
- Pet
- Birth of child
- Miscarriage
- Unemployment
- Lack of exercise
- Exercise to extreme
- Parenting
- Grandparenting
- Lack of hobbies
- Self-worth
- Fun in life
- Abandonment
- Abandonment of self
- Lack of energy
- Relationship with co-workers
- Reading ability
- Writing ability
- Sarcasm
- Retirement
- Shaky if hungry
- Laxative use
- Use of Diuretics
- Dizziness
- Afraid of heights
- Afraid of animals
- Afraid of bugs
- Afraid of water
- Afraid of reptiles
- Afraid of dark
- Afraid of crowds
- Claustrophobic
- Stress
- Headaches
- Sleepy during the day
- Dating Skills
- Nervousness
- Boredom
- Education
- Irritability
- Relationship with step family
- Concentration
- Self-control
- Commitment

Diets Don't Work®

Check the items that apply to you.

- I say “yes” when I really would like to say “no”.
- I take care of other people better than myself.
- The only way to make a craving go away is to eat whatever I am thinking about.
- I am too busy to eat right.
- I'm too busy to exercise regularly.
- I eat extra helpings of diet, low-fat or low calorie type foods.
- I tend to overeat if I have sugar or carbohydrates.
- Most of the day, I feel insecure.
- Eating is one of the few pleasures in my life.
- My weight makes me feel like a failure.
- I head straight for the refrigerator after work.
- I am uncomfortable expressing my feelings.
- Food or caffeine is a way I give myself energy when I'm too tired to continue.
- I have gone to unusual lengths to get the food I'm craving.
- I haven't felt physical hunger in a long time.
- I have reached the point where I'm afraid that I will never lose my excess weight.
- I don't like the way food feels in my stomach.
- I'm so overworked I feel that I could collapse.
- I overeat when I'm feeling emotional.
- I would like to be more confident.
- I am out of touch with my appetite.
- Once I start eating I can't quit.
- I skip breakfast.
- I eat mindlessly in front of the TV.
- I don't know when I am hungry or full.

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- I am unhappy with my Self.
- I want to lose weight to please someone else who is important in my life.
- I sometimes worry that I won't get enough food.
- Sometimes, I'm afraid I will not stop eating once I start.
- When I receive positive attention after losing weight, I start gaining the weight back.
- I experience afternoon headaches.
- I drink ____ cups of coffee during the day.
- I feel very tired after a meal.
- I wake up in the middle of the night.
- I eat in the middle of the night.
- I feel anxious when I think about eating.
- I hide my favorite foods.
- I often feel overwhelmed.
- I regularly drink alcohol.
- I get sleepy around 3:00 pm.
- I cry for no reason sometimes.
- I drink ____ sodas during the day.
- I feel faint when I'm hungry.
- I eat when I am nervous.
- I experience feelings of "loss of control."
- I have a lack of sex drive.
- I have a lack of energy.
- I experience poor memory and have trouble concentrating.
- I have gone to unusual lengths to avoid being around food.