

QUESTIONNAIRE ON CRITICAL AND SABOTAGING THOUGHTS

Check off the statements which are recognizable and applicable to you. They can be statements which perfectly match what is in your mind, but also statements that are similar to your thoughts. You can check off these statements, as well.

Diversions tactics

- I have to be in the right mood to start working on my eating habits.
- First I have to finish eating what's in my cupboards.
- I can't afford a new wardrobe.

Downplay and denial

- It won't come to that.
- I haven't had any health problems yet, so it's not all that bad.
- It should be okay for the time being.

Unrealistic expectations

- Next year I'm going to drastically change my eating habits.
- Starting January 2, I'm going to cut my calorie-intake in half.
- I'm never going to eat sweets again.

Playing the victim tactics

- I am helpless and/or I haven't got the strength.
- I need food to numb my feelings.
- These things never work out for me.

Need more information first

- Maybe I should read up on it first.
- First I would like to attend an informative meeting.
- First I would like to hear what my sister's experiences are.

It is impossible

- It is not doable. It is too hard.
- I'm going to stay fat anyway.
- This problem is unsolvable and/or others haven't been successful either.

Changing nothing

- I've been eating like this for years; I won't be able to change.
- I hate exercising, so getting more exercise won't work for me.
- Doing something new is too complicated.

Putting things off

- I'll think about it after the holidays.
- Do something about my eating habits? I'll decide after the summer vacation.
- First that party, that wedding, that weekend away and then...

Letting it run its course

- What a hassle, I don't feel like it.
- Why should I torture myself, it is bad enough as it is.
- All of that effort rarely leads to lasting results, so why should it work this time?

Setting unclear goals

- I'll try to get started on this book next month.
- I should pay more attention to my eating patterns.
- I don't have enough time to develop concrete plans and goals.

Shifting the blame

- I live with a glutton so it's not my fault that I'm getting fat.
- My husband/mother does the cooking so I'm dependent on him/her.
- It runs in the family, so I can't do anything about it.

Being noncommittal

- It might be a good idea to change my eating habits.
- I should do something about it.
- It would be great if I could finish this training course.

Other: Which sabotaging thoughts do you recognize that you don't find in the list?

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How many sabotaging thoughts did you check off?

The more statements you checked off, the stronger your inner saboteur's influence.