

Mental Health Break



Castleberry & Associates
Counseling and Testing Services, LLC

Body Image Series

[Video 5: Will losing weight make me happy?](#)

Accompanying resource:

Evaluating Weight-Loss Motivations



*Created by Erica Castleberry, PhD, and Christopher Guider, LMHC.
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Evaluating Weight-Loss Motivations

Complete the questionnaire below.

Answering one or more questions with a “yes” indicates that losing weight may not be advisable without further examination of your goals and external support.

Motivation Checklist	No	Yes
Are you currently in good physical shape?		
Are you generally in good physical health?		
Is your weight in the “normal” range (BMI 18.5 – 24.9)?		
Do you see weight loss as a path to self-respect, acceptance, or love?		
Do you aspire to an arbitrary beauty norm through weight loss?		
Are you willing to neglect nutritional or caloric needs when losing weight?		
Are you hoping to lose weight rapidly?		
Would you be willing to avoid entire food groups?		
Will your weight loss plan forbid occasional indulgences?		
Are you considering a fad diet or unsustainable weight loss plan?		
Will your eating plan prevent you from socializing with others?		
Do you have a history of an eating disorder?		

To ensure your weight loss goals are healthy, sustainable, and for the right reasons, please consult with a registered dietitian.