

Is this program right for you?

Thoughtfully answer the following questions...

- 1 🍷 Do you feel you eat beyond your need for physical nourishment?
- 2 🍷 Do you feel that you use food to deal with uncomfortable feelings rather than simply as fuel?
- 3 🍷 Do you believe that if you don't keep close tabs on what you ate, shouldn't have eaten, are going to eat, how much to eat, calories, fats, carbs, etc, you will lose control of your weight?
- 4 🍷 Do you ever consume large quantities of food at one time in an attempt to change the way you feel?
- 5 🍷 Do you feel you eat because of stress or depression?
- 6 🍷 Have you lost weight in the past only to regain it with interest?
- 7 🍷 Is it your belief that there are certain foods you must avoid completely because they'll trigger you to lose control?
- 8 🍷 Do you consider how much to eat based on how much exercise you've done or plan to do, or vice versa?
- 9 🍷 Have you tried eating unlimited amounts of "free foods"?
- 10 🍷 Have you ever tried to distract yourself (take a walk, do deep breathing) or use substitutes (caffeine, water) to get rid of the desire to overeat?
- 11 🍷 Do you ever allow yourself a "free day" or "reward" yourself doing well on your eating/exercise plan?
- 12 🍷 Do you feel that you'd find peace of mind if you could just lose the weight?
- 13 🍷 Do you ever feel hopeless, like you'll never overcome your struggle with weight?

If you answered yes to 2 or more of the above questions, Beyond Compulsion may be for you. Call to schedule your free consultation...503.502.9340.