

PERSONAL PERCEPTIONS QUESTIONNAIRE

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| 1. | Are you afraid of disappointing others? | Yes | No |
| 2. | Do you believe that once you reach a certain size or weight you'll be happy? | Yes | No |
| 3. | Do you frequently look for a shortcut or an easier way to achieve what you want? | Yes | No |
| 4. | Do you frequently use excuses to get yourself out of doing what it takes to reach your goals? | Yes | No |
| 5. | Are you often impatient with slow results? | Yes | No |
| 6. | Do you ever consider giving up when you experience minor setbacks? | Yes | No |
| 7. | Do you often procrastinate? | Yes | No |
| 8. | Are you afraid of change? | Yes | No |
| 9. | Do you typically choose immediate gratification over reaching your long-term goals? | Yes | No |
| 10. | Do you ever use family, relationship or work obligations as an excuse not to take care of yourself? | Yes | No |
| 11. | Do you ever blame something or someone else for your inability to reach your goals? | Yes | No |
| 12. | Do you ever feel that you don't deserve to be happy or successful? | Yes | No |