

EAT ANYTHING

Painful Word, Words & Phrases

Fill in this table with painful word, words and phrases associated with being overweight with the various aspects of your life. Feel free to add your own aspects as well further down the page.

Aspect	Question to ask yourself	Word, Words & Phrases
SLEEP	How do you feel when you get a poor nights sleep?	
WORK	What is it like knowing you may not get that promotion or new job because of your current weight? What job opportunities are you potentially missing?	
STRESS	How is your ability to deal with stress at your current weight?	
SEX	How do you feel currently now at your current weight about your sex life?	
ILLNESS	What is it like having frequent colds, flus and other illnesses?	

EAT ANYTHING

SKIN	What imperfections do you have on your skin as a result of you being the weight you are now?	
MIND	What is your mind and thoughts like at your current weight?	
ATTRACTIVENESS	What is it like to be ignored from the gender of your choice?	
MOOD	What is your mood like right now at your current weight?	
SOCIAL	Is your weight holding you back when it comes to socialising? Explain how.	
FITNESS	What is your fitness levels like? What impact is it having on your life?	

EAT ANYTHING

FAMILY	How do your family members treat you in regards to your current weight?	
LIFE LONGEVITY	How long do you see yourself on this planet? How does it compare to others you know?	