

HELLO SCALE WORKSHEET

Number today: (e.g., 250) _____ .

1. How do I choose to feel about this number? (e.g., angry)
2. What do I believe this number means? (e.g., that I am going to be fat for the rest of my life)
3. What is the truth? (e.g., I do not have to always weigh 250, I have the power to change my weight)



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4. Could I peacefully own this number as a fact and not a statement about my life? (e.g., Yes. I happen to weight 250 right now, but this is not an indicator of anything to do with the rest of my life)

5. Describe what it feels like factually and without judgement to be in a body that weighs this number. (e.g., uncomfortable, tired, bigger than others)

6. What can I choose to believe that is empowering ? (e.g., This is my starting point, and I will lose this weight permanently this time and never weigh 250 again I am capable of changing this reality)

7. What can I do to prove this belief system true? (e.g., Eat on the hunger scale, be willing to feel my feelings instead of eating)

