

SLENDERSIZE QUESTIONNAIRE

You must be totally committed and willing to take control and full responsibility for your life and *all* your actions. Unless you can truthfully say you are **100%** committed to the achievement of your goal - today is *NOT* the day to begin this journey.

1. Current Size _____ Goal Size _____

2. Goal Date _____ I chose this date because _____

3. When I think of my self I see me as _____

4. Today is THE perfect day to start because _____

5. _____ percent of me wants to achieve this goal because _____

6. _____ percent of me wants to continue overeating because _____

7. I eat because I am _____

8. The time(s) of day I am most tempted to eat _____

9. The foods I am most tempted by _____

10. What are the reasons we should NOT do this *today*? _____

11. _____ percent of me is COMMITTED to achieving my goal by my goal date.

12. Hypnosis can do only what I expect it to do. My expectations are:

13. I am going to make that happen by _____

I understand that it is your responsibility is to give me suggestions compatible with the achievement of my goals. My responsibility is to accept those suggestions and to act upon them as suggested. I am the only one who has the right to make the choices and decisions that affect my life. My choice, my decision, is to accept and act upon the suggestions you give. Let's begin!

Signature

Date