

Mental Well-Being Questionnaire

Name: _____

Check all that apply:

	1 st eval.	2 nd eval.	3 rd eval.	4 th eval.
Date				
I feel bad about myself.				
I can't forgive myself or others.				
I think there's something wrong with me.				
I have too many bad habits and I can't seem to break them.				
When it comes to being healthy, I don't even know where to start.				
I don't have any willpower or real, lasting self-control.				
I am lonely and don't have any support.				
I'm afraid I don't have the ability to change.				
I cannot change the way I have lived my whole life.				
I have too much baggage.				
I tend to eat emotionally for any and every reason: happy, sad, anxious, mad, bored or empty.				
There is too much social pressure, I don't think I can handle it.				
I don't have anybody who cares about me; why should I care about myself?				
The mere thought of living without certain comforts makes me depressed.				
I've lost weight before, but I don't have discipline or strength to keep it off.				
I've been overweight my whole life; I'll never be able to lose it.				
I'm too overwhelmed to make any significant changes in my already too-stressful life.				
I have many painful things in my past that I am not sure I can face.				
I'm broken.				
On the outside, it looks like I'm fine; but in reality, I'm not all that together.				
It's all just too much.				

Practitioner Notes: _____

