OPTIFAST VERY LOW CALORIE DIET®
Lifestyle Series
WITH DR CAL PATERSON
Clinical Psychologist

Worksheet 3: Core competencies for weight management

The 5 Hidden Trapdoors of weight *loss.*

- There are five key skills and without them, managing weight can become more difficult over time.
- These skills do not bring about weight loss themselves - they are pre-existing and you can develop them before you start.

Core competencies for effective weight management

Skill 1: Recognising hunger

Can you tell the difference between physical hunger, and mental cravings or other bodily sensations? (circle)

0 1 2 3 4 5 6 7 8 9 10

I can't recognise hunger at all

Perfect at recognising

Skill 2: Ability to choose what you eat

Do you feel able to consciously and deliberately choose what you eat, when it's time to eat?

0 1 2 3 4 5 6 7 8 9 10

I can't control my food choices

I find it easy to make choices

Skill 3: Ability to leave food uneaten

Are you comfortable discarding unwanted food, leaving it uneaten on the plate?

0 1 2 3 4 5 6 7 8 9 10

I can't bear to let go to waste

I have no trouble leaving food uneaten

Skill 4: Access to treats, rewards and comforts that are not food or drink

Do you have pleasurable, comforting or rewarding activities or things in your life that do NOT involve food or drink?

0 1 2 3 4 5 6 7 8 9 10

Food/drink is the only source of comfort and pleasure for me

I have many other things that feel good

Skill 5: Marching to the beat of your own drum

Are you able to be the 'odd one out' in a group, for example, the only person at the table eating, when others aren't, or the only one not eating, when others are?

0 1 2 3 4 5 6 7 8 9 10

I really struggle to do my own thing around other people

I have no trouble doing my own thing around others

Your score out of 50: