



PRE-OP VIDEO ONE HOMEWORK

WLS is Like a Wedding

Mind Prep is designed to help prepare you for the non-medical aspects related to weight loss surgery. In the first video I noted that the surgery itself comes and goes very quickly. Your journey through weight loss and behavior change is designed to lead you to your ultimate goals: sustained weight loss, improved health and a greater quality of life. These things require effort on a daily basis, every day, a day at a time, for the rest of your life. You need to start preparing your mind – today – to think in terms of lifestyle change for the long haul!

This “homework” will help you with your preparation!

Answer the following questions in a journal (one you buy or one you create online). Take as much time as you need in order to answer the questions. Keep the journal for years to come... it will make for very interesting reading in the next weeks, months and years as you proceed along your weight loss journey!

Some of the “homework” exercises may be emotionally difficult for you. If you find yourself feeling intense emotions or feeling overwhelmed, it might be a good idea to talk to a therapist as you go through this process. By all means, if, at any time, you have thoughts of self-harm or of hurting anyone else, seek immediate medical attention. I certainly don’t anticipate that, but it’s my professional responsibility to mention it!

Homework:

- 1. Why now? What is going on in your life that you are considering/preparing for weight loss surgery at this particular time? As I noted in the video, Andy Stanley stated that people aren’t really motivated to make changes until there’s a problem. Have there been increasing health problems related to your weight? Have there been issues in your personal relationships that are related to your weight? Have you had problems with your job that are related to your weight? What specifically is going on in your life at this time that you decided you wanted/needed to have weight loss surgery at this time? The answer to these questions can be used to help motivate you at times in the future when you feel like “giving up” or “giving in” to old habits. So refer to this homework in the future!**
- 2. Who are the people in your life offering support for your weight loss surgery? Are there any people discouraging you from having it? What do you plan to tell those people who do not support you about your decision to have the procedure? You may want to ask some people at a local or online WLS support group how they dealt with this. Take time to write down your response so if people try to discourage you, you know what you will say to them.**

3. In this video, I talked about how WLS is like getting married. What are some things you feel enthusiastic about related to your weight loss surgery? What are some things you have doubt about? Write out your responses. Talk with the medical and mental health professionals at your bariatric center and get additional feedback related to any doubts you have.
4. What are your specific and personal goals related to losing weight AND keeping it off? Remember to be specific here...
- a. For example, write, “I plan to be able to walk around the block,” rather than, “I want to move.”
 - b. For example, write, “I plan to fly to CA without a seat belt extender and walk through Disneyland with my grandkids,” rather than, “I want to see my grandkids in CA.”
 - c. For example, write, “I will maintain a minimum of a 100 pound weight loss for the rest of my life,” rather than, “I’m going to lose 100 pounds.”
5. Andy Stanley said, “Commitment is overrated! If you commit to something you can’t do, the commitment is worthless. If you make a promise to do something you’re unable or unprepared to fulfill, the promise is worthless.” He also said, “YOU CANNOT AUTOMATICALLY CHANGE. A LACK OF PREPARATION CANNOT BE TRUMPED BY A PROMISE.” List five to ten healthy changes you are making in preparation for your weight loss surgery that will increase your chances of following through with those changes after the surgery.