



PRE-OP VIDEO FOUR HOMEWORK

Emotional and Mental Health Issues and WLS

In Pre-Op Video 4, I talked about the fact that most people don't want to talk about emotional issues they have – especially before surgery, when they just want to have their procedure. Weight loss surgery results in rapid reduction of weight, but does nothing to deal with mental health or emotional issues. Addressing emotional and mental health issues CAN mean the difference between maintaining weight loss and experiencing weight regain.

In this video, I told the story of being born into the world a full cup, a fully 'authentic person.' You were born full of all of the 'good stuff' you need to be happy in this world - full of love and kindness, joy and self-esteem, wonder and delight, compassion and generosity, faith and wisdom. As you grew, some of your good stuff was spilled - some by parents, some by mean kids at school, and some by complete strangers. You may have used food to try to fill the cup back up. What happened instead was... You got heavier and heavier. You were no longer the person you were born into this world to be. Now – on your road of Recovery From Obesity, you can change your focus to becoming the person you were born to be as you fill your cup back up! You do this by talking about whatever has happened in your life to hurt you.

Homework:

- 1. Make a list of some of the ways you were hurt in your life, both related to, and not related to your weight. Were you neglected, abandoned, or abused? Were you teased, picked on or called names? Did teachers, coaches, other adults pick on you or hurt you? Did you use food as a way to try to deal with the hurt? Did you develop an emotional relationship with food to try to ease the pain? If you did, know that you're not alone and that you did what you could at the time to protect yourself. The great news is that you no longer need FOOD to fill your cup.**
- 2. Give thought to your previous weight loss efforts. Write out the answers to these questions:**
 - a. Have emotional issues prevented you from following through with sustained EFFORTS to keep your weight off when you've lost weight in the past?**
 - If so, be sure to address those issues while you're getting ready for weight loss surgery. You don't want them to lead to regain afterwards.**
 - b. What purpose(s) has your obesity served in your life? Did it protect you from physical intimacy? Did it allow you to isolate yourself so you didn't have to interact with others?**

Knowing the answers to these questions will make it easier to consistently choose healthy behaviors as you recover from obesity!

All comments regarding MindPrep and/or the homework are appreciated.
Please email comments to info@mindbodyhealthservices.com. Thank you.