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## *How to manage your thoughts about the scale.*

I recommend that you weigh every day. This can be scary at anytime during the weight loss journey but especially at the beginning. Some of us feel that if we don't know our weight, we don't have to address our weight. Some of us feel a profound sense of sadness when we see a number that is higher than what we would like. I want you to get comfortable with your scale and with your weight. Remember, your weight is just a measurement like blood pressure or pulse rate. It is your gravitational pull on the earth. It does not hold any emotional significance on its own. It is a neutral number. In order to get you used to the scale and weighing daily, I have a series of questions that will allow you to start looking at your thoughts about your weight.

1. What does your weight mean about you as a person?

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2. How do you feel about your body right now?

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3. What would you like the scale to read? Why?

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4. How will you feel if you weigh less than you think? Why?

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5. What will it mean for you, as a person, if the scale doesn't change?

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6. Can you envision yourself at your goal weight? Why or why not?

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7. How do you want to think about the number on the scale?

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8. What will you have to do for the number on the scale to become neutral?

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9. Write down 3 things that you love about your body.

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You may have to do this worksheet every time you weigh for a while. Sometimes you may have to do this worksheet when the scale doesn't move. Anytime you are feeling an emotion about your weight, you should do a scale worksheet. Remember it is not the scale making you feel negatively about yourself or your body, it's your thoughts about the number. See how changing your thoughts can change your experience without having to change the circumstance?