

④

# SHAPEDOWN



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## The SHAPEDOWN Tasks

1

### ME

1. I love and value myself.
2. I accept my genetic body build.
3. I am aware of my feelings so I know what I need.
4. I recognize my needs and am committed to filling them.

### MY HEALTH

5. I fill my life with pleasure from people and activities.
6. I create for myself a physically active lifestyle.
7. I eat when I am hungry and stop when I am just satisfied, not full.
8. I choose a diet that is healthy but not depriving.

### OTHERS

9. I connect with others by telling them my true feelings and thoughts.
10. I receive from others by asking for what I need from them.
11. I say "no" to people, places and things that aren't good for me.
12. I let go of the things over which I have no control.

You have just learned what we consider to be the truth about losing weight. We think you are ready to hear this truth and to work toward mastering these SHAPEDOWN tasks or you wouldn't be in this program.

Although you may always be close to your family, you are now making many more inde-

pendent decisions. During this time of moving toward adulthood, you need to develop skills in how to manage your feelings, relationships and health.

That is exactly what you have the opportunity to do in SHAPEDOWN.

## PRACTICE

Please rate yourself for each of these tasks. How often in the last week did you feel or do these things?

# SHAPEDOWN

1

## The SHAPEDOWN Tasks

In the last week:

### ME

never

always

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. I loved and valued myself.                               | 1 | 2 | 3 | 4 |
| 2. I accepted my genetic body build.                        | 1 | 2 | 3 | 4 |
| 3. I was aware of my feelings so I knew what I needed.      | 1 | 2 | 3 | 4 |
| 4. I recognized my needs and was committed to filling them. | 1 | 2 | 3 | 4 |

### MY HEALTH

- |   |   |   |   |   |
|---|---|---|---|---|
| 5. I filled my life with pleasure from people and activities.               | 1 | 2 | 3 | 4 |
| 6. I created for myself a physically active lifestyle.                      | 1 | 2 | 3 | 4 |
| 7. I ate when I was hungry and stopped when I was just satisfied, not full. | 1 | 2 | 3 | 4 |
| 8. I chose a diet that was healthy but not depriving.                       | 1 | 2 | 3 | 4 |

### OTHERS

- |   |   |   |   |   |
|---|---|---|---|---|
| 9. I connected with others by telling them my true feelings and thoughts. | 1 | 2 | 3 | 4 |
| 10. I received from others by asking them for what I needed from them.    | 1 | 2 | 3 | 4 |
| 11. I said "no" to people, places and things that weren't good for me.    | 1 | 2 | 3 | 4 |
| 12. I let go of the things over which I had no control.                   | 1 | 2 | 3 | 4 |

Total Score \_\_\_\_\_