



Is Bariatric Surgery Really Right for Me?

Your responses to the below all-important questions are for your eyes only, so please be completely honest.

In addition to helping you be sure that this life-changing procedure is right for you, your responses will help you get more out of your bariatric doctor, dietician and psychologist visits. Countless patients have also said that when post-bariatric surgery life gets tough, reviewing their responses to these questions has helped them get back on track.

Let's get started...

First, make a list of all the reasons why you want to have bariatric surgery.

Is it to improve health problems? To help foster relationships? Make dating easier? To get rid of the stares and discrimination? Be specific, include examples of each goal and write down how each of these reasons make you feel now. (If you need more space for any section, turn over this piece of paper and write on the back or get out a separate sheet.)

Reasons you want bariatric surgery	How do these issues affect you now? Include specific situations and how they make you feel.

(more space provided on next page)



Reasons you want to have bariatric surgery (continued)

Reasons you want bariatric surgery	How do these issues affect you now? Include specific situations and how they make you feel.



Bariatric Surgery Source

Next, write down everything you've done in the past to try to lose weight.

List every diet and exercise program. How long did you commit to each? Try to remember every diet or exercise program you've ever tried. List them all before moving on to the third column.

After you've written down every program, try to remember specifically what went wrong with each. Why didn't it work? Was it too restrictive? Did your emotions make it impossible? Did the holidays get in the way? Be as specific as possible and include examples.

Diet or Exercise Program	How long did each last?	What went wrong? (complete the first 2 columns before answering this for each program) Be as specific as possible.

(more space provided on next page)



Diet and exercise programs tried in the past (continued)

Diet or Exercise Program	How long did each last?	What went wrong? (complete the first 2 columns before answering this for each program) Be as specific as possible.