

JOURNALING EXERCISE (DOC-17)

We strongly recommend that you start a journal to accompany you through your journey. Along with pictures, measurements and milestones, the journal will help you put into words the changes that you are going through. You will treasure this work and will be glad to flip back the pages to see your transformation. To get you started, we have given you a few exercises for you to complete. This is your journal; nobody is going to ask you to share it with anyone, unless you want to do so. Be truthful and honest with yourself and have fun writing down on paper the struggles, the surprises, and the accomplishments. You will also find a table to record your measurements, weights, etc. These journal entries will be a great tool to look back on as you progress through your changing new life. You might also redo the following exercises at your yearly anniversaries to see how you have changed!

If you would like to expand on a thought please use another piece of paper.

What I like most about myself is:

I feel my best when I ...

I look best when I ...

I smile the most when I ...

What I believe people like best about me is ...

What I do to enhance all of the good qualities in me is ...

What I have done to improve my self-esteem and self-image since surgery is:

When I look in the mirror I am a different person and what I like about this person is:

What I don't like about that person is:

What I plan to do in the future to improve my self-esteem and self-image is:

How do I feel about myself?

What kind of friend am I to myself?

How do I feel about my body now?

The most difficult situation I have had to deal with since surgery is ...

When dealing with my significant other I have had to help them adjust by ...

When I look in the mirror and still see myself as being "fat", what I do to help me overcome that feeling is to ...

My significant other tries to help me adjust by
