The H.E.R. Program Intake Questionnaire

This form is designed to help me learn more about you, and perhaps help you gain some more self awareness too. These questions will help me understand who you are as a person, outside of simply someone struggling with eating issues. Furthermore, our experiences over our lifetime shape the habits, beliefs and feelings that we have. It's important to understand the whole picture of a person. The answers to these questions will give me valuable insight into what areas to explore with you during the H.E.R. Program to ensure we address together all the areas that are likely most affecting you.

**Name:** **Date Completed:**

**Occupation**:

**Marital Status**

\_\_\_\_\_ Single

\_\_\_\_\_ Married

\_\_\_\_\_ Divorced

\_\_\_\_\_ Widowed

**How do you spend the majority of your free time?**

**What do you like to do for fun?**

**What is your level of satisfaction with your relationships? (1 = very unsatisfied, 10 = very satisfied):**

**What is missing in your life to make it ideal?**

**What are three positive goals you’d like to achieve?**

1.

2.

3.

**How will your life be different when you achieve them?**

**What is your current weight status?**

\_\_\_\_\_ Normal weight

\_\_\_\_\_ Underweight

\_\_\_\_\_ Overweight

\_\_\_\_\_ Obese

**When did you first start to struggle with your eating?**

**What was your food environment like growing up? Check all that apply.**

\_\_\_\_\_ My parents were very strict about food and had rules about what I could eat.

\_\_\_\_\_ My parents were very relaxed about food rules in the home. I could eat whatever I wanted.

\_\_\_\_\_ I lived in a home where there was a lot of scarcity of food. Sometimes I felt hungry because there wasn’t enough food.

\_\_\_\_\_ I live in a home stocked with snacks and foods. I could go and grab food whenever I wanted

\_\_\_\_\_ I was shamed and scolded for the foods I ate.

\_\_\_\_\_ I would sneak or steal food that I wasn’t supposed to have.

\_\_\_\_\_ My siblings could eat whatever they wanted, but my food was controlled.

\_\_\_\_\_ I was put on a diet at a young age.

\_\_\_\_\_ Weight was a topic and an area of focus in my household.

\_\_\_\_\_ My family and peers made comments about my weight and body.

\_\_\_\_\_ I observed my parents struggle with weight, go on diets and have eating/body issues.

\_\_\_\_\_ Food was an important part of my family culture. We gathered around the table to eat together.

\_\_\_\_\_ Food and cooking was how my parents and grandparents showed love.

\_\_\_\_\_ Food was used as a reward and a treat.

\_\_\_\_\_ We had certain foods and treats for special occasions, holidays and celebrations.

\_\_\_\_\_ Other: ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Elaborate a bit more on what you indicated above. Tell me in your own words what your food environment was like. What do you remember from growing up? What stands out?**

**How would you describe your relationship with your mother growing up?**

**How would you describe your relationship with your father growing up?**

**Did you rebel against your authority growing up? For example, you’d disobey their rules behind their back, even if in small ways such as: sneaking out at night, sneaking foods you couldn’t have, watching shows you weren’t supposed to watch, etc.**

\_\_\_\_\_ Oh yes! I was the ultimate rebel.

\_\_\_\_\_ I’d rebel in small ways behind my parents back.

\_\_\_\_\_ I followed the rules, even though I didn’t like them or want to. I just didn’t want to get in trouble.

\_\_\_\_\_ Never, I was always a good girl and followed the rules.

**Would you say you were a sensitive child?**

\_\_\_\_\_ Yes, definitely!

\_\_\_\_\_ Somewhat

\_\_\_\_\_ No, I don’t think so.

\_\_\_\_\_ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Do you identify as an empath?**

\_\_\_\_\_ Yes, definitely!

\_\_\_\_\_ Maybe, I’m not quite sure.

\_\_\_\_\_ No, this isn’t me.

\_\_\_\_\_ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Did you grow up in an invalidating environment? That means you received messages that you shouldn’t feel a certain way. For example, maybe you hear the messages “Be strong,” “stop crying,” toughen up,” “you’re being dramatic,” “cheer up” etc.**

\_\_\_\_\_ Yes, definitely!

\_\_\_\_\_ Maybe, I’m not sure.

\_\_\_\_\_ At times, yes.

\_\_\_\_\_ No, I don’t think so.

**Do you “self sabotage?” If yes, please explain.**

**What happened the last time you lost weight or reached your goal weight? Did something happen that was negative or lead you to re-gain weight?**

**Have you ever experienced abuse? Check all that apply**

\_\_\_\_\_ Physical abuse

\_\_\_\_\_ Emotional abuse

\_\_\_\_\_ Sexual abuse

\_\_\_\_\_ I’m not sure

**If you answered yes to the above, please explain (however much you’re comfortable sharing. I don’t need details, just a general overview).**

**Have you experienced an upsetting event that is still affecting you today? Check all that apply.**

\_\_\_\_\_ Grief- loss of loved one

\_\_\_\_\_ Heartbreak- bad breakup or separation

\_\_\_\_\_ Abandonment- someone left you

\_\_\_\_\_ Bad accident

\_\_\_\_\_ Serious health issue

\_\_\_\_\_ Other: ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please provide a bit more detail about the above events, such as when it happened (age) and a brief overview of what happened.**

**Have you ever experienced starvation?**

**Is there anything else you’d like to share with me, or you think I should know?**