

Gwendoline Ford's Holistic Gastric Band Hypnotherapy  
Client Background Questionnaire

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Contact number: \_\_\_\_\_

Email: \_\_\_\_\_

GP's name/practice: \_\_\_\_\_

GP's number: \_\_\_\_\_ Do you have any mental illnesses? Yes / No

If yes, please list: \_\_\_\_\_

Current weight: \_\_\_\_\_ Current BMI: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

1. Here and now

How do you feel when you think about your current weight? \_\_\_\_\_

How would you like to feel about your weight? \_\_\_\_\_

How will you know you have reached your ideal weight? \_\_\_\_\_

What's stopping you from making the changes you know you need to make in your life? \_\_\_\_\_

Are you prepared and willing, with my help, to make some changes in the way you eat, and to move your body a little more? \_\_\_\_\_

2. History

When did you first become overweight? \_\_\_\_\_

Why did you become overweight then? \_\_\_\_\_

Have you ever been able to lose weight after first becoming overweight? \_\_\_\_\_

Why did you lose weight then? \_\_\_\_\_

How long did you keep off that weight? \_\_\_\_\_

Why do you think you put weight back on? \_\_\_\_\_

3. Current behaviour

In what situations do you eat unhealthy foods or too much food? \_\_\_\_\_

What do you find most enjoyable about unhealthy eating? \_\_\_\_\_

Can you discern a pattern to your unhealthy eating? \_\_\_\_\_

What's stopping you from making the changes you know you need to make in your life? \_\_\_\_\_

How do you know? \_\_\_\_\_

List any specific cues that you know will lead to unhealthy eating: \_\_\_\_\_



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4. Beliefs

Why do you think you eat unhealthily? \_\_\_\_\_

Why don't you just stop your unhealthy eating? \_\_\_\_\_

What do you think will happen if you keep eating like this? \_\_\_\_\_

What do you think when you see other people eating healthily? \_\_\_\_\_

What do you think when you see other people eating unhealthily? \_\_\_\_\_

5. Past environment

How would you describe your mother's attitude towards food? \_\_\_\_\_

How would you describe your father's attitude towards food? \_\_\_\_\_

Can you see either of these attitudes reflected in your own attitude towards food? \_\_\_\_\_

As a child, what kind of foods did you eat? \_\_\_\_\_

Do you continue to eat such foods now? How frequently? \_\_\_\_\_

What do you consider 'comfort food'? Is it based in your childhood? \_\_\_\_\_

Do you consider yourself an 'adventurous' eater now? \_\_\_\_\_

6. Current environment

On a scale of one to ten, with one being 'very sedentary' and ten being 'very active,' how would you rate your current lifestyle? \_\_\_\_\_

If you live with others, how would you rate their lifestyles on the same scale? \_\_\_\_\_

How many of your meals (including breakfast and lunch) per week, are prepared at home? \_\_\_\_\_

How many are purchased elsewhere? \_\_\_\_\_

Do you live with a partner or spouse? \_\_\_\_\_

Does your partner/spouse also struggle with their weight? \_\_\_\_\_

Which partner/spouse prepares most of the food? \_\_\_\_\_

Do you currently live with or take care of children (biological, step-children, or adopted)? \_\_\_\_\_

Do they struggle with their weight? \_\_\_\_\_

Do they often eat unhealthy foods? \_\_\_\_\_

7. Is there anything else you will like to share

\_\_\_\_\_  
\_\_\_\_\_

