

# Module 3: The Motivation Machine

## Pain

What is the Pain of Remaining Overweight?

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How will it affect your health?

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How will it affect your relationships?

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How will it affect your career goals?

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How will it affect any other important areas of your life?

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What is the emotional pain of being overweight?

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## Pleasure

What is the pleasure of losing the weight and becoming healthier?

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How will it affect your health?

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How will it affect your relationships?

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How will it affect your career goals?

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How will it affect any other important areas of your life?

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What is the emotional pleasure of eating better and losing weight?

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## Your Beliefs

Do you believe you can do it?

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Do you know anyone who has successfully lost weight?

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Do you believe it has to be hard? How can it be easier?

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What results are you expecting?

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What is your time frame?

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Are you all or nothing? What will you do if you make a mistake?

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## Strategies

Have your weight loss strategies been sustainable?

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Is your current weight loss strategy sustainable?

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Is your strategy enjoyable?

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Is your strategy flexible?

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Do you have a strategy in place for when you make mistakes?

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## Questions

What types of problem oriented questions do you ask?

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What are some solution oriented questions you could ask?

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## Support

What reinforcement system do you have in place? (physical, mental, emotional)

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Are the people around you supportive? Where could you find supportive people?

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What are your triggers?

People

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Places

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Times

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