

The Conscious Body Questionnaire

Instructions: Below are a number of statements. There are no right or wrong answers. All responses are normal. For each statement circle the number in the box that best describes your life experience over the past six months.

Daily Living

	N	R	S	U	AA	A
I engage in physical activity daily.	1	2	3	4	5	6
When I'm exercising, my mind is distracted by thoughts that take me out of the moment.	6	5	4	3	2	1
I use food, alcohol or other substances for instant gratification.	6	5	4	3	2	1
I create an environment that is conducive to eating healthful foods.	1	2	3	4	5	6
I allow myself to feel my emotions.	1	2	3	4	5	6
I set effective boundaries with friends, family, work, etc.	1	2	3	4	5	6
I eat portions that are suitable for my energy needs.	1	2	3	4	5	6
I eat when I am physically hungry and stop when I am physically full.	1	2	3	4	5	6
I am able to maintain a healthful eating and physical activity plan that I develop for myself (<i>This plan may change over time but I stick with the plan as I create it</i>)	1	2	3	4	5	6
I am able to resume healthy eating habits to nourish myself after an interruption in those habits.	1	2	3	4	5	6
Write the total of all the #'s circled in each vertical column. If no #'s are circles, the score for that column is zero.						

Individualize Nutrition

	N	R	S	U	AA	A
I eat fresh fruits, vegetables, whole grains, legumes, and nuts.	1	2	3	4	5	6
I plan what and when I eat in order to maximize my energy level.	1	2	3	4	5	6
I eat when I'm bored, anxious, tired, lonely, upset, or angry.	6	5	4	3	2	1
I eat until I'm satisfied but not stuffed.	1	2	3	4	5	6
I eat in a serene atmosphere when alone or with others.	1	2	3	4	5	6
I eat with gratitude and appreciation for food.	1	2	3	4	5	6
I rush when I eat.	6	5	4	3	2	1
I allow stress to affect my eating.	6	5	4	3	2	1
When I eat at home, I sit and eat at the table.	1	2	3	4	5	6
When I prepare food, I allow my mind to wander.	6	5	4	3	2	1
Write the total of all the #'s circled in each vertical column. If no #'s are circles, the score for that column is zero.						

N- Never R-Rarely S-Sometimes U-Usually AA-Almost Always A- Always

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Energize Yourself

	N	R	S	U	AA	A
I eat food that enhances my energy level.	1	2	3	4	5	6
I sleep well at night.	1	2	3	4	5	6
My emotions drain my energy.	6	5	4	3	2	1
I use physical activity to strengthen and energize me.	1	2	3	4	5	6
I feel joyful.	1	2	3	4	5	6
My relationships fuel my energy.	1	2	3	4	5	6
I enjoy a satisfying sex life.	1	2	3	4	5	6
I consciously stimulate my senses (sight, sounds, smell, taste, touch) to enhance my energy level.	1	2	3	4	5	6
I practice stress management techniques that positively shift my energy level (calm down or energize).	1	2	3	4	5	6
Stress drains my energy.	6	5	4	3	2	1
Write the total of all the #'s circled in each vertical column. If no #'s are circles, the score for that column is zero.						

Total

Think Well

	N	R	S	U	AA	A
Whenever I slip off my healthful lifestyle plan, I feel like a failure.	6	5	4	3	2	1
I use food to calm me down.	6	5	4	3	2	1
I am aware of my self-limiting beliefs.	1	2	3	4	5	6
I have a habit of criticizing myself.	6	5	4	3	2	1
Negative thoughts about my body keep me from doing things I enjoy.	6	5	4	3	2	1
I blame myself for things that actually have many contributing factors.	6	5	4	3	2	1
I have difficulty letting go of judgment and critical thoughts.	6	5	4	3	2	1
I use food to numb emotional or physical pain.	6	5	4	3	2	1
I am able to change my self-limiting beliefs.	1	2	3	4	5	6
I easily accept compliments.	1	2	3	4	5	6
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Seek Support

	N	R	S	U	AA	A
I turn to my social support network to help me during difficult times.	1	2	3	4	5	6
I have neighbors on whom I can rely.	1	2	3	4	5	6
I have a spiritual community that comforts me.	1	2	3	4	5	6
I communicate at a deep soul level with at least one friend.	1	2	3	4	5	6
I have a diversity of relationships (relatives, friends, co-workers, neighbors, etc.)	1	2	3	4	5	6
I have a pet that brings me joy.	1	2	3	4	5	6
I have a group of people that I meet with regularly (bridge-club, walking group, golf buddies, tennis partners)	1	2	3	4	5	6
My work (paid and unpaid) connects me with others in a meaningful way.	1	2	3	4	5	6
I have extended family (or special people who are like family to me) whom I see regularly.	1	2	3	4	5	6
I have a meaningful way to be of service to others	1	2	3	4	5	6
Write the total of all the #'s circled in each vertical column. If no #'s are circles, the score for that column is zero.						

Total