

## **Healing Path Counseling, LLC**

**Bariatric Psychology Specialists**

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## Post-Surgery Obstacles Inventory

Outline the lifestyle plan you created after for surgery:

Eating and food:
Movement:
Emotions:
Stress Reduction:
Weekly monitoring:
Other:

Rate your adherence level for each part of the plan

Eating and food	
Movement	
Emotions	
Stress reduction	
Weekly monitoring	
Other:	

\*\*80% adherence would be ideal

## Post-Surgery Obstacles Inventory

Eating and food:
Movement:
Emotions:
Stress Reduction:
Weekly monitoring:
Other:

Based on the percentages, please describe why you believe you have not adhered to your plan

As you reflect on the reasons above, ask yourself, "What do I need to do?"

## Post-Surgery Obstacles Inventory

Based on the information above my options include:

- Call surgeon to meet with them and check If anything medical is going on
- Set up an appointment with dietitian to review my plan
- Set up an appointment with my psychologist to improve my emotional health and improve adherence to all aspects of my plan
- Reach out to supports for exercise (trainer, friend, psychologist, teacher of class)
- Begin attending support group regularly again
- Other: