



Is HAES the right approach for you?

(Y) (N) Is weight loss one of your health goals?

(Y) (N) Do you believe that health has a "look"?

(Y) (N) Do you believe you would be happier if you weighed less?

(Y) (N) Do you follow "rules" (non medical) when eating?

(Y) (N) Do you believe that YOUR health is related to a certain size?

Answering Yes to these questions means you are still not ready for the HAES approach. Which is fine! It takes time.