

## **Weight - Locus of Control**

Please respond to the following statements by indicating how well each statement describes your beliefs. Place a number from 1 (not at all descriptive of my beliefs) to 6 (very descriptive of my beliefs) in the space provided by the statement."

- 1.) By restricting what one eats, one can lose weight. \_\_\_\_\_
- 2.) When people gain weight, it is because of something they have done or not done. \_\_\_\_\_
- 3.) A thin body is largely a result of genetics. \_\_\_\_\_
- 4.) No matter how much effort one puts into dieting, one's weight tends to stay about the same. \_\_\_\_\_
- 5.) One's weight is, to a great extent, controlled by fate. \_\_\_\_\_
- 6.) There is so much fattening food around that losing weight is almost impossible. \_\_\_\_\_
- 7.) Most people can only diet successfully when other people push them to do it. \_\_\_\_\_
- 8.) Having a slim and fit body has very little to do with luck. \_\_\_\_\_
- 9.) People who are overweight lack the willpower necessary to control their weight. \_\_\_\_\_
- 10.) Each of us is directly responsible for our weight. \_\_\_\_\_
- 11.) Losing weight is simply a matter of wanting to do it and applying yourself. \_\_\_\_\_
- 12.) People who are more than a couple of pounds overweight need professional help to lose weight. \_\_\_\_\_
- 13.) By increasing the amount one exercises, one can lose weight. \_\_\_\_\_
- 14.) Most people are at their present weight because that is the weight level that is natural for them. \_\_\_\_\_
- 15.) Unsuccessful dieting is due to lack of effort. \_\_\_\_\_
- 16.) In order to lose weight people must get a lot of encouragement from others. \_\_\_\_\_