

## SOCIAL WORK EMOTIONAL LIFESTYLE CHANGE ASSESSMENT (Must be completed before Initial Assessment)

Important Notice: it is essential to complete each task and bring the documents with you to all social work appointments in order to complete your assessment process. Failure to do so will result in a delay in your surgical process.

Any writing tools will be acceptable (i.e. lined paper, journal books, computer program etc.) as this will be a resource for the rest of your life.

This surgery is your tool to assist you for the rest of your life. After participating in the Orientation Seminar and getting a feel for the required lifestyle changes, you may notice extensive restructuring in your life is needed.

In order to make the required changes, the first step is to understand your historical influences on your choices: where you came from and how you got to this point in your life and in your health. By understanding, you will be able to be more aware of how your thought process is influencing your daily choices.

### Understanding your History

1. Document and understand **AT LEAST THREE OR MORE INDIVIDUALS** who have impacted positively and/or negatively on your current lifestyle habits. Specify on how you think they have impacted you regarding your health choices. Use the example given for guidance

Individual	Positive	Negative	Details
Grandmother		Growing up in my Grandmother's house had daily impact until age 16 when I moved out.	I believe my grandmother lived with depression; she was always angry and never had anything positive to say about my family. Always accused my mother of not feeding us properly. I believe my mother was influenced by my grandmother and it was expected to clear our plates despite feeling full.
Friend Sherry	Motivator		Sherry is my walking buddy and keeps me on track especially when I don't feel up to it after a long day at work.

2. Now using the same format as above, document and understand **AT LEAST SIX EVENTS** that have influenced your weight management. Use the example given for guidance

Event	Positive	Negative	Details
History of abuse in childhood		X	I felt that if I was heavy, no one would touch me. After the episode they would often try and make me feel better and offer food for comfort
Partner is a past patient of Bariatric Surgery	X		My partner had surgery 2 years ago and I saw how it changed her life for the better and I want that for myself.