

WEIGHT LOSS BLOCK IDENTIFICATION CHECKLIST



EMOTIONAL BLOCKS

- Do I often eat when I feel stressed, sad, or anxious?
- Do I use food as comfort or reward?
- Do I feel guilt or shame after eating?
- Do I avoid addressing deeper emotions by focusing on food or weight?



PHYSICAL BLOCKS

- Do I find it challenging to maintain consistent energy levels for physical activity?
- Do I experience chronic pain, fatigue, or mobility issues?
- Do I often experience poor sleep or wake up feeling unrested?
- Do I have any medical conditions that affect my metabolism or physical activity?



HORMONAL BLOCKS

- Do I notice irregular cycles, mood swings, or unexplained weight changes?
- Do I experience thyroid, insulin, or cortisol imbalances (diagnosed or suspected)?
- Do I feel persistent fatigue despite lifestyle changes?
- Do I struggle to lose weight despite making diet and exercise adjustments?



CRAVINGS & FOOD RELATIONSHIP

- Do I crave sugar, processed foods, or caffeine daily?
- Do I feel out of control around certain foods?
- Do I eat past fullness or struggle with portion sizes?
- Do I restrict heavily, then binge later?



NEUROBIOLOGICAL BLOCKS

- Do I often feel “wired” or “foggy”?
- Do I struggle with focus, motivation, or impulse control around food?
- Do I notice patterns of stress eating tied to brain reward pathways?
- Do I feel my nervous system is often in fight-or-flight mode?



ADDICTION PATTERNS

- Do I feel dependent on certain foods (sugar, fast food, alcohol)?
- Do I experience withdrawal-like symptoms when cutting back?
- Do I hide or lie about eating habits?
- Do I feel powerless to change despite wanting to?

✓ How to Use This Checklist

Step 1: Go through each section and tick any statements that resonate.

Step 2: Notice which category has the most ticks—that’s likely your biggest block.

Step 3: Use this awareness as a starting point for deeper exploration (journaling, therapy, coaching, or medical guidance).