BEFORE YOUR VIRTUAL GASTRIC BAND HYPNOSIS APPOINTMENT

Write your answers to the following questions and bring them with you to your appointment:

1. **Why do you want to lose weight?**

2. **How do you think life would be different if you were slimmer?**

3. **Is it portion size or specific foods that are the problem? Both?**

4. **Do you have a spouse, children, etc?**