



POST-OP QUIZ

*Numbering continued from Pre-Surgical Quiz

POST-OP VIDEO ONE

45. Almost all post-ops go through a period following surgery known as the Honeymoon stage. This takes place _____.
- a. after your physical healing from your weight loss surgery
 - b. after your wedding is over
 - c. after your one-year “anniversary” from surgery
 - d. after you have reached your goal weight
46. For the post-op, becoming “settled in” may lead to some disillusionment due to _____.
- a. not being able to eat the same foods as before surgery
 - b. still having low self-esteem
 - c. still having to exercise
 - d. no longer losing weight at a rapid pace or feeling hungry again
47. If you had issues before surgery, you _____.
- a. no longer have them after surgery
 - b. didn't know it
 - c. still have them after surgery
 - d. must deal with them
48. When a post-op finds themselves in TROUBLED TIMES, they _____.
- a. become depressed
 - b. cry a lot
 - c. need to seek help
 - d. avoid other people
49. Your tool of weight loss surgery is only as useful _____.
- a. as your food
 - b. as how you use it
 - c. as a hammer
 - d. as your attitude
50. If, after your surgery, you choose to ingest fried foods, foods high in fat or sugar, or other nutritionless calories, such as those in alcoholic beverages, then you are _____.
- a. abusing your tool
 - b. giving up
 - c. going to lose weight
 - d. going to have to exercise

51. If you choose to eat high fat foods on a regular basis, _____ weight regain.
- a. you will have to exercise if you don't want
 - b. you will get sick and probably have
 - c. your tool is useless and you will have
 - d. the consequence for doing so is
52. If you want to get your excess weight off, keep it off, and maintain an improved quality of life, _____.
- a. then use your weight loss tool as it was intended
 - b. then have weight loss surgery
 - c. then exercise every now and then and eat what you like
 - d. then work hard for the first 6 months after surgery
53. It's often _____ to deal with life situations, other people, and our feelings that led to _____ in the first place!
- a. not being willing; not exercising
 - b. the lack of knowledge about how; not exercising
 - c. the lack of knowledge; overeating
 - d. not being willing; overeating

POST-OP VIDEO TWO

54. There is often a period of _____ after weight loss surgery because for many people, food was _____.
- a. grieving; a best friend
 - b. celebration; a best friend
 - c. celebration; a burden
 - d. grieving; a burden
55. We need to learn to identify our feelings, but not only by name. It's also important to learn how we experience different feelings _____.
- a. in our bodies
 - b. in different situations
 - c. in different surroundings
 - d. and how we deal with them
56. When you play the feelings game, start with these four feelings: mad, sad, glad, and _____.
- a. bad
 - b. scared
 - c. angry
 - d. happy
57. Learning to deal with your feelings in a healthy way is a process. The first step is _____.
- a. telling people what you're feeling
 - b. writing in your journal
 - c. looking in your food journal to see what you ate
 - d. learning to identify your feelings

58. When you can identify your feelings, both verbally and in your body, you can more easily _____.
a. discuss it with your friends
b. change your thoughts
c. learn how to react in situations
d. choose how to respond
59. The thoughts we have about any topic influence our feelings and in turn, our _____.
a. attitudes
b. relationships
c. behaviors
d. jobs
60. A challenge to you is to treat yourself as kindly as you would _____.
This includes _____ as gently as you would your best friend, even when you need to hold yourself accountable.
a. your best friend; talking to yourself
b. your parents; talking to yourself
c. your parents; complimenting yourself
d. your best friend; complimenting yourself
61. Unless you recognize, acknowledge, and learn to deal with your feelings in healthy ways, you will continue to use food as a means of _____.
a. making excuses
b. avoiding feelings
c. escaping people
d. hiding
62. Acquiring the knowledge of new behavioral skills is only part of the solution. Some people say that knowledge is power, but knowledge by itself does not equal power. Knowledge _____ is truly powerful!
a. alone
b. plus exercise
c. put into action
d. mixed with attitude

POST-OP VIDEO THREE

63. Weight loss affects _____ relationships with people in your life.
a. all
b. no
c. some of the
d. the most important

64. Personal boundaries are invisible lines you draw that indicate how close, _____, you allow other people to get to you.
- a. physically
 - b. emotionally
 - c. either physically or emotionally
 - d. none of the above
65. Setting healthy personal boundaries is essential for _____.
- a. weight loss
 - b. exercise
 - c. good mental health
 - d. success
66. Finding balance in your life means considering _____ as well as your own _____.
- a. the opinions of the people in your life; opinions
 - b. the values of the people in your life; values
 - c. the wants of the people in your life; wants
 - d. the needs of the people in your life; needs
67. People will ask you about your weight loss. The bottom line is that you only want to tell people _____ throughout the process.
- a. who will support you
 - b. who you work with
 - c. who you live with
 - d. who have made fun of you
68. The reasons for the changes in relationships with others are numerous and include: your change in _____, your change in behaviors, and the changes in your social behaviors.
- a. appearance
 - b. self-image
 - c. clothes
 - d. size
69. Practice listening for the _____ behind people's words.
- a. clues
 - b. thoughts
 - c. feelings
 - d. sarcasm
70. The idea behind using "I" Messages is to keep the focus on how "I" think, how "I" feel, and what "I" _____.
- a. know
 - b. believe
 - c. do
 - d. observe

71. It takes _____ and _____ to say things you are thinking and feeling.
- a. desire; determination
 - b. courage; determination
 - c. courage; influence
 - d. desire; influence
72. Help the people who are important in your life to _____ as you venture forward in life. Use your weight loss experience as an opportunity to learn valuable boundary and communication skills. Recovery is about _____ learning to keep your weight off!
- a. change; always
 - b. learn; always
 - c. learn; a whole lot more than
 - d. change; a whole lot more than

POST-OP VIDEO FOUR

73. The goal is to become free from _____ related to food.
- a. bad relationships
 - b. bad energy
 - c. obsessive thoughts
 - d. desires
74. Long after the excess weight is lost – many people _____ thinking about food, weight, recipes, diets, the number on the scale, and clothing sizes.
- a. are addicted to
 - b. do not own up to
 - c. hold on tightly to
 - d. look to others for reasons for
75. As it relates to food, balance means being _____ but not obsessed...
- a. mindful
 - b. addicted
 - c. disciplined
 - d. in shape
76. To help avoid weight regain, _____ pouring over recipes, watching the FOOD NETWORK or other food and cooking shows, and from other people who constantly talk about recipes and cooking shows.
- a. stay away from
 - b. live through others by
 - c. talk to others about
 - d. start

77. The National Eating Disorders Association describes _____ as being how people see themselves when they look in the mirror or in their mind, what a person believes about their own appearance, how they feel about their body, and how they sense and control their body as they move.
- a. self-esteem
 - b. body image
 - c. self-worth
 - d. body morphism
78. A person with a positive, healthy body image understands that their physical appearance doesn't represent _____.
- a. their weight
 - b. their self-esteem
 - c. their health
 - d. their character and value as a person
79. The definition of a person with a healthy, positive, body image _____ spend an unreasonable amount of time worrying about food, weight, and calories.
- a. refuses to
 - b. admits they
 - c. likes to
 - d. shows others how to
80. MAINTAIN AN ATTITUDE OF _____!
- a. a winner
 - b. success
 - c. gratitude
 - d. a new person

POST-OP VIDEO FIVE

81. Sustained weight loss and recovery from obesity require acceptance that this is _____ proposition and that every day requires consistent effort.
- a. a new
 - b. a one-day-at-a-time
 - c. an easy
 - d. a difficult
82. The one thing you have the most control over in regard to your weight is your _____.
- a. genetics
 - b. relationships
 - c. calories
 - d. behaviors

83. The CTR talk stands for the _____ talk with food.
- Change The Relationship
 - Consider The Relationship
 - Correct The Relationship
 - Create The Relationship
84. Addressing _____ and _____ issues CAN mean the difference between maintaining weight loss or experiencing weight regain.
- emotional; physical
 - eating; physical
 - eating; mental health
 - emotional; mental health
85. The 11th Gotta Do Em, which is more of a suggestion, is _____.
- buy new clothes
 - participate in individual and/or group therapy
 - celebrate with ice cream every now and then
 - swim as exercise
86. Your tool of weight loss surgery is _____.
- only as useful as your food
 - only as useful as a hammer
 - only as useful as how you use it
 - only as useful as your attitude
87. Remember as you go through your ongoing journey of health that _____.
- no one can do this for you but you can't do it alone
 - weight loss is easy if you try
 - weight loss is necessary to be happy
 - weight loss can only be done if you eat protein first thing in the morning
88. It's important to learn and use _____ as your life and your relationships change after surgery.
- tricks
 - healthy eating habits
 - new information
 - healthy communication skills
89. If you're embarrassed about going to therapy – _____!
- get over it
 - don't go
 - wait until you're not
 - you haven't tried it

90. My Health My _____. This Day. _____ Day.
- a. Body; Every
 - b. Responsibility; Every
 - c. Responsibility; That
 - d. Body; That