

Table 10.3 **Factors Affecting the Decision to Gain or Lose Weight Now**

<b>Things That Will Enable Me to Make My Desired Changes</b>	<b>Things That Will Make It Difficult for Me to Change</b>
<i>Example:</i> I have the support of family and friends.	<i>Example:</i> The holidays are coming up, and there are too many gatherings to prepare for.