

Questions To Ask

- How much of the day do you think about weight, body shape or size?
 - What have you used to try to lose weight? (if first question affirmative)
- Do you ever feel you have out of control eating?
- Do you ever feel guilty about what you have eaten?
- Do you have a hard time figuring out how much insulin you need for your carbohydrates?
- Is it hard to give your insulin sometimes? Why?
- Do you give “partial” insulin doses because it is hard to give the full amount?
- Do you ever purposely skip insulin injections? How often?
- How often do you check your BG’s? Do you ever skip the tests because you don't want to see the number?
- Do you check for ketones? When?
- How often do you exercise?
- How long is your exercise session?
- Are there certain foods or food groups that you avoid? What are they?
- What are your thoughts when you have eaten “forbidden foods”?
- What do you do after you have eaten “forbidden foods”?