



AM I A COMPULSIVE EATER?

1. Do you get hungry when things are not going your way?
2. Do you get hungry when there doesn't seem to be anything to do?
3. After you have been frightened or scared about something that has happened, do you find yourself hungry?
4. When you feel "all alone" do you use food to get over the feelings?
5. After an argument with someone do you find yourself wanting to eat?
6. Have you ever found yourself eating two breakfasts, two lunches or dinner because you felt one was inadequate?
7. Do you find yourself planning the next meal before you have finished eating?
8. When you sit down to a meal, do you find that you eat more than you want to?
9. Do you ever have a sense of being out of control during a meal?
10. Have you ever sought outside help to deal with your eating?
11. Do you ever attempt to hide binges by eating in secret or alone in your car?
12. Have you ever turned to diet pills, alcohol or other drugs in an effort to control your eating, or to relieve depression or guilt?
13. Are you obsessed with body image, weight, or exercise?

SCORING:

- Count 1 point for every question you answered "Never".
- Count 2 points for every question you answered "Sometimes".
- Count 3 points for every question you answered "Often".
- Count 4 points for every question you answered "Always".

Below 25: You probably do not have a food problem.

Between 25-36: Food may be causing you some problems.

More than 36: You seem to have a food addiction problem