

EMOTIONS AND EATING SURVEY

Read the following statements. In front of each statement on the line, write a score of 0-4, according to how you usually feel. Then total your score and look to see what your total score means.

4 - very frequently...almost every to every other day

3 - often...one to three times per week

2 - occasionally...two to three times per month

1 - seldom...one to four times a month

0 - never...not at all

- _____ 1. I eat when I am bored or depressed.
- _____ 2. I eat when I have trouble sleeping.
- _____ 3. I eat foods that I know are "bad" for me.
- _____ 4. I prefer to eat alone.
- _____ 5. I feel embarrassed when I eat with others.
- _____ 6. My parents have sweets around the house and they encourage me to eat them.
- _____ 7. I am afraid that I will gain weight, and I worry about it.
- _____ 8. I have an "I don't care" attitude about a lot of things in life.
- _____ 9. I sneak or hide food.
- _____ 10. I have overly high expectations for myself.
- _____ 11. I am self-conscious about how my body looks.
- _____ 12. I wish I looked different.
- _____ 13. I think about food and losing weight.
- _____ 14. I feel angry.
- _____ 15. I feel like others expect too much, or that I'm in the middle of a struggle.
- _____ 16. I stuff myself.
- _____ 17. I have uncontrollable hunger urges.
- _____ 18. I eat when I'm not hungry.
- _____ 19. I have cravings for sweets.
- _____ 20. I eat meals or big snacks late at night.
- _____ 21. I feel tired or wiped out.
- _____ 22. I feel stressed out with not enough time for all I have to do.

_____ Add your scores for a total

What your total score means:

44 or below - you have a good relationship with your body, and you are aware of your physical needs

45-55 - you have the same behaviors as most healthy people

56-69 - you eat too often for emotional reasons. You should honestly look at your eating habits and set some goals for change.

70 and above - you have excessive emotional reasons for eating. You should get professional help.

Here is another "Emotional Eating" Survey:

<http://www.dredabramson.com/emotional-eating/emotional-eating-questionnaire/>