

Disordered Eating Self-Assessment

- ☐ I am always thinking about the next time I can eat
- ☐ I eat when I am emotional or stressed
- ☐ I play mind games with myself, making food the enemy or the reward
- ☐ I will restrict myself or skip meals to lose weight
- ☐ I feel trapped by my relationship with food
- ☐ I feel like I am a slave to my cravings and need for snacks
- ☐ I count calories and macros, feeling guilty if I eat more than usual
- ☐ I feel out of touch with my body
- ☐ I feel disgusted when I overindulge or eat certain things
- ☐ I will make myself throw-up after eating
- ☐ I sometimes binge on large amounts of food, feeling out of control
- ☐ I tend to skip meals
- ☐ I am somewhat obsessive about what I eat
- ☐ I feel out of touch with my body
- ☐ I feel out of control when it comes to eating
- ☐ I prefer to eat alone
- ☐ I want to hide what I eat from others
- ☐ I get anxious about social situations that involve food
- ☐ I try to compensate for what I eat by eating less or exercising more
- ☐ I get stressed when I eat something unhealthy

_____ TOTAL

a score of 10+ indicates opportunity to develop a healthier relationship with food