



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