



# Signs of Not Eating Intentionally

- I experience stomach discomfort, burping, gas, bloating, or excessive fullness after eating
- I eat when I am emotional or stressed
- I eat out of habit or boredom, whether I am hungry or not
- I am always thinking about the next time I can eat
- I play mind games with myself, making food the enemy or the reward
- I feel trapped by my relationship with food
- I have low energy, cravings for sugar, & often need a pick-me-up
- I feel like my relationship with food is disordered
- 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 have tried to watch what I eat and count calories but I cannot seem to lose weight
- Short term diets do not work for me
- I feel out of touch with my body
- I feel disgusted when I overindulge or eat certain things
- I feel like nutrition advice is always changing and I do not know who or what to believe
- I feel out of control when it comes to eating
- I know that a healthy diet is important for long-term health and disease prevention but I do not know how to make that part of my lifestyle