

Are you an Emotional Eater?

Answer 'YES' or 'NO' and also highlight those that particularly relate to you. Count up your score at the bottom. 1 POINT FOR EACH 'YES'.

Do you eat when you're feeling: stressed, anxious or angry? **(Circle dominant emotion)** YES / NO

Do you eat when you feel: sad or depressed? **(Circle dominant emotion)** YES / NO

Do you eat when you're not hungry or even sometimes when you're full? YES / NO

Do you sometimes find it difficult to stop eating? YES / NO

Do you eat until over-full on a regular basis? YES / NO

Do you eat because you want to feel better? YES / NO

Does eating make you feel calm or provide relief in some way? YES / NO

Do you eat when you feel bored? YES / NO

Do you often feel guilty after eating and beat yourself up? YES / NO

Do you ever use food as a punishment? YES / NO

Do you crave specific foods? YES / NO

Do you crave sweet food in particular? Does it feel: Physical or Emotional? YES / NO

Are there specific times in the day when you are likely to crave food? YES / NO

Do you feel powerless or out of control around food? YES / NO

Do you use food as a reward? YES / NO

Were you rewarded with food as a child? YES / NO

Were you comforted with food as a child? YES / NO

Does food make you feel safe / do you relate to food as a friend? YES / NO

Do you sometimes eat in secret? YES / NO

Do you fear food / feel unhappy with your relationship with food? YES / NO

Do you fear not having access to food sometimes? YES / NO

What are you using food to fix? _____

Do you feel happy with your life right now?

YES / NO

Rate this on a scale of 1 - 10:.....(1- low, 10 - high)

Rate the following areas of your life on a scale of 1-10 (1-LOW, 10-HIGH)

- Security / Safety.....
- Friendship.....
- Love.....
- Connectivity to others.....
- Supported by others.....
- Sense of community / belonging.....
- Self-esteem.....
- Purpose / Meaning.....
- Health and Wellbeing.....
- Time for yourself.....
- Comfort.....
- Relaxation.....

Do you put your needs first?

Often Sometimes Rarely Never

Do you often feel...

Stressed Anxious Sad Depressed Overwhelmed

If you are using food to fix your feelings, which is the dominant feeling?.....

What else could you do instead / what do you need?.....

What else?.....

What else?.....

What else?.....

YOUR TOTAL SCORE: _____