

Integrity Counseling Inc.

Eating Disorder Assessment

You may print this page or check those boxes for which the answer is "yes"

- Do you eat when you are not hungry?
- Do you skip meals?
- Do you binge on certain foods?
- Do you feel guilty after bingeing?
- Do you think about food a lot?
- Do you make time to binge alone?
- Do you feel fat, even though the mirror shows you are too thin?
- Is your weight affecting the way you live your life?
- Have you dieted, lost weight, and then put it back on?
- Do you tell yourself, "I'll start dieting tomorrow", only tomorrow never seems to come?
- Do you crave to eat at a definite time of day or night, even though you are not physically hungry?
- Do you crave foods that are rich in carbohydrates and actively seek them out?
- Do you eat to escape from worries or feelings?
- Do you find that you have trouble eating when stressed (skip eating or have to force it)?
- Have you ever received treatment for obesity, anorexia, and/or bulimia?
- Does your eating behavior make you or others unhappy?
- Do you have any health problems related to your eating behaviors?
- Do you wish you could eat normally-3 meals per day of healthy food and leave it at that?
- Do you wish you could find your ideal weight and just stay there?
- Do you wish you could quit worrying about food?

How did you do?

Those who suffer from eating disorders answer "yes" to many of these questions. If you think you may have an eating disorder, please seek professional assistance from a counselor specializing in eating disorders.

Overeaters Anonymous is also a great resource for those suffering from compulsive overeating, anorexia and bulimia.

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