

These questions can be used as indicators of emotional eating and food addiction. Use these in your client intake form, assessment or quiz.

1. I eat when I'm not hungry.
2. I eat until I'm stuffed.
3. I eat when I'm upset.
4. I eat when I'm excited or happy.
5. I have heavy mood swings.
6. I never feel like I'm thin enough.
7. I'm bitchy when I'm hungry or on a diet.
8. I am hyper-critical of myself.
9. I attempt to avoid uncomfortable feelings by eating.
10. I've lied about what I've eaten or not eaten.
11. I've retrieved food out of the trash that I've previously thrown out.
12. I've hidden food from family members so I could eat it.
13. I wait until I'm alone to overeat.
14. I've vomited or tried to vomit the food I've eaten.
15. I spend most of my days preoccupied with food.
16. I'm unhappy with my body size.
17. I obsess about my weight and body size.
18. I read diet books, magazines and search online hoping to find the right diet.
19. I'm always trying to lose weight.
20. When I'm eating a treat or dessert I don't want to share it.
21. When I go on a diet I blow it within just a few weeks.
22. Whenever I've reached my goal weight I've put the weight back on.
23. Friends and family have made comments about my weight.
24. I feel self-conscious about my weight.
25. I find that I'm sometimes in denial about how much weight I've gained until I see myself in a photo or video.

26. I have declined party invitations on account of being embarrassed about my weight.
27. I avoid shopping for clothes when I'm unhappy with my weight.
28. I have stood in the mirror scrutinizing my body.
29. I envy fit people who can eat what they want and never gain weight.
30. I have measured my thighs with my two hands to see how fat they are.
31. When I'm stressed at work I fantasize about the food I will eat after work.
32. I feel anxious when I get too hungry.
33. I never attend a movie without eating popcorn.
34. When I make a mistake I have strong feelings of self-hatred.
35. I can't stand it when someone is mad at me and I work hard to get back in favor with them.
36. I have abused laxatives.
37. When I feel fat I wear black stretchy and baggy clothes to cover up my body.
38. I am not comfortable wearing a bathing suit in public.
39. I have eaten over 3000 calories in one sitting.
40. If there is junk food in the house I will eat it.
41. Once I start bingeing the last thing I want to do is exercise.
42. I have spent several hours a day at the gym working out to control my weight.
43. I have not been present with my children on account of being preoccupied with food.
44. I am super critical of myself when I binge.
45. When I eat something not on my plan I end up giving in and bingeing.
46. I've had weight loss or lap-band surgery.
47. I've put weight back on after losing weight from weight loss surgery.
48. I've tried to get my children and/or husband to leave the house so I could binge in peace.
49. I've purchased binge foods and eaten in the car so no one will see me.
50. When I overeat for a few days I spiral into a dark hole of depression and self-hatred.