

Problems Eating You?

Directions: Read the following statements. Circle Yes if the statement describes someone you know, No if it doesn't apply.

I have a friend who...

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| 1. constantly thinks about eating, weight and body size. | Yes | No | Not Sure |
| 2. feels anxious before eating. | Yes | No | Not Sure |
| 3. is terrified of being overweight. | Yes | No | Not Sure |
| 4. doesn't know when he or she is hungry. | Yes | No | Not Sure |
| 5. goes on eating binges and can't stop eating until he or she feels sick. | Yes | No | Not Sure |
| 6. says he or she feels bloated or uncomfortable after eating. | Yes | No | Not Sure |
| 7. spends a lot of time daydreaming about food. | Yes | No | Not Sure |
| 8. weighs her- or himself several times a day. | Yes | No | Not Sure |
| 9. exercises too much and gets very uptight about his or her exercise plan. | Yes | No | Not Sure |
| 10. says that being in control of food shows other people that he or she can control him- or herself. | Yes | No | Not Sure |
| 11. has taken laxatives or forced her- or himself to vomit after eating. | Yes | No | Not Sure |
| 12. is letting food control his or her life. | Yes | No | Not Sure |
| 13. says he or she feels very guilty after eating. | Yes | No | Not Sure |
| 14. eats when feeling nervous, anxious, lonely or depressed. | Yes | No | Not Sure |
| 15. doesn't think he or she looks good in his or her clothes. ... | Yes | No | Not Sure |
| 16. seems uptight about his or her weight and appearance when around other people. | Yes | No | Not Sure |
| 17. seems resentful when a friend or family member suggests he or she use a little willpower. | Yes | No | Not Sure |
| 18. tries to diet for a definite period of time, but never seems to make it all the way. | Yes | No | Not Sure |
| 19. avoids parties and get-togethers because she or he feels self-conscious about weight. | Yes | No | Not Sure |
| 20. has a problem with overeating and doesn't know what to do. | Yes | No | Not Sure |