You may be a Food Addict

Answer the questions below as honestly as you can with a Yes or No. If you answer yes to any question, then write a brief example of a specific time this happened…….

1. Have you ever promised yourself you would eat differently today, only to end up eating the food you did not intend to eat?

2. Do you think about food or your weight constantly?

1. Are you unhappy with your body no matter what size you are?

4. Do you find yourself attempting one diet or food plan after another, with no lasting success?

5. Have you ever eaten to excess and then gotten rid of the food through vomiting, exercise, laxatives, or other forms of purging?

6. Do you eat differently in private than you do in front of other people?

7. Has a doctor or family member ever approached you with concern about your eating habits or weight?

8. Do you eat large quantities of food at one time (binge)?

9. Is your weight problem due to your "nibbling" all day long?

10. Do you use food when you are stressed or upset as a comfort/coping mechanism?

11. Do you eat when you're not hungry?

12. Do you eat in secret?

13. Do you fast or severely restrict your food intake?

14. Have you ever stolen other people's food?

15. Have you ever hidden food to make sure you have "enough?"

16. Do you frequently feel guilty or ashamed after you have eaten?

17. Do you feel hopeless about losing weight and keeping it off?

18. Do you find once you start eating sugar it’s hard to stop?

19. Does the way you eat directly affect yourself esteem?

20. Have you lost trust in yourself to stick to any healthy eating plan for life?

If you answered yes to 3 or more of the above questions, then you may be a food addict. You are not alone.