

Are You a Compulsive Overeater?

| | YES | NO |
|---|-----|----|
| 1. Do you eat when you're not hungry? | | |
| 2. Do you go on eating binges for no apparent reason? | | |
| 3. Do you have feelings of guilt and remorse after eating? | | |
| 4. Do you give too much time and thought to food? | | |
| 5. Do you look forward with pleasure and anticipation to the moments when you can eat alone? | | |
| 6. Do you plan these secret binges ahead of time? | | |
| 7. Do you eat sensibly before others and make up for it alone? | | |
| 8. Is your weight affecting the way you live your life? | | |
| 9. Have you tried to "diet" for a week (or longer), only to fall short of your goal repeatedly? | | |
| 10. Do you resent the advice of others who tell you to "use a little will power" to stop overeating? | | |
| 11. Despite evidence to the contrary, have you continued to assert that you could diet "on your own" when ever you wish? | | |
| 12. Do you crave to eat at a definite time, day or night, other than mealtime? (Typically high fat, high sugar, and carbohydrate foods, NOT broccoli!!) | | |
| 13. Do you consistently eat to escape from worries or trouble or to make yourself feel better? | | |
| 14. Has your physician ever treated you for overweight and you find that consistently you have not been successful? | | |
| 15. Does your obsessive relationship with food make you or others unhappy? | | |

How did you score? If you answered YES to three or more of these questions, it is probably that you have a compulsive eating problem, or are well on the way to having one. Then perhaps for you one bite leads to uncountable others.