



EATING BEHAVIOR TEST

The purpose of this test is not to decide for you that you have an eating disorder, but to help you determine whether or not you have one. The only person that can decide that you have an eating disorder is you. The questions presented involve behaviors and feelings that are common in someone suffering with an eating disorder.

- _____ Do you starve yourself on a regular basis ?
- _____ Do you binge and then self-induce vomiting ?
- _____ Do you feel out of control when you eat ?
- _____ Do you feel powerful and in control when you abstain from eating ?
- _____ Do you binge on food when you are experiencing negative feelings (i.e. anger, sadness, etc.) ?
- _____ Do you feel that you do not deserve to eat ?
- _____ Do you know the calorie content in the food that you eat ?
- _____ Do you feel the only control you have in your life is in the areas of food and weight ?
- _____ Do you believe you are fat, even though people tell you otherwise ?
- _____ Do you feel that you have to be perfect in everything that you do ?
- _____ Do you use laxatives, diet pills or diuretics as a method of weight control ?
- _____ Do you exercise to burn calories, rather than to stay fit ?
- _____ Are you secretive about your eating habits ?
- _____ Do you feel anger towards anyone who questions your eating habits ?
- _____ Do you feel guilty after you eat ?
- _____ Do you hear negative messages in your head (i.e. saying you're fat, ugly, worthless, etc.) ?
- _____ Do you avoid social events because there will be food present ?
- _____ Do you think about food constantly ?
- _____ Do you believe that life will be perfect & you will be happy if you lose weight ?
- _____ Do you have an intense fear of gaining weight ?
- _____ Do you feel ashamed of your eating behaviors ?
- _____ Do you feel that no matter what you do, it will never be good enough ?
- _____ Do you think that you may have an eating disorder ?

If you answered yes to three or more of these questions, it could be a sign that you do in fact have an eating disorder or the beginning of one. You may want to consider seeing a therapist or talking with someone at an eating disorder clinic about this matter.

Test written and created by Colleen Thompson and Michelle Comeau.