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.