

SELF-TEST for EMOTIONAL EATING

For each item, record the scale number that best reflects your current lifestyle.

0 = Never, 1 = Rarely, 2 = Sometimes, 3 = Often, 4 = Almost Always

1. I try, but fail to lose weight and keep it off. _____
2. I feel out of control of my eating. _____
3. I eat when I am not hungry. _____
4. I turn to food when stressed or upset. _____
5. I use food as a source of pleasure or reward. _____
6. I think a lot about food. _____
7. I can't seem to stay on track with weight management. _____
8. I binge eat or graze eat. _____
9. I feel ashamed of my eating and myself. _____
10. Food helps me deal with feelings. _____

Interpretation: **TOTAL SCORE:** _____

0-10 No or little emotional eating: Your weight management efforts should be relatively uncomplicated by emotional issues.

11-20 Mild emotional eating: You may experience difficulty achieving weight management goals due to emotional obstacles.

21-30 Moderate emotional eating: You will probably encounter emotional obstacles to healthy weight management and should consider being coached.

31-40 Severe emotional eating: Significant obstacles exist to healthy weight management, and coaching is strongly recommended.

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To learn how to overcome your emotional eating go to www.thinandhealthyny.com You can not only lose your weight, you can learn how to keep it off for the rest of your life with our Thin&Healthy programs!