Assess your Relationship with Food

- ☐ I try to avoid certain foods high in fat, carbs, sugar, or calories.

- ☐ I use exercise as a way to "earn" food.

- ☐ If I'm craving a certain food, I don't allow myself to have it.

- ☐ I get mad at myself for eating something unhealthy.

- ☐ I don't trust my body to tell me when, what, and how much to eat.

- ☐ I feel the need to micromanage my weight.

- ☐ I have forbidden foods that I don't allow myself to eat.

- ☐ I label foods as "good" or "bad" and feel guilty if I eat a "bad" food.

- ☐ I am often obsessing about, overthinking, or second guessing my food decisions.

- ☐ I follow eating rules or diet plans that dictate what, when, and/or how much to eat.

- ☐ Food takes up a majority of my thoughts and time each day.

- ☐ I'm unable to cope with my negative emotions without turning to food for comfort.

- ☐ I ignore my hunger signals.

- ☐ I trust my body to tell me when to stop eating.

- ☐ I often feel out of control around food.

If you checked more than one of the above, you likely have an unhealthy relationship with food and deserve to get help so you can experience freedom around food.