

What's Your Eating Style

Answer each question by the FIRST answer that pops in to your mind-don't analyze it

Choose TRUE or FALSE

- _____ 1. I tend to overeat 1 of 2 certain types of food.
- _____ 2. Once I have one bite of a food such as a certain type of dessert, dairy product, baked good, or salty junk food, my eating habits and appetite go out of control.
- _____ 3. I sometimes worry - often without justification- that I won't get enough to eat.
- _____ 4. I crave certain flavors or types of foods, and sometimes the only way to make the cravings go away is to eat whatever I have the desire for.
- _____ 5. I have gone to extreme lengths (e.g. driven several miles out of my way; spent excessive money, etc.) to get the food I'm craving.
- _____ 6. I only overeat when I'm feeling a strong emotion, such as anger or depression.
- _____ 7. Right after work, I head straight for food.
- _____ 8. I tend to eat whenever I'm bored.
- _____ 9. Sometimes, out of the blue, I'll find that I am incredibly hungry.
- _____ 10. I feel uncomfortable openly displaying or talking about my feelings.
- _____ 11. I wish I were a more confident and strong person.
- _____ 12. Just when I lose enough weight to start receiving compliments or admiring glances, I tend to start putting the weight back on again.
- _____ 13. For the most part, I want to lose weight to please my spouse, parent, lover, or some other person.
- _____ 14. I'm almost to the point where I've given up hope that I'll ever lose my excess weight; maybe I'm meant to be overweight.
- _____ 15. My weight makes me feel bad about myself, and when I gain weight, I feel like a failure.

- _____ 16. I never seem to have enough time to eat right or exercise.
- _____ 17. I'm so busy that some days I wonder if I'll drop from exhaustion.
- _____ 18. I seem to be working harder these days and getting less accomplished.
- _____ 19. The only way I can unwind most of the time is when I'm eating.
- _____ 20. Food is a great pick-me-up when I'm feeling drained but feel that I need to keep going.
- _____ 21. My weight changes during the seasons; I'm one weight in the summer and a different weight during the winter.
- _____ 22. Eating is one of the few pleasures left in my life.
- _____ 23. Sometimes when I'm lonely, I'll nibble on whatever's handy.
- _____ 24. Usually when I diet, I'll eventually stop caring whether I lose weight or not. That's when I return to overeating.
- _____ 25. I often go back for second or third helpings of "diet", low-fat, or low-calorie foods.

Scoring:

Add up the "true" answers you gave for the preceding questions, and read the interpretations corresponding to your answers:

Note: There is no right or wrong answer to this quiz. It is designed to help you better understand your eating style. Understanding yourself is always an important step in making desired behavior changes. Many people find that they exhibit more than one Emotional Eating Style; some people exhibit all five styles. After scoring your quiz, read the information related to every emotional eating style relevant to you.

and the answer is....

IF you answered "TRUE" to 3 or more Questions 1-5, you are a

BINGE EATER

IF you answered "TRUE" to 3 or more Questions 6-10, you are a

MOOD EATER

IF you answered "TRUE" to 3 or more Questions 11-15, you are a

SELF-ESTEEM EATER.

IF you answered "TRUE" to 3 or more Questions 16- 20, you are a

STRESS EATER

IF you answered "TRUE" to 3 or more Questions 21 - 25, you are a

SNOWBALL EFFECT EATER

For in depth Study of all 5 Emotional Eating Styles check out Doreen Virtue's book

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