

ARE YOU A COMPULSIVE EATER?

- Do you eat when you are not hungry?
- Do you go on eating binges for no apparent reason?
- Do you have feelings of guilt and remorse after overeating?
- Do you give too much time and thought to food?
- Do you look forward with pleasure and anticipation to the moments when you can eat alone?
- Do you plan secret binges ahead of time?
- Do you eat sensibly with others, but not alone?
- Is your weight affecting the way you live your life?
- Have you tried to diet for a week (or longer), only to fall short of your goal?
- Do you resent the advice of others who tell you to “use a little willpower” to stop overeating?
- Despite evidence to the contrary, have you continued to assert you can diet on your own whenever you wish?
- Do you crave to eat at a definite time, day or night, other than at mealtime?
- Do you eat to escape from worries or troubles?
- Has your physician ever treated you for being overweight?
- Does your food obsession make you unhappy?

If you answer, “yes” to three or more of these questions, you may be a compulsive eater.