Eating Habits Questionnaire

Constance Rhodes, author of *Life Inside the Thin Cage*, has developed self tests of feelings and behaviors related to food in an attempt to help people recognize personal struggles within these areas. Below are some questions taken from these self tests to help you determine if you would benefit from further help to develop a healthier relationship with food.

1. **Yes**  No  I frequently feel anxious, guilty and/or ashamed when eating—or after eating—because I often end up overeating or bingeing.

2. **Yes**  No  Food is my greatest source of pleasure, and eating is the highlight of my day.

3. **Yes**  No  I experience fear, guilt, and/or self-loathing when I stray from my eating regimen.

4. **Yes**  No  I eat large amounts of foods at times, and feel I can’t control myself or stop.

5. **Yes**  No  When I am experiencing unpleasant feelings, I eat to try to distract myself or numb out.

6. **Yes**  No  When life is difficult, I restrict my eating so I can feel in control of something.

7. **Yes**  No  I use food to comfort myself when I’m stressed, sad, lonely, anxious, bored, etc.

8. **Yes**  No  My eating is so chaotic that the idea of eating in a healthy, balanced way overwhelms me. I wouldn’t even know where to begin.

9. **Yes**  No  A “good” day is when I don’t eat anything on my “restricted” or “bad foods” list and stay below a specific calorie level.

10. **Yes**  No  I “pig out” or binge on foods occasionally.

11. **Yes**  No  I go through episodes when I will binge for a lot of days, but then I stop, sometimes for months.

12. **Yes**  No  I try to eat very little, and when I eat what I consider to be too much or the wrong foods, I’ll skip the next meal or even not eat for a whole day.

13. **Yes**  No  I seem to go from one diet to the next.

14. **Yes**  No  I go from one extreme to the other—either eating very restrictively or eating out of control.

15. **Yes**  No  Sometimes I skip out on social functions/eating out because I’m afraid I’ll lose control and end up bingeing.

If you answered “Yes” to 4 or more of these questions, chances are good that you would benefit from help to develop a healthy relationship with food. Remember, healthy eating is about more than the food on your plate—it’s about having a healthy attitude and the choices you make. For information about how The Antioch Group can help, please see *Finding Balance with Food* on our *Therapy Groups* page.