

## Test: What are my eating habits?

We often eat without thinking. That's why I encourage you to think about these questions for a moment. Put a check next to the statements which apply to you.

- Do you usually eat too fast?
- Do you tend to skip breakfast or other meals?
- Are you often unaware of how food tastes, looks or smells?
- Do you keep on eating even when you are full?
- Do you purposely ignore feelings of hunger on a regular basis?
- Do you often eat too much because you don't know when you are full?
- Is it hard for you to get around to preparing or arranging healthy meals?
- Do you eat the leftovers after your guests have left, or do you always have to clean your plate?
- Do you ever eat in secret?
- If you have snacks around, is it hard for you to keep your hands off them?
- Are you ever ashamed of your eating habits?
- Do you eat while doing other things like watching TV and reading?
- Do you often eat snacks and convenience foods?
- Do you eat often?
- Do you often snack after dinner?
- Do you often eat too much because you can't resist temptation, it feels good or because you are afraid to say no?
- Are you often so preoccupied that you can barely concentrate on your food?
- Do you think about food often, even when something else requires your attention?
- Are you often unaware of how much you have eaten until after you have finished it all, or are you completely obsessed about everything that you eat?
- Do you ever not eat because you are afraid of stuffing yourself?
- Do you ever struggle with binge eating?
- When you see a plate of sweets do you often have the urge to keep going back for more?
- When you feel bad about yourself, do you find yourself struggling with unbalanced eating habits?
- Do you ever feel guilty about your eating habits?
- Do you often worry about calories, fat or amounts of food?
- Are you often tempted to go on a new diet which promises quick weight loss?
- Do you go on a diet often?
- Do you hate it when you gain weight?
- Do you often reach for food when you are tired?
- Has food become a source of stress?

Did you put a check mark next to several questions? With the help of the book **Mindful Weight Loss by Joanna Kortink**, you will be able to tackle your eating habits, one step at a time. For more information on this book [click here](#).

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