

Test: Am I an emotional eater?

Do feelings play a role in your eating habits? Answer the questions on this test to find out. You can print this test.

Determine to what extent each statement in the following list applies to you.

1= never 2 = seldom 3 = sometimes 4 = regularly 5 = often 6 = very often

- I often feel uneasy without knowing exactly what I feel.
- I am often unable to find the right words to describe my feelings.
- I often find it difficult to put my feelings into words.
- I often eat to avoid feeling negative emotions.
- I find it difficult to determine when my stomach is empty and when I feel hunger pangs in my stomach.
- when I'm feeling bad I have a strong urge to eat.
- when I eat, my negative feelings disappear for a while.
- eating gives me a temporary sensation of comfort and satisfaction.
- after I have eaten, the negative feelings come back after a while.
- I often eat small amounts throughout the day, but if you add it all up it is more than what other people eat.
- I often eat when I am alone and when I am bored.
- I often eat without thinking.
- I often have a strong desire to eat.
- It is difficult for me to determine when my stomach is full.
- I am often ashamed of my eating habits.
- I often have negative thoughts about my body.
- I often have negative thoughts about myself.
- my weight has skyrocketed.
- I weigh more than I should for my length and height.
- my weight tends to fluctuate.

Results

Score lower than 30

You don't really suffer from emotional eating. You are able to recognize your feelings and to put them into words. Negative emotions don't cause you to eat more. You don't have the physical effects of emotional eating, either.

Score between 31 and 60

Every once in a while you have difficulty recognizing and expressing emotions, but this isn't a regular pattern. You usually only eat when you have a physical need for food. You rarely use food for comfort. You have fairly good self esteem.

Score between 61 and 90

You regularly have difficulty recognizing and expressing emotions, which causes you to eat more than you planned. Negative feelings make you want to eat. As a result, you may have put on weight and maybe you are dissatisfied with yourself.

Score between 91 and 120

You are a true emotional eater, it is very hard for you to recognize and express your feelings. You try to suppress negative emotions or to get rid of them by eating a lot. This may have caused your weight to increase. You often feel dissatisfied with yourself and your weight.