

Eating Habits Assessment

Instructions: Answer YES or NO for each statement. If you are unsure of how to respond, consider if the description usually applies to you—is it mostly “yes” or “no”?

Nourishment Assessment

- | | | |
|--|------------|-----------|
| 1. I try to avoid certain foods high in fat, carbs or calories | YES | NO |
| 2. If I am craving a certain food, I don't allow myself to have it | YES | NO |
| 3. I get mad at myself for eating something unhealthy. | YES | NO |
| 4. I have forbidden foods that I don't allow myself to eat. | YES | NO |
| 5. I follow eating rules that dictate what, when and/or how I eat. | YES | NO |

Triggers and Responses

1. I find myself eating when I am emotional(anxious, sad,etc) even when I am not hungry.	YES	NO
2. I use food to soothe negative emotions.	YES	NO
3. I am not able to cope with my negative emotions (i.e. anxiety and sadness) without turning to food for comfort.	YES	NO
4. When I am lonely, I turn to food for comfort.	YES	NO
5. When I am bored, I eat just for something to do.	YES	NO
6. I have difficulty finding ways to cope with stress and anxiety, other than by eating.	YES	NO
7. I find myself eating when I am stressed out, even when I'm not physically hungry.	YES	NO
8. I mostly eat foods that prevent me from feeling energized	YES	NO

Body Awareness

1. I do not trust my body to tell me what to eat.	YES	NO
2. I do not trust my body to tell me when to eat.	YES	NO
3. I mostly eat foods that make my body perform poorly.	YES	NO
4. I do not trust my body to tell me how much to eat.	YES	NO
5. I do not trust my body when to stop eating.	YES	NO
6. Most of the time, I do not desire to eat nutritious foods.	YES	NO

Eating Habits Results

Nourishment Assessment

0-1 Yes Answers: Balanced Nourishment

You demonstrate a healthy approach to food with minimal restrictive habits.

2-3 Yes Answers: Moderate Restriction

You may have some restrictive eating patterns that could benefit from awareness and adjustment.

4-5 Yes Answers: Significant Restriction

You are likely engaging in restrictive eating habits. Exploring these patterns further can help foster a more balanced relationship with food.

Let's keep going!

Head to the next page to check out your results for the Triggers and Responses Assessment.

Triggers and Responses Assessment

0-2 Yes Answers: Minimal Emotional Influence

Your eating habits show minimal impact from emotional triggers. You generally respond to food in a balanced way.

3-5 Yes Answers: Moderate Emotional Influence

You may experience some emotional triggers that affect your eating. Reflecting on these can help you find healthier coping mechanisms.

6-8 Yes Answers: Strong Emotional Influence

Emotional triggers likely play a significant role in your eating habits. Exploring these influences further can be beneficial in developing a healthier relationship with food.

Almost there!

Head to the next page for your results on the Body Awareness Assessment. Then we'll wrap up with the final insights and solutions.

Body Awareness

0-2 Yes Answers: Strong Intuitive Connection

You have a great awareness of your body's hunger and fullness signals, allowing you to practice intuitive eating effectively.

3-4 Yes Answers: Developing Intuitive Awareness

You recognize some of your body's cues, but there's potential to deepen your connection to intuitive eating practices.

5-6 Yes Answers: Limited Intuitive Awareness

You may find it challenging to tune into your body's signals. Exploring intuitive eating further could enhance your ability to listen to your body and make more mindful choices.

Next Step...

Click “Show me the solutions” to receive your insights and recommendations.

[Show me my solutions](#)