

## FOOD ADDICTION TEST

Food addiction can go from simply seeking food as a comfort to compulsive over-eating, Anorexia or Bulimia. It's a way of coping with our feelings of inadequacies by reaching out for a cure that would ultimately destroy us. It looks different for different people, but ultimately, it's about running from love, running from pain and living with shame and self-hate. Food addiction is progressive and can ultimately lead to kidney damage, destruction of teeth, malnutrition, cardiac arrest or diabetes.

**Take this test** to see where you're at:

- Thoughts about food occupy much of my time.
- I'm preoccupied with a desire to be thinner.
- I find comfort in eating and find myself turning to food whenever I'm hurt, angry or frustrated.
- I have a specific food that I have trouble eating in healthy amounts, and once I start eating it, I cannot stop.
- I use food to cope with the emotions of past negative events.
- I have lost the ability to discern when I am physically hungry or when I was physically full.
- I turned to food after obtaining sobriety in another other area.
- I have low self-esteem which affects my motivation, and my relationship with God and others.
- As a result of my relationship with food, I feel out of control and struggle with many other areas of my life.
- I have tried various diet programs, exercising, medications or many other ways of trying to control my eating habits.
- I have failed over and over and am left feeling guilty, incapable and unlovable.
- I starve to make up for eating binges.
- I binge and then vomit afterward.
- I exercise excessively to burn off calories.
- I overeat by bingeing or by grazing continuously.
- When I binge, I take enemas or laxatives to get rid of the food I've eaten.
- I hide stashes of food for future eating or bingeing.
- I avoid foods with sugar in them and feel uncomfortable after eating sweets.
- I would rather eat alone. I feel uncomfortable when I must eat with others.
- I become depressed or feel guilty after an eating binge.
- I feel fat even when people tell me otherwise.
- Sometimes I'm afraid that I won't be able to stop eating when I binge.
- I have tried to diet repeatedly only to sabotage my weight loss.
- I'm proud of my ability to control the food I eat and my weight.
- I have weight changes of more than 10 pounds after binges and fasts.
- Feeling ashamed of my body weight results in more bingeing.
- I make a lot of insulting jokes about my body weight or my eating.
- I feel guilty after eating anything not allowed on my diet.
- I follow unusual rituals while eating, such as counting bites or not allowing the fork or food to touch my lips.
- I have given in to the idea that there is one perfect diet or pill out there that can save me, if only I could find it.

\_\_\_\_\_ = Total boxes checked.

If you check 5 or more boxes, Celebrate Recovery may be the place for you.