



Are You a Food Empath?

Food addiction and overeating are common among empaths. Empaths are highly sensitive people who absorb the stresses and emotions of others into their bodies. When food empaths absorb the stresses of the world, they may feel the unconscious need to armor themselves by overeating. If you overeat or binge on sugar, carbs, or junk food when you're emotionally overwhelmed—or if you're sensitive to the effects of foods in your body—you may be a food empath.

Do you overeat when you are emotionally overwhelmed?

Do you turn to sugar, carbs, and junk food to self-soothe discomfort?

Are you highly sensitive to the effect food has on your body?

Do you get mood swings, brain fog, or feel toxic from sugar, caffeine, sodas, or junk food?

Do you have food allergies and intolerances such as to gluten or soy?

Do you feel more protected from stress when you are heavy?

Do you feel energized by healthy, clean food?

Are you sensitive to preservatives or gluten in food?

Do you feel more vulnerable to stress when you are thin?

Here's how to interpret this self-assessment:

Answering yes to 1-3 statements indicates that you have some tendencies toward being a food empath.

Answering 4-6 yeses indicates you have moderate tendencies to be a food empath.

Answering more than 6 indicates you are definitely a food empath and use food to self-medicate stress and discomfort.

Source: The Empath's Survival Guide