



Are you a Compulsive Overeater?

1. Do I eat when I'm not hungry, or not eat when my body needs nourishment?
 Yes No
2. Do I go on eating binges for no apparent reason, sometimes eating until I'm stuffed or even feel sick?
 Yes No
3. Do I have feelings of guilt, shame, or embarrassment about my weight or the way I eat?
 Yes No
4. Do I eat sensibly in front of others and then make up for it when I am alone?
 Yes No
5. Is my eating affecting my health or the way I live my life?
 Yes No
6. When my emotions are intense — whether positive or negative — do I find myself reaching for food?
 Yes No
7. Do my eating behaviors make me or others unhappy?
 Yes No
8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots or other medical interventions (including surgery) to try to control my weight?
 Yes No
9. Do I fast or severely restrict my food intake to control my weight?

Yes No

10. Do I fantasize about how much better life would be if I were a different size or weight?

Yes No

11. Do I need to chew or have something in my mouth all the time: food, gum, mints, candies or beverages?

Yes No

12. Have I ever eaten food that is burned, frozen or spoiled; from containers in the grocery store; or out of the garbage?

Yes No

13. Are there certain foods I can't stop eating after having the first bite?

Yes No

14. Have I lost weight with a diet or "period of control" only to be followed by bouts of uncontrolled eating and/or weight gain?

Yes No

15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?

Yes No

Have you answered "**yes**" to several of these questions? If so, it is possible that you have, or are well on your way to having, a compulsive eating or overeating problem.

Source: <https://oa.org>