



Red Willow

COUNSELING & RECOVERY

Eating Disorders Symptoms Quiz

1. Do you overeat until you feel sick?
2. Do you feel guilt and remorse when you eat?
3. Are you terrified of being overweight?
4. Does it feel as though food controls your life?
5. Do you weigh yourself at least once a day?
6. Do other people say you're thin but you think you're fat?
7. Do you make yourself vomit?
8. Do you regularly take laxatives or diuretics to lose weight?
9. Do you exercise no matter how tired or sick you may feel and feel upset when you miss a day?
10. Do you eat or refuse to eat when tense, anxious, or disappointed?
11. Do you feel exhilarated or "in control" when you don't eat?
12. Have you taken drugs to curb your appetite?
13. Do you feel defeated or hopeless about food or your body size?
14. Have you kept any of these issues secret?

If you have answered "Yes" to any of these questions, you may have an eating disorder.