Name

EATING PATTERN QUESTIONNAIRE

<u>Instructions:</u> Below are groups of numbered statements. Please read all of the statements in each group and pick the number of the <u>one statement</u> in each group that best describes the way you feel about your eating pattern. Write that number in the box provided.

2. 3.	I don't feel self-conscious about my weight or body size when I'm with others. I feel concerned about how I look to others, but it normally does not make me feel disappointed with myself. I do get self-conscious about my appearance and weight, which makes me feel disappointed in myself. I feel very self-conscious about my weight and frequently, I feel intense shame and disgust for myself. I try to avoid social contacts because of my self-consciousness.
2.	I don't have any difficulty eating slowly in the proper manner. Although I seem to "gobble down" foods, I don't end up feeling stuffed because of eating too much. At times, I tend to eat quickly and then I feel uncomfortably full afterwards. I have the habit of bolting down my food, without really chewing it. When this happens I usually feel uncomfortably stuffed because I've eaten too much.
2. 3.	I feel capable to control my eating urges when I want to. I feel like I have failed to control my eating more than the average person. I feel utterly helpless when it comes to feeling in control of my eating urges. Because I feel so helpless about controlling my eating I have become very desperate about trying to get in control
2. 3.	I don't have the habit of eating when I'm bored. I sometimes eat when I'm bored, but often I'm able to "get busy" and get my mind off food. I have a regular habit of eating when I'm bored, but occasionally, I can use some other activity to get my mind off eating. I have a strong habit of eating when I'm bored. Nothing seems to help me break the habit.
2. 3.	I'm usually physically hungry when I eat something. Occasionally, I eat something on impulse even though I am really not hungry. I have the regular habit of eating foods that that I might not really enjoy, to satisfy a hungry feeling, even though physically, I don't need the food. Even though I'm not physically hungry, I get a hungry feeling in my mouth that only seems to be satisfied when I eat food, like a sandwich, that fills my mouth. Sometimes when I eat the food to satisfy my mouth hunger, I then spit the food out so I won't gain weight.
	I don't feel any guilt or self-hate after I overeat. After I overeat, occasionally I feel guilt or shame. Almost all the time I experience strong guilt of self-hate after I overeat.
	I don't lose total control of my eating when dieting even after periods when I overeat. Sometimes when I eat a "forbidden food" on a diet, I feel like I "blew it" and eat even more. Frequently, I have the habit of saying to myself, "I've blown it now, why not go all the way" when I overeat on a diet. I have a regular habit of starting strict diets for myself, but I break the diets by going on an eating binge. My life seems to be either a "feast" or "famine."
	I rarely eat so much food that I feel uncomfortably stuffed afterwards. Usually about once a month, I eat such a quantity of food that I end up feeling very stuffed. I have regular periods during the month when I eat large amounts of food, either at mealtime or at snacks.

4. I eat so much food that I regularly feel quite uncomfortable after eating and sometimes a bit nauseous.

 3. 	My level of calorie intake does not go up very high or go down very low on a regular basis. Sometimes after I overeat, I will try to reduce my caloric intake to almost nothing to compensate for the excess calories I have eaten. I have a regular habit of overeating during the night. It seems that my routine is not to be hungry in the morning but to overeat in the evening. In my adult years, I have had week-long periods when I overeat. It seems I live a life of either "feast" or "famine."
2. 3.	I usually am able to stop eating when I want to. I know when "enough is enough." Every so often, I experience a compulsion to eat which I can't seem to control. Frequently, I experience strong urges to eat which I seem unable to control, but at other times I can control my eating urges. I feel incapable of controlling urges to eat.
2. 3.	I don't have any problem stopping eating when I feel full. I usually can stop eating when I feel full but occasionally I overeat, leaving me feeling uncomfortably stuffed. I have a problem stopping eating once I start and usually I feel uncomfortably stuffed after I eat a meal. Because I have a problem not being able to stop eating when I want, I sometimes have to induce vomiting to relieve my stuffed feeling.
 3. 	I seem to eat just as much when I'm with others (family, social gatherings) as when I'm by myself. Sometimes, when I'm with other persons, I don't eat as much as I want to eat because I'm self-conscious about my eating. Frequently, I eat only a small amount of food when others are present, because I'm very embarrassed about my eating. I feel so ashamed about overeating that I pick times to overeat when I know no one will see me. I feel like a "closet eater."
2.	I eat three meals a day with only an occasional snack between meals. I eat three meals a day, but I also normally have a snack between meals. When I am snacking heavily, I get in the habit of skipping regular meals. There are regular periods when I seem to be continually eating, with no planned meals.
2. 3.	I don't think much about trying to control unwanted eating urges. At least some of the time, I feel my thoughts are preoccupied with trying to control my eating urges. I feel that frequently I spend much time thinking about how much I ate or about trying not to eat any more. It seems to me that most of my waking hours are preoccupied by thoughts about eating or not eating. I feel like I'm constantly struggling not to eat.
2. 3.	I don't think about food a great deal. I have strong cravings for food but they last only for brief periods of time. I have days when I can't seem to think about anything else but food. Most of my days seem to be preoccupied with thoughts about food. I feel like I live to eat.
2.	I usually know whether or not I'm physically hungry. I take the right portion of food to satisfy me. Occasionally, I feel uncertain about knowing whether or not I'm physically hungry. At these times it's hard to know how much food I should take to satisfy me. Even though I might know how many calories I should eat, I don't have any idea what is a "normal" amount of food for me.

_Total Score