

DO YOU HAVE AN EATING DISORDER?

Although there is not one specific test or quiz that can provide a yes or no answer, it is important to reflect upon your attitudes and beliefs surrounding weight, body image and food. Below are some questions that may identify that there are behaviors and attitudes worth seeking help for. Check off any of the below if you find it to be true.

DO YOU:

- Constantly think about food, weight, or your body?
- Have difficulty concentrating because of thoughts about food, weight or your body?
- Weigh yourself repeatedly on a weekly or daily basis?
- Feel like your self-worth is connected to your weight/body image?
- Do loved ones express concerns about your eating habits or health?
- Do you find yourself often checking your body or appearance in the mirror?
- Label foods as "good or bad"?
- Experience guilt or shame around eating or after eating?
- Have difficulty identifying hunger or fullness before, during and/or after eating?
- Count calories whenever you eat or drink?
- Cope with your emotions by eating?
- Have rules and/or rituals around food?
- Eat in secret or hide foods?
- Avoid social situations involving food?
- Have a feeling of being 'out of control' around food?
- Sometimes feel like you can't stop eating once you start
- Over-eat or binge to the point of discomfort?
- Use laxatives or diuretics in an effort to lose weight?
- Vomit after eating?
- Restrict or limit your food intake?
- Feel the need to compensate after meals through purging, restricting, exercising etc.?
- Feel anxiety if you miss a workout?
- Exercise to lose weight even if you have an injury or are sick?
- Have frequent gastro-intestinal distress?
- Experience menstrual irregularities?
- Worry that behaviors and concerns about food and weight interfere with your day to day functioning?

If you checked off one or more of the questions above, it may mean that you are struggling with an eating disorder or disordered behaviors and beliefs. You should strongly consider reaching out for help from a loved one or a health professional.

