

## **Do You Have a Healthy Relationship with Food?**

**Write “yes” next to the following statements that are true for you.**

1. I am preoccupied with a desire to be thinner. \_\_\_\_\_
2. I am terrified of gaining weight. \_\_\_\_\_
3. I feel that food controls my life. \_\_\_\_\_
4. My day revolves around the number on the  
scale and whether it went up or down. \_\_\_\_\_
5. I watch what other people eat and use that to  
determine what and how much I will eat. \_\_\_\_\_
6. Often, I eat when I am not hungry. \_\_\_\_\_
7. Often, I do not eat when I am hungry. \_\_\_\_\_
8. I feel guilty after eating. \_\_\_\_\_
9. Often, I purge after meals. \_\_\_\_\_
10. I have certain rituals around eating that other  
people tell me are not normal. \_\_\_\_\_
11. I react to stressful situations by using food. \_\_\_\_\_
12. Often, exercise and/or eating get in the way of  
my job, school, work, or other activities. \_\_\_\_\_
13. I often feel out of control around food. \_\_\_\_\_
14. My moods feel out of control and frequently change. \_\_\_\_\_
15. If I were only thinner, my life would be better. \_\_\_\_\_

**If you found yourself answering “yes” to these questions, there may be a reason for concern and we urge you to contact MEDA’s Connect Line at 617-558-1881. Full recovery is possible and help is available!**