

# Do I have an Eating Disorder?



You are the best at knowing yourself and the degree to which your preoccupations with food and body image interfere with your life. If you answer “yes” to any of the questions below, it may be an indication that you may benefit from support around food, weight, and/or exercise.

## Respond to the questions below:

- Do you constantly think about food?
- Is it difficult to concentrate on daily tasks, studying, or work because of thoughts about food and weight?
- Do you worry about what your last meal is doing to your body?
- Do you experience guilt or shame around eating?
- Is it difficult for you to eat in public?
- Do you count calories every time you eat or drink?
- Do you obsess about the size of your stomach, hips, thighs, or buttocks?
- Do you weigh yourself several times a day?
- Does the number on your scale determine your mood and outlook for the day?
- When you are momentarily satisfied with your weight, do you resolve to be even more vigilant to maintain or lose more?
- Do you punish yourself with more exercise or restrictions if you don't like the number on the scale?

- Do you exercise almost daily with the goal of burning calories?
- Will you exercise to lose weight even if you are ill or injured?
- Do you label foods as “good” and “bad?”
- If you eat a “bad” or forbidden food do you berate yourself and compensate by skipping your next meal, purging, or adding extra exercise?
- Do you vomit after eating and/or use laxatives or diuretics to keep your weight down?
- Do you severely limit your food intake?

An eating disorder professional can give you honest feedback about your answers to these questions. Sharing your thoughts, concerns, and feelings with someone who can listen compassionately while suspending judgment is helpful, comforting, and motivating.



Even if you're not ready to change your behaviors, you still deserve help in maintaining physical safety, and this is something an eating disorder specialist can do for you.