|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Definitely true** | **Mostly true** | **Mostly false** | **Definitely false** |
| **1.**  When I smell a sizzling steak or juicy piece of meat, I find it very difficult to keep from eating, even if I have just finished a meal. | □ | □ | □ | □ |
| **2.**  I deliberately take small helpings as a means of controlling my weight. | □ | □ | □ | □ |
| **3.**  When I feel anxious, I find myself eating. | □ | □ | □ | □ |
| **4.**  Sometimes when I start eating, I just can’t seem to stop. | □ | □ | □ | □ |
| **5.**  Being with someone who is eating often makes me hungry enough to eat also. | □ | □ | □ | □ |
| **6.**  When I feel blue, I often overeat. | □ | □ | □ | □ |
| **7.**  When I see a real delicacy, I often get so hungry that I have to eat right away. | □ | □ | □ | □ |
| **8.**  I get so hungry that my stomach often seems like a bottomless pit. | □ | □ | □ | □ |
| **9.**  I am always hungry so it is hard for me to stop eating before I finish the food on my plate. | □ | □ | □ | □ |
| **10.**  When I feel lonely, I console myself by eating. | □ | □ | □ | □ |
| **11.**  I consciously hold back at meals in order not to weight gain. | □ | □ | □ | □ |
| **12.**  I do not eat some foods because they make me fat. | □ | □ | □ | □ |
| **13.**  I am always hungry enough to eat at any time. | □ | □ | □ | □ |
| **14.**  How often do you feel hungry? | □ | □ | □ | □ |
| **15.**  How frequently do you avoid 'stocking up' on tempting foods? | □ | □ | □ | □ |
| **16.**  How likely are you to consciously eat less than you want? | □ | □ | □ | □ |
| **17.**  Do you go on eating binges though you are not hungry? | □ | □ | □ | □ |

Final Question:

On a scale of 1 to 8, where 1 means no restraint in eating (eating whatever you want whenever you want it) and 8 means total restraint (constantly limiting food intake and never 'giving in') what number would you give yourself?

\_\_\_\_\_\_\_\_\_