



## The Awareness Quiz

from *Why Did I Just Eat That?* pages 11-23

## What type of eater are you?



To get the most out of this quiz, read the statements below, and select those that apply to you by putting a check in the blank space at the beginning of the sentence. (While many of these statements may be true some of the time, take care to focus on those that are typically true of you more often than not.) When you are finished, there will be further instructions on how to score your responses by counting and then tallying the individual symbol shapes next to the statements you selected. Please allow around 15 minutes to take this test.

1. I struggle making self-care a priority for me. It is much easier for me to take care of people other than myself. ■ ▲
2. I regularly use food for comfort; it makes me feel better. ♥ ☾
3. If I eat “bad” foods, I am doing a bad thing, or consider myself a bad person. ▲
4. When I eat (or restrict from eating) food, and that goes against the wishes of other people, I feel more powerful. ■
5. I find myself nibbling on food all day, sometimes not making time for actual, proper, meals. ★ ☾ ●
6. There are times when I eat food—even though I may not feel hungry—that I feel obligated to eat anyway. ★
7. I often use eating to get back at others by consuming foods I think I should not eat. ■
8. I feel guilty and bad about myself if I do not exercise regularly. ▲
9. When I feel angry at someone and don’t feel comfortable confronting them, I really want to eat. ♥ ■
10. I use food as a way to soothe my feelings when I’m feeling sad. ♥ ☾
11. I have feelings of disgust or loathing when I look at my body in the mirror. ▲
12. I eat throughout the day, and therefore rarely feel hungry. ★ ●
13. I often use food as a way to procrastinate getting tasks done. ☾
14. Sometimes I eat just because I know someone would disapprove of the fact that I was eating. ■
15. I eat as much as I can at a sitting, because I’m afraid there won’t be enough food later. ★
16. When it comes to sweets, I either eat the entire container or I eat none. ▲
17. I’d call myself a “grazer”; I snack frequently instead of eating meals. ☾ ■
18. I work out solely to change my body size and shape. ▲

## The Awareness Quiz, continued



19. Eating has a calming effect on me. ♥
20. I rarely plan out any meals or snacks in advance. ●
21. Eating helps me feel in control. ■
22. I impulsively grab food without considering if I'm hungry or not. ★ ☾
23. Normal stomach distention after eating makes me hate the way my body looks. ▲
24. My meals and snacks are at irregular times each day; sometimes I even skip them. ●
25. When I feel overwhelmed I find myself looking for food as comfort. ♥ ☾
26. I eat little during the day, but then eat continuously from dinner until bedtime. ●
27. I get most of my joy in life from eating. ♥ ★ ■
28. I frequently find myself eating when cleaning the kitchen. ♥ ★ ▲
29. I'm most often not hungry for breakfast or lunch and rarely eat much before dinner. ●
30. As a child, I would get offered a treat/sweet to help me feel better whenever I was upset. ♥ ☾
31. I have my list of "good" foods and "bad" foods that I follow. ▲
32. It matters little if I am full or not if the food looks good. ★
33. Growing up, I was expected to be part of the "clean plate club" (grown-ups did not allow me to leave any food on my plate.) ★ ▲
34. I know my loved one wants me to lose weight, so I eat to get back at them. ■
35. I might be full, but if there's food on my plate I will finish it! ★ ▲
36. I tend to eat a large dinner after eating very little throughout the day. ●
37. During more difficult days, I look for food to relieve the stress. ♥ ☾
38. I have no idea what I will eat until I open the fridge. ★ ●
39. I make food choices based on how good I feel about my body at that moment. ▲
40. I am a fast eater. ♥ ★ ■
41. I drink coffee all day and only eat food at night. ●
42. Eating is a great way for me to put off doing something I don't want to do. ♥ ■ ☾
43. When I feel stressed or upset I turn to food for relief. ■ ☾
44. I use the diet rules or internet "hacks" I find on social media as a guide to tell me what I should and should not eat. ▲

## The Awareness Quiz, continued



45. It's my job to keep my family calm and happy. ■ ●
46. When I feel stressed I start looking for things to eat even if I'm not hungry. ♥ ☾
47. If I eat "bad" foods, I will not like the way my body looks. ▲
48. I notice that when I don't sleep well I look for more food. ●
49. I use food as a way to express resentment if I'm upset with certain people. ■
50. I try to be really "good" by not eating breakfast or lunch, even though I might be hungry. ▲ ●
51. I am compelled to eat everything on my plate regardless of how hungry (or not) I might feel. ★
52. I find I'm often way too busy during the workday for proper meals. ☾ ●
53. My problems would go away only if I could lose weight. In fact, my life would be perfect if I were in a smaller body. ▲
54. Eating comfort foods makes me feel better. ♥
55. I let myself have dessert only if I work out a lot that day. ▲
56. I ignore my feelings of hunger even though I'm aware that I feel hungry. ▲ ●
57. I usually try to be the first one at the table/in line for food. ♥ ★
58. I find I often anger-eat. ■
59. If I eat one cookie I feel like my "diet" is ruined. ▲
60. When I feel tired, I grab food for energy and to make me feel more alert. ●
61. I will finish whatever uneaten food my kids leave on their plates, regardless of whether I'm hungry or not. ♥ ★ ●
62. I tend to eat if food is in front of me even if I'm not hungry. ★ ☾
63. I hide forbidden foods in secret places. ♥ ■
64. I either eat completely healthy, or just give up trying to eat healthy altogether. ▲
65. It is better to finish food you don't want, than to let it go to waste. ♥ ★ ●
66. I use over-eating as my way of expressing the uncomfortable feelings I have a hard time expressing. ■
67. When I have a poor night's sleep I'm more likely to reach for extra snacks during the day. ●

## The Awareness Quiz, continued



68. When I feel lonely, food is my friend. ♥
69. I run out of energy in the middle of the day and use food as a pick-me-up. ●
70. The amount I exercise is based on working off what I eat. ▲
71. Other people don't understand how emotionally important food is to me. ♥
72. Not finishing everything on my plate makes me feel uneasy. ♥ ★
73. I'm always comparing my body to others. ▲
74. Being full feels like I'm getting a hug from the inside. ♥ ■
75. Since food was scarce when I was younger, I carry concerns that there might not be enough to eat with me today. ★
76. I'm so busy taking care of my family that I put my own needs aside. ■ ●
77. I often tell myself "just one more snack and then I'll start my work." ☾
78. Food is a way for me to "numb out"/escape my real feelings. ♥ ☾
79. I carry anger and resentments I can't (or don't feel comfortable to) talk about. ■
80. I let what is put/served on my plate determine how much I will eat. ★
81. I have a hard time finishing assignments because I get bored and spend too much time eating. ☾
82. I grew up learning to sacrifice my needs for my family. ■ ●
83. Even after I'm full, if I see a food I like I will eat it. ★
84. If I eat something I consider "bad" I tell myself I'll start my diet on another day. ▲
85. If someone tells me not to eat something it just makes me want it more. ■
86. When it comes to prioritizing all the things I have to do, I tend to put myself and my needs last on the list. ☾ ●

### Tally Your Symbols Here

♥ \_\_\_\_\_ ★ \_\_\_\_\_ ☾ \_\_\_\_\_ ● \_\_\_\_\_ ■ \_\_\_\_\_ ▲ \_\_\_\_\_

Refer to pages 18 - 23 in *Why Did I Just Eat That?* to assess your results. After you determine what type of eater you are, find your corresponding downloadable [workbooks](#) on our website.