

Self Assessment Questionnaire

Do I -

- Think about food and weight constantly
- Feel frustrated with dieting
- Eat in response to anger, boredom, anxiety, stress, loneliness, etc.
- Feel guilt and remorse when I overeat
- Eat when I am not hungry
- Attempt to control my weight by fasting, vomiting, taking laxatives or exercising
- Feel anxious, guilty or empty if I miss my exercise time
- Deny myself food if I miss my exercise
- Think of the time spent exercising in terms of how many calories I burn
- Feel unworthy because my body isn't the right weight or shape
- Have a range of sizes in my wardrobe
- Wear clothes that divert attention from my weight
- Avoid looking in full-length mirrors
- Believe that if I stopped concentrating on controlling my weight I would become fat?

If you have identified **5 or more** of these you may need help. Please contact us if you have any questions.

To contact us please e-mail us at newrealities.edrc@gmail.com or call:

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