

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

1. I am preoccupied with the 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 is 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 frequent change and instability.
15. If I were only thinner, my life would be better.

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