

“Am I a Food Addict?” Checklist

Your answers to the following questions may help you identify whether you have a food addiction problem:

1. Has anyone ever told you that you have a problem with food?
2. Do you think food is a problem for you?
3. Do you eat large amounts of high-calorie food in short amounts of time?
4. Do you eat to numb your feelings?
5. Can you stop eating whenever you wish?
6. Has your eating or weight ever interfered with your jobs, relationships, or finances?
7. How often do you get weighed?
8. Do you ever judge yourself by the number on your scale?
9. Do you often eat more than you planned to eat?
10. Have you hidden food or eaten in secret?
11. Have you become angry when someone eats food you have put aside for yourself?
12. Have you ever been anxious about your size, shape, or weight?
13. How many weight loss programs have you tried?
14. Do you manipulate ways to be alone so that you can eat privately?
15. Do your friends and companions over-eat or binge eat?
How often do you over-eat?

16. Are other members of your family, including parents, siblings, aunts, uncles and grandparents, addicted to food, alcohol, nicotine or drugs?

17. Do you often feel guilty about the amount you eat?

18. Have you ever thought you should cut down on your eating?

19. Has anyone ever annoyed you by criticizing your eating?

20. Have you ever felt guilty about your eating?

If your answers to these questions concern you, you are in the right place and at the right time. We're here to help you accept and surrender to your food addiction so you can choose recovery today!

The path to recovery involves recognition, admission, and acceptance. Identification of the problem — realizing that something is wrong — leads to recovery.

We're glad you're here!