

Are You an Emotional Eater?

Name _____

Email _____



*This is a screening tool for discussion only and it not meant to diagnose or treat and eating disorder.

Answer questions with (1-never, 2-sometimes, 3-often 4-almost always)

	1	2	3	4
1. Have you hidden food from family members so you could eat it yourself?				
2. Have you retrieved foods out of the trash that you've thrown out?				
3. Do you own several sizes of pants because your weight fluctuates?				
4. Have you been trying to lose weight for over 1 year?				
5. Do you read diet books, magazines and search online hoping to find the right diet?				
6. Are your thoughts preoccupied with food?				
7. Have you vomited or tried to vomit the food you've eaten?				
8. Do you wait until you are alone to overeat?				
9. Have you lied about what you have eaten?				
10. Do you eat when you are not hungry?				
11. Do you eat until you are stuffed?				
12. Do you attempt to avoid negative feelings by eating?				

Optional: Send (sarah@catalystwellnesscoaching.com) your completed form back to me. After completed please setup a [Discovery Call](#) so we can review your results!

After the Discovery Call you will have the opportunity to join the upcoming 10-day online group on emotional eating: [Unconscious Hunger](#)

This offer ends Oct 20th.

Sarah Hotchkiss
Catalyst Wellness Coaching
608-291-4448
<https://www.catalystwellnesscoaching.com>