

Statement	Answer	Statement	Answer
I have lost weight several times only to put it back on again.	Yes / No	When I try to lose weight, I spend a lot of time thinking about food	Yes / No
I constantly fluctuate between either being on a diet or being off a diet.	Yes / No	When I eat my favourite foods, I sometimes feel guilty.	Yes / No
Before I start a diet, I eat more than my usual quantity of forbidden foods or clear the house of rubbish.	Yes / No	If I eat something bad when I am trying to lose weight, I give up trying for the rest of the day or longer.	Yes / No
I generally only weigh myself when I am trying to lose weight.	Yes / No	When I try to lose weight, I eat different foods from the rest of the family.	Yes / No
When I weigh myself, if I do not like the weight I see, it can influence my food choices for the rest of the day.	Yes / No	When I try to lose weight, I try to follow certain rules, such as, always eat breakfast, or, no food after 7pm.	Yes / No
When I am on a diet, there are several foods I try to avoid.	Yes / No	I often eat when I am not hungry.	Yes / No
I would describe myself as a comfort eater.	Yes / No	When I am not trying to lose weight, I sometimes eat just for something to do.	Yes / No
I see some foods as being good and some as being bad.	Yes / No	I always finish all the food on my plate.	Yes / No
When I try to lose weight, there are foods I am allowed and foods I am not allowed.	Yes / No	I often eat leftovers, or eat to avoid waste	Yes / No
When I try to lose weight, I try to stop eating bad food.	Yes / No	I need a written meal plan / menu planner / recipe planner to be able to lose weight.	Yes / No
When I try to lose weight, I often eat foods that I would not normally choose.	Yes / No	To lose weight, I need someone to check my weight regularly.	Yes / No
		When I try to lose weight, my social plans change to avoid being exposed to food I think I shouldn't be eating.	Yes / No

If you can relate to at least some of the statements above, then read on.