



Self- Look at Eating Disorder

For each item, indicate the extent to which it is true, by circling the appropriate word.

1. Do you make yourself sick because you feel uncomfortably full?

No Sometimes Often

2. Do you worry you have lost control over how much you eat?

No Sometimes Often

3. Have you recently lost more than 15 lbs. in a 3 month period?

No Yes

4. Do you believe yourself to be fat when others say you are too thin?

No Sometimes Often

5. Would you say that food dominates your life?

Not at all Somewhat Very much

Call Phoenix Associates, Inc. at 260.424.0411 to discuss your results.