1. Do I eat when I’m not hungry, or not eat when my body needs nourishment?

2. Do I go on eating binges for no apparent reason, sometimes eating until I’m stuffed or even feel sick?

3. Do I have feelings of guilt, shame or embarrassment about my weight or the way I eat?

4. Do I eat sensibly in front of others and then make up for it when I am alone?

5. Is my eating affecting my health or the way I live my life?

6. When my emotions are intense—whether positive or negative—do I find myself reaching for food?

7. Do my eating behaviors make me or others unhappy?

8. Have I ever used laxatives, vomiting, diuretics, excessive exercise, diet pills, shots or other medical interventions (including surgery) to try to control my weight?

9. Do I fast or severely restrict my food intake to control my weight?

10. Do I fantasize about how much better life would be if I were a different size or weight?

11. Do I need to chew or have something in my mouth all the time: food, gum, mints, candies or beverages?

12. Have I ever eaten food that is burned, frozen or spoiled; from containers in the grocery store; or out of the garbage?

13. Are there certain foods I can’t stop eating after having the first bite?

14. Have I lost weight with a diet or “period of control” only to be followed by bouts of uncontrolled eating and/or weight gain?

15. Do I spend too much time thinking about food, arguing with myself about whether or what to eat, planning the next diet or exercise cure, or counting calories?