AM I AN EMOTIONAL EATER?

Emotional eating means consuming food in response to emotions, such as stress, sadness, or boredom, rather than hunger. While occasional emotional eating is normal, relying on food as a coping mechanism can have negative impacts on both physical and mental health. This checklist is designed to help you assess whether you may be engaging in emotional eating behaviors and to encourage mindful reflection on your relationship with food.

Read each scenario carefully and check off the ones that apply to you..

- ☐ I find myself turning to food when feeling stressed or anxious, seeking comfort in eating.

- ☐ I use food as a reward or a treat to celebrate when something good happens.

- ☐ I often experience cravings for specific foods when I'm anxious, especially those high in sugar or fat.

- ☐ I am prone to over-eating when dealing with stressful situations or negative emotions, despite not being physically hungry.

- ☐ My eating habits prevent me from dealing with my emotions directly, leading to a cycle of constantly suppressing my feelings.

- ☐ I often eat alone or secretly when anxious, trying to hide my food habits from others.

- ☐ I feel guilty or ashamed after over-eating and indulge in harsh self-criticism afterward.

- ☐ I feel physically uncomfortable or overly full after eating in response to emotional triggers.

- ☐ I attempt to restrict or control my eating in response to emotional eating episodes, leading to a cycle of overeating and restriction.

- ☐ I feel like food has become my primary coping mechanism for dealing with life's challenges and emotions.

If you find yourself check-marking over three scenarios, then you might be struggling with disordered eating. Recognizing symptoms is the first step towards healing and finding balance. Trust Mental Health offers nutrition counseling services designed to provide you with the compassionate care and personalized strategies you need to navigate emotional eating behaviors and cultivate a healthier relationship with food.