

Find Out If You Are an Emotional Eater & What Type

The first step is to identify whether you are an emotional eater and if yes, let's work out what emotions tend to trigger you.

Questions	yes	no
Do you ever eat without realising you're even doing it?		
Do you ever feel guilty or ashamed after eating?		
Do you often eat alone or at odd locations, such as sitting in your car so people don't see you eating?		
Do you eat after an experience that has caused a negative emotion, such as being angry after an argument even if you aren't feeling hungry?		
Do you crave specific foods when you're upset, such as always wanting chocolate when you're feeling depressed?		
Do you feel the urge to eat in when you experience external cues like seeing food advertised on television?		
Do you eat because you feel there's nothing else to do?		
Does eating improve your mood when you're sad?		
Does eating distract you from your problems when you're worried about something?		

You are an emotional eater if you answered yes to any of the questions above. I am guessing you are not surprised at that result because you were interested enough in emotional eating to download this guide, but please now complete the questionnaire on the next page to see which emotions you are typically using food to numb.

What Type Of Emotional Eater Am I?

	Check All The Statements That Are True For You	Yes
1	When I feel down or depressed I eat to lift my mood	
2	I feel a greater urge to eat when I am depressed or feeling low	
3	I tend to eat more when I am disappointed	
4	I tend to overeat when I feel stressed	
5	I reach for snacks when I am under pressure or overwhelmed	
6	If I am nervous or worried I eat	
7	When people irritate or frustrate me I eat to calm myself	
8	I am compelled to eat to get back at someone who has made me angry	
9	I reach for food to make me feel better when I am angry	
10	When I am bored I tend to eat more than I usually do	
11	I start looking forward to a snack when time is passing slowly	
12	I reach for a snack when I have nothing to do	
13	My appetite increases when I am alone	
14	Eating makes me feel less lonely when I am alone	
15	When I am with others I am less likely to overeat than when I am alone	
16	I celebrate with food that I generally don't allow myself	
17	I don't worry about dieting or restricting certain foods when I am happy	
18	When I am happy, eating certain foods makes me feel even happier	

The questionnaire statements above relate to common types of emotional eating. By reviewing the statements you answered yes to should give you a general idea of your particular trigger(s) for emotional eating.

- 1 – 3: Depressed Eating
- 4 – 6: Anxiety/ Stress Eating
- 7 – 9: Anger Driven Eating
- 10 – 12: Boredom Eating
- 13 – 15: Loneliness Eating
- 16 – 18: Happy Eating

My Triggers Are: