

IS WHAT I DO LOUDER THAN WHAT I SAY?

Even the little things we say and do have a great impact on those around us.

The following questionnaire is designed to get you thinking about how you may have unknowingly influenced someone else's ideas about food, weight, and appearance.

There is no right or wrong way to answer this test.

However, the more questions you answer with a "yes", the more likely it is that your food thoughts may be significantly influencing your loved one's food behaviors.

1. I follow a low-fat diet and try to get the rest of my family to do the same.
2. I worry about what my other family members eat.
3. I have been on many diets in the past.
4. I like to talk about recipes, cooking, and food.
5. I often comment about other individuals' weights.
6. I try to get other people to eat the way I do.
7. I eat differently when no one is around than when I eat with my family.
8. I monitor the weights of other family members.
9. I have suggested to other people that they should change their weight.
10. Food is used as a reward in our home.
11. Dinnertime is often in front of the television set.
12. I keep my own secret stash of (You name the food).
13. I have offered gifts to someone as an incentive to lose/gain weight.
14. We have family nicknames like "Lardbottom," and "Thunder Thighs".
15. I identify people according to their physical characteristics (the thin one, the lady with the double chin, the pretty little girl.).
16. I have been known to say "You don't need that!"
17. Family gatherings always revolve around some type of meal.
18. I bake/buy sweets for my family but I never eat them myself.
19. I bake/buy sweets for myself but do not share them with my family.
20. We rarely sit down and eat together as a family.
21. I use food to comfort myself and/or others.
22. Dessert, chips, and food are often treats.
23. Food is withheld as a form of punishment in our home.
24. I have used food to quiet a crying child.
25. Dinner conversations revolve around how the meal was cooked.
26. I have been known to comment, "You're eating so much!" if someone at my table takes more food than I would normally eat.
27. I have verbalized opinions about what I think other family members should weigh.