

INTUITIVE EATING

ASSESSMENT QUESTIONS

Topics: Recognizing Biological Hunger and Satiety

- What does “hungry” feel like to you?
- What does “full” feel like to you?
- Do you often ignore the sensations of hunger until you are ravenous?
- Do you often eat past the point of “comfortably full”?
- Are you able to eat when you feel the sensations of hunger?
- Do you regularly eat when you are not hungry?
- Do you trust your body to tell you when to eat?
- Do you trust your body to tell you how much to eat?
- Do you trust your body to tell you what to eat?

Topics: Mindfulness

- Where are most meals eaten (breakfast, lunch and dinner)?
- Do you frequently eat in front of a screen (tv, phone, computer)?
- Do you frequently consume meals on the go?
- Do you ever forget you have eaten a meal or snack during the day?
- Do you feel you mindlessly eat during the day?
- Do you feel you mindlessly eat at night?
- Do you take the time to appreciate the colors, aromas, tastes and textures of your food?
- Do you ever get to the end of a meal, snack and not realize you had finished?
- Do you ever grab a container of food and not realize you have eaten all or most of it's contents?

Topics: Restrictive Eating

- What diets have you tried in your lifetime?
- What diets have you tried in the past 3 years?
- Are there any food/food groups that you restrict? Why? (this can include specific foods/food groups (grains, dairy, sugar, beans) or types of foods (high carb, high fat)
- How often do you think about restricting your food intake in some way (either via diet or elimination of a food/food group)?
- Do you view foods as “good”, “bad”, “healthy” or “unhealthy”?
- Do you regularly feel shame or guilt after eating?
- I try not to eat past a certain time at night, even if I am hungry?
- I tell myself I “should” or “shouldn't” eat certain foods?

Topics: Self Beliefs

- How would you rate your average daily stress levels?
- How do you currently deal with stress in your life?
- Does your feelings about your weight contribute to your feelings of self worth?
- Does your feelings about how you eat contribute to your feelings of self worth?
- Do you have a solid support system in place in your life?
- What words/thoughts/feelings run through your head when you eat foods you feel are “bad” or “unhealthy”?
- What words/thoughts/feelings run through your head when you eat foods you feel are “good” or “healthy”?

Topics: Emotional Eating

- Do you regularly eat when you're bored?
- Do you regularly eat when you're lonely?
- Do you regularly eat when you're stressed?
- Do you regularly eat when you're angry?
- Do you regularly eat when you're tired?
- Do you regularly eat when you're frustrated?
- Do you regularly use food as a reward for a positive accomplishment?
- Do you regularly use food as a comfort for a negative situation?

Topics: Eating Disorders

- Have you ever sought treatment for Anorexia?
- Have you ever sought treatment for Bulimia?
- Have you ever sought treatment Binge Eating?
- Do you believe you have any type of eating disorder?