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## Do you or someone you know have Binge Eating Disorder?

Please answer each question with a yes or no:

1. I feel very self-conscious about my weight. Frequently I feel intense shame and disgust for myself. I try to avoid social contacts because of my self-consciousness.
2. At times, I tend to eat quickly. Then I feel uncomfortable full afterwards.
3. I feel so helpless when it comes to feeling in control of my eating urges.
4. I have a regular habit of eating when I'm bored, but occasionally, I can use some other activity to get my mind off eating.
5. I have the regular habit of eating foods, which I might not really enjoy, to satisfy a hungry feeling even though physically, I don't need the food.
6. Almost all the time I experience strong guilt or self-hate when I overeat.
7. I have a regular habit of starting strict diets for myself, but I break the diets by going on an eating binge. My life seems to be either a "feast" or "famine."
8. I eat so much food that I regularly feel uncomfortable after eating and sometimes nauseous.
9. I have a regular habit of overeating during the night. It seems that my routine is not to be hungry in the morning by overeating in the evening.
10. I feel incapable of controlling urges to eat. I have a fear of not being able to stop voluntarily.
11. I have a problem not being able to stop eating once I start and usually I feel uncomfortably stuffed after I eat a meal.
12. Frequently, I eat only a small amount of food when others are present because I'm very embarrassed about my eating.
13. I frequently spend too much time thinking about how much I ate or about trying not to eat anymore.
14. I have days when I can't seem to think about anything else but food.
15. Occasionally, I feel uncertain about knowing whether or not I'm physically hungry. At these times it's hard to know how much food it should take to satisfy me.

If you answered yes to more than three of these questions, you may be struggling with Binge Eating Disorder. Early detection and treatment greatly increases recovery.