

ARE YOU AN Emotional Eater?



CHARYA HILTON

ARE YOU AN EMOTIONAL EATER?

Take the Test!

This lighthearted test is designed to give you clear information about whether you are an Emotional Eater - you're using food to excess to deal with stress, feelings you can't handle, painful memories/experiences.

Note: we all eat emotionally sometimes and that's totally fine and human but when emotional eating is accompanied by guilt and shame, and/or body hatred and/or constant dieting we're in a whole different area and we can do stuff to let all that go and feel good about food, eating, and ourselves.

Not all of these questions will apply to you - simply tick the **YES** or **NO** box for each one and see your result at the end

ARE YOU AN EMOTIONAL EATER?

1. I find myself on and off diets on a regular basis

Yes

No

2. I sometimes feel powerless or out of control around food

Yes

No

3. I'm unhappy with my body

Yes

No

4. I think there are good and bad foods

Yes

No

5. I am constantly thinking about food, even after I just ate

Yes

No

6. I often feel unsatisfied after I eat

Yes

No



7. I sometimes say or think I've been good/bad when it comes to my eating behaviour

Yes

No



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8. I crave chocolate and/or other sweet things when I'm upset, emotional or stressed

Yes

No



9. Hunger seems to come on quickly and suddenly when I'm feeling emotional

Yes

No

10. I prefer to eat alone

Yes

No

11. I sometimes feel compelled to eat and I can't stop once I've started

Yes

No

12. I frequently eat my food quickly and without really chewing or tasting it

Yes

No



13. I feel guilty when I eat 'bad' foods

Yes

No

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14. I often eat unconsciously

Yes

No

15. I hide my eating habits from my family and friends

Yes

No

16. I sometimes find that once I start eating, I can't stop

Yes

No

17. I feel a lot of shame and regret after I eat too much

Yes

No

18. I eat when I'm not hungry, just because food is there

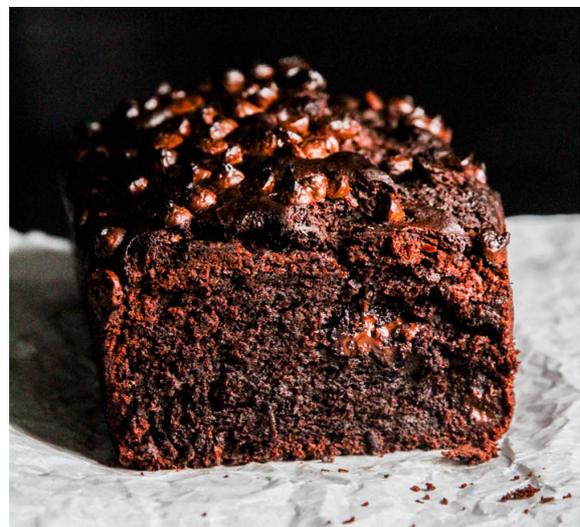
Yes

No

19. I sometimes eat when I'm bored

Yes

No



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20. Snacking makes me feel better in the moment and worse after

Yes

No

21. I notice a marked difference in my eating behaviour between high stress and no stress

Yes

No

22. I feel more in control of my emotions if I eat my favourite comfort foods

Yes

No

Great!

Now add up all your **YES** answers and all your **NO** answers.

YES total

NO total

YOUR RESULTS

What zone are you in?

RED
16-22 YES's

AMBER
6-15 YES's

GREEN
1-5 YES's

SO, WHAT DOES IT ALL MEAN?

1. If your results place you in the **RED ZONE**, you're most likely an Emotional Eater who uses food to deal with stress and feelings **regularly**. You **may** have an intense dislike or even hatred for your body and might have given up on hoping that this painful emotional eating situation could ever change.

As a **RED ZONE** woman, you **may** be concerned about your weight and size. If you are, you may try to diet to lose weight but however hard you try to diet, you are doomed to fail. Trying to control what you eat, trying to stick to tough regimens is **NOT** going to solve your weight problem. In fact, it will make it worse. More dieting and more failing will simply make you feel worse and worse about yourself and your body. And, as food is your comfort - where will you end up? Dieting, bingeing, starving, going on yet another diet, eating to bury the bad feelings you're experiencing, feeling weak and desperate are all just cycles of behaviour that will not solve your problems.

You are not weak. You don't have low will-power.

What you have is an emotional eating problem.

Self-denial is not the way out of your pain and distress. If you're on the diet treadmill be assured, For you as a **RED ZONE WOMAN**, **DIETS DON'T AND WON'T WORK, OK?**

My **Freedom From Emotional Eating** process can help you to discover what's at the core of the pain and distress that's causing you to eat to try to deal with your feelings. You will learn new, positive, creative ways to overcome whatever is troubling you without resorting to food, and new strategies for eating intuitively - learning to tune in to what your body really wants and needs and when. Trusting your body's natural intelligence is a huge leap for an Emotional Eater but through Intuitive Eating your body will gradually settle and balance at its unique healthy size and weight without dieting!

2. If your results place you in the **AMBER ZONE**, you're most likely an Emotional Eater who uses food to deal with stress and feelings **fairly often**.

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You may dislike your body, you may feel guilty and ashamed of your eating habits, you may be trying to solve your problems with food by dieting or by trying to impose some kind of control on what and when you eat.

If you're trying to lose weight, you will probably find it hard to lose it by dieting as you have emotional issues you sometimes try to deny or ignore by using food to mask your feelings. Diets won't work for you long term as sooner or later, your feelings will trip you up and the diet will go out the window.

You may try dieting again and again, going up and down, up and down in weight but endlessly trying to stick to tough regimens is NOT going to solve your problem once and for all. Your self-esteem will suffer and your confidence will take a bashing with every 'fail'. You may just give up, tired of trying to maintain a healthy balance with food and eating when you are often eating for emotional reasons cannot be achieved through control and self-discipline.

You are not weak and don't have low will-power.

What you have is an emotional eating problem that sometimes overtakes you.

My **Freedom From Emotional Eating** process can help you to discover what's causing you to overeat to try to deal with stress and/or other issues in your life. You will learn new, positive, creative ways to deal whatever is troubling you without resorting to food and new strategies for eating intuitively - learning to tune in to what your body really wants and needs and when. Trusting your body's natural intelligence is a huge leap but through Intuitive Eating your body will gradually settle and balance at its unique healthy size and weight without dieting!

3. If you're in the **GREEN ZONE**, you're most likely a human who like all healthy humans, now and then eats for emotional reasons. It feels good to eat lovely food and you have no problem with that. Maybe you eat chocolate for period pains because it works to soothe you and you're glad it does. You occasionally go overboard at parties, family gatherings, when you go out for dinner etc., but you feel no guilt, shame or distress during or after such events. You just love food and eating great stuff and

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you're not too bothered about your body size and shape. You might be dissatisfied with your body now and then but it's not a major problem for you and it doesn't stop you from enjoying life. **My Freedom Emotional Eating** process is not for you.

If you're in **THE RED** or **THE AMBER** zones, and you want to learn to enjoy food, eat without guilt and shame, be healthy, love your body - and rebalance your weight without dieting if that's an issue for you, this process is for you.

Love,
Charya x

