

TWU Counseling Center

Is Your Eating "Normal"?

- YES NO 1. Can you eat when you are hungry and continue until you are satisfied and quit?
- YES NO 2. Do you stop eating because you think you should (as opposed to because your body is satisfied)?
- YES NO 3. Are you able to choose food you like, eat it and truly get enough of it?
- YES NO 4. Do you purposely undereat or restrict food to the point where you feel physically uncomfortable?
- YES NO 5. Can you use some moderate restraint in your food selection to get "healthy food", but not be so restrictive that you miss out on pleasurable foods?
- YES NO 6. Do you have to eat in a certain pattern, for instance always three meals a day or always at a certain time of the day?
- YES NO 7. Do you trust your body, that you could eat whatever you want as long as you listen to your body, (eat when you are hungry and quit when you are satisfied), and not get fat?
- YES NO 8. Do you feel bad when you eat to the point that you are stuffed and uncomfortable?
- YES NO 9. Does eating take up some of your time and attention, but keep its place as only one important area of your life?
- YES NO 10. Do you watch what other people eat and use that to determine what and how much you will eat?
- YES NO 11. Can you leave some cookies on the plate because you know you can have some again tomorrow, or eat more now because they taste so wonderful when they are warm?
- YES NO 12. Do you usually pick foods based on their calorie or fat content?

SCORING:

Add up all the "no" responses to the ODD numbers. Give one point for each "no" and put that number here: _____

Add up all the "yes" responses to the EVEN numbers. Give one point for each "yes" and put that number here: _____

Total both the above numbers here: _____

TURN OVER FOR INTERPRETATION OF YOUR SCORE

INTERPRETATION

"Normal" eating is flexible. It varies in response to your emotions, your schedule, your hunger, your proximity to food. Unfortunately, our diet industry teaches us to eat abnormally because they imply we cannot trust our own bodies, and this creates food obsessions and eating disorders. Hopefully you are one of those who has escaped this craziness. Read on to see.....

If your score was between **0 and 3**, Congratulations!!!! You have escaped or have recovered from the "diet-mania" that is harming people daily in our culture.

If your score was between **4 and 8**, you have been influenced by our society telling you what you should look like, what you should eat and how much. This could have a negative impact on your overall happiness and acceptance of yourself. It is recommended that you work to challenge some of these beliefs. Below you will find some books to read that will help change your relationship with food.

If your score was between **9 and 12**, you may have some serious issues with food, ranging from food obsession to an eating disorder, which could be interfering with your life. If this sounds true for you, you may want to reach out for help. Contact any of the people below to discuss your concerns and to get help in overcoming your issues.

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| TWU Counseling Center | 940-898-3801 |
| TWU Nutrition Services | 940-898-2644 |
| TWU Student Health Services | 940-898-3826 |

SUGGESTED READING

Erdman (1995). Nothing to lose: A guide to sane living in a larger body.

Hall & Cohn (1999). Bulimia: A guide to recovery.

Hall & Ostroff (1998). Anorexia Nervosa: A guide to recovery.

Hirschmann & Munter (1995). When women stop hating their bodies.

Hutchinson (1999). 200 ways to love the body you have.

Kano (1989). Making peace with food: Freeing yourself from the diet-weight obsession.

Maine (2000). Body wars: Making peace with women's bodies.

Roth (1993). Breaking free from compulsive eating.

Siegal, Brisman, & Weinshel (1997). Surviving an eating disorder: Perspective and strategies for family and friends.

Tribole & Resch (1996). Intuitive eating: A recovery book for the chronic dieter.

Taken from materials produced by The Renfrew Center,
7700 Renfrew Lane, Coconut Creek, FL 33073, (800) 332-8415

TWU
Counseling Center
Locations:

Denton
West Jones Hall
940-898-3801

Dallas-Parkland
FPH 120
214-689-6655

Dallas-Presbyterian
DPB 16
214-706-2416

Houston
Suite 2250
713-794-2059