

The following is a basic Self-Test to give you an idea if perhaps you, or someone you know, may be struggling with an eating disorder. This does not in any way replace a psychological evaluation conducted by a licensed therapist.

Are you a perfectionist, a person who always wants to be in control, an overachiever and/or do you think no matter what you do it is never enough?

Yes No Maybe

Do you find that you seek or desire acceptance and/or approval from people, and/or that you have a hard time saying "no"?

Yes No Maybe

Do you find that you are always questioning your own judgments and/or actions, and/or do you scrutinize yourself over small faults?

Yes No Maybe

Do you think you are not good enough, stupid, and/or worthless or that people are always judging you in a negative way?

Yes No Maybe

Do you hide your feelings and/or opinions from people for fear of being judged negatively, and/or do you feel like a burden to others with your problems?

Yes No Maybe

Within your family and/or circle of friends are you considered "the strong one" who everyone will come to with problems, and/or you never seem to talk much about your own?

Yes No Maybe

Do you think life would be better and/or people would like you more if you were thin/thinner?

Yes No Maybe

Do you continuously feel that you are overweight even though others have told you that you are not?

Yes No Maybe

Do family members and/or friends often express concern for your weight-loss/gain, your appearance, and/or your eating habits?

Yes No Maybe

Do you feel as though you have a “conscience” or “voice” that tells you negative things about yourself, convinces you that you do not deserve to eat and/or to be happy, or that tells you that you are or deserve to be fat and ugly?

Yes No Maybe

Are you depressed, suicidal, stressed-out, and/or fatigued; and/or do you suffer from anxiety or panic attacks, mood swings, rage and/or insomnia?

Yes No Maybe

Do you eat, self-starve, or restrict, binge and/or purge, and/or compulsively exercise when you are feeling lonely, badly about yourself or about a situation, or when you are feeling emotional pressures?

Yes No Maybe

While eating, self-starving, or bingeing and/or purging, do you feel comforted, relieved, liked emotional pressures have been lifted, or like you are in more control?

Yes No Maybe

Do you typically feel guilty after a binge, or after any snack or meal, and like you have almost instantly gained weight, like you are a failure, and/or like you have sabotaged yourself?

Yes No Maybe

Do you drink a lot of water, tea, or coffee; eat a lot of candy or junk food and/or gum; smoke and/or take caffeine pills as an attempt to control appetite and/or feel energetic?

Yes No Maybe

Do you set weight-goals for yourself only to find when you reach it that you want to lose more?

Yes No Maybe

Do you do any of the following: hide and/or steal food; use laxatives and/or diet pills; eat and/or exercise secretly; avoid eating in public or around others; wear clothes that hide your weight; and/or make excuses (like “I don’t feel well”) to avoid meals?

Yes No Maybe

Do you use self-injury (cutting yourself, burning yourself, pulling out your own hair) as a way to cope with things?

Yes No Maybe

Are you temperature sensitive (always feel cold or hot) and/or do you get tingling in your extremities (hands and feet)?

Yes No Maybe

Are you unrealistically tired relative to the amount of energy expended (ex. Do you feel winded or dizzy after climbing a flight of stairs), and/or do you find yourself often fatigued?

Yes No Maybe

Do you suffer any of the following: disruption in menstrual cycle and/or irregularity, infertility, decreased sex drive, irritability; lack of ability to concentrate, blurred vision; kidney and/or urinary tract infections; sore throats, dental problems; stomach cramping, blood in stools or vomit, diarrhea, constipation and/or incontinence (loss of bowel control); insomnia, fatigue, and/or anxiety or depression?

Yes No Maybe

Reference: www.something-fishy.com

If you have concerns or questions about your answers to this survey please call us at Canopy Cove or seek help from a professional who specializes in Eating Disorders for a comprehensive assessment and evaluation.