



## **Do I have an EATING DISORDER?**

Please answer YES or NO to the following questions.....

1. Do you obsess about your weight and how you look?
2. Do you weigh yourself more than once a day?
3. Do you have 'good' foods and 'bad' foods?
4. Do you think about food all day long—what you will eat or will not eat?
5. Do you exercise more than an hour per day?
6. Does gaining a couple of pounds send you into a tailspin of depression?
7. Do you skip meals intentionally, sometimes even not eating for two or three days?
8. Do you plan what you are going to have for lunch before you are finished with breakfast?
9. Do you not eat much during the day, but eat all night long until you go to bed?
10. Do you sometimes get rid of your meal by throwing up or using laxatives?

If you answered yes to more than two questions, you may have an eating disorder. Eating Disorders are very serious and answering yes to more than two questions, should not be ignored. Please seek help before you experience multiple health problems associated with Eating Disorders. You can either contact Journeys Christian Counseling or another specialist of your choosing to address the possibility of your having an Eating Disorder and to seek help with this problem.