



*The Journey To Health and  
Well Being Begins Within*



innerstatecoaching

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## Are You An Emotional Eater?

Check the statements that are true for you:

- 1. I eat when I feel down or depressed to lift my mood.
- 2. I feel the urge to eat when I'm depressed or feeling low.
- 3. When I'm overwhelmed or under pressure, I tend to snack.
- 4. I tend to overeat when I'm stressed.
- 5. When I'm nervous or anxious I eat.
- 6. Sometimes I eat when I feel irritated or frustrated with people.
- 7. I feel compelled to eat just to 'get back' at him/her.
- 8. Eating makes me feel better when I'm angry.
- 9. I tend to eat when I'm bored, not when I'm hungry.
- 10. If I have nothing else to do, I'll snack on something.
- 11. When I'm alone, my appetite increases.
- 12. Eating makes me feel better when I'm lonely.
- 13. I like to eat to celebrate.
- 14. When I feel really good, I treat/reward myself.
- 15. When I'm happy, eating makes me feel even better.

