

Eating Disorder True/False Quiz

	TRUE	FALSE
I rarely talk negative about my body.		
I do not weigh myself more than once a week.		
If appearance did not matter in our society, I would still exercise the same amount that I do.		
I rarely compare my looks or body to others.		
I rarely feel guilty or anxious after eating high fat foods.		
I can accept a compliment about my appearance.		
If I had to do things that were unhealthy (fasting, taking laxatives, throwing up) in order to change my weight, I would chose NOT to do them.		
I feel happy or content, for the most part, with my life at this time.		
I wouldn't panic if I gained a few pounds.		
For the most part, I am satisfied with my current body shape and size.		

RESULTS: If you've answered true to 0-3 questions, according to Cynthia Koch, Ph.D., an eating disorders specialist, it sounds as if you are focusing on your body image in an attempt to deal with other stressors. It may be a good idea to seek help and identify what those other stressors are and ways to make positive changes in your life.

Source: www.MSNBC.com

For more information: <http://www.instituteofliving.org/EatingDisorders/index.html>