



ARE YOU AN EMOTIONAL EATER?

TAKE THE QUIZ TO FIND OUT

Eating and food cause stronger feelings than usual, positive or negative, often both and simultaneously.

Food is considered a reward.

Food is used to help relax.

Eating is a way to spend time.

Food is always on your mind. Even if you're not hungry, eating is hard to control and can even be an obsession changes in mood are followed by eating.

Eating causes physical disturbance - being too full, reflux, bowel problems, overweight, but you can't stop certain foods causing certain moods.

You have rituals associated with eating.

You'll search for excuses to eat even if you're not hungry self-blaming

Lying to yourself (avoiding or whitewashing things)

You have the personality of a perfectionist

You have an all-or-nothing mentality when it comes to food.

You have an impulsive personality.

Diets don't work (or at least in the long run)

Answering yes to more than three of the following statements may indicate a problem with emotional eating.

Download my latest guide, "Break the Cycle of Emotional Eating." You can get the [guide here](#).

If you want to discuss your health and wellness goals, book your free phone call [here](#). On the call, we will discuss what you are struggling with, and I will offer you my advice as a Health Coach, Personal Trainer, Nutrition Specialist, Hormone Specialist, and Gut Health Specialist.