Is Food a Problem?

1. *Do you eat when you're not hungry?*
2. *Do you go on eating binges for no apparent reason?*
3. *Do you have feelings of guilt or remorse after overeating?*
4. *Do you give too much time and thought to food?*
5. *Do you look forward with pleasure and anticipation to the time when you can eat alone?*
6. *Do you plan these secret binges ahead of time?*
7. *Do you eat sensibly before others and make up for it alone?*
8. *Is your weight affecting the way you live your life?*
9. *Have your tried to diet for a week (or longer, only to fall short of your goal?*
10. *Do you resent others telling you to "use a little willpower" to stop overeating?*
11. *Despite evidence to the contrary, have you continued to assert that you can diet "on your own" whenever you wish?*
12. *Do you crave to eat at a definite time, day or night, other than mealtime?*

Overeaters Anonymous Can Help!
Meetings throughout Central Ohio

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