

15 Questions

This series of questions may help you determine if you are a compulsive overeater. Many members of Overeaters Anonymous have found that they have answered yes to many of these questions.

ARE YOU A COMPULSIVE EATER?

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

Overeaters Anonymous is a Fellowship of individuals who, through shared experience and mutual support, are recovering from compulsive overeating.

We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contribution, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.