



EATING DISORDER INVENTORY

More and more Christians are dealing with eating disorders. Eating disorders have increased 70% in the last forty years. If you are using food to comfort you or bring control into your life you might be suffering from an eating disorder. Eating disorders are serious and could be fatal. It is important you get help if you think you are suffering from this condition.

Check the lines that apply to your situation:

<input type="checkbox"/>	▪ I engage in consuming large quantities of food even though I'm not hungry.
<input type="checkbox"/>	▪ I have a persistent fear of eating too much.
<input type="checkbox"/>	▪ I have a preoccupation with the amount of food I eat. I might keep record of what I eat every day, down to the ounce portions.
<input type="checkbox"/>	▪ I have an obsessive concern or worry about the food I eat.
<input type="checkbox"/>	▪ I eat when I'm in pain or feeling alone.
<input type="checkbox"/>	▪ Extreme loathing of body functions
<input type="checkbox"/>	▪ Shame and self-loathing over sexual experiences
<input type="checkbox"/>	▪ Self-destructive behavior to limit, stop, or avoid food.
<input type="checkbox"/>	▪ I might go on food eating binges, then I might purge.
<input type="checkbox"/>	▪ I lived or live in an extremely perfectionistic home.
<input type="checkbox"/>	▪ My body weight fluctuates more than 20 lbs.
<input type="checkbox"/>	▪ Others think I'm overly concerned about my food intake.

If you checked more than four boxes in this inventory, you might need to consider that a serious emotional problem might be present that needs looking out with professional help.

Schedule a free consultation Call Trudy at 719.330.4770

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