

# Indications of a Possible Addiction to Food

I eat when I am not hungry.

The quantity of food is more important than the quality of food.

I do not have much discretion in what I eat because I eat often foods that are unhealthy for me.

I often eat too much making myself uncomfortable.

I just can't seem to say "No" to certain foods.

I am heavier than what I know I should be and I can't seem to change it.

My disciplined exercise program covers up my undisciplined eating program.

I often reward myself with food.

I often abuse my body when it comes to food.

I use food to make me feel good.

My lifestyle can best be summarized as follows; "I live to eat." instead of "I eat to live."

I spend more thought, energy, and money at correcting the result of overeating than the problem of overeating.

I find myself eating shortly before going to bed at night.

I have a deathly fear of being hungry for very long.

My eating habits control me and my schedule instead of visa-versa.

My God is really my stomach.

When it comes to eating healthy, I make excuses not changes.

I am more inclined to attend a function if food is offered.

I am attracted to "all you can eat" places not because of the variety but because of the quantity.

I am more interested in what I eat than with whom I eat.

I eat some sort of dessert almost every day.

I spend too much time and money in restaurants.

I consider over indulging in food to be totally different from over indulging in alcohol or drugs.

My eating habits indicate that my body is really my temple not the Lord's temple.

I am more likely to eat what tastes good instead of what is good for me.

I sometimes daydream about food.

I seldom limit my intake of food.

I consider sugar and caffeine to be very close friends.

I find it hard to admit to my addiction to food even though the indications are present.

I am really blind to the fact that I am guilty of the sin of gluttony.

