

# EMOTIONAL EATING QUESTIONNAIRE



**WILDWOOD  
FAMILY CLINIC, S.C.**

"HEALTHCARE FOR ALL AGES"

Patient Name	Date of Birth	MRN
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## Are you an emotional eater?

Once we know the specifics of your emotional eating habits, we can develop a plan to help you cope with your emotions without using food. The statements below are examples of the most common types of emotional eating: depressed eating (items 1 – 3), anxiety/stress eating (4 – 6), angry eating (7 – 9), bored eating (10 – 12), lonely eating (13 – 15), and happy eating (16 – 18). We will discuss this in greater detail at one of your upcoming appointments.

**To gain a better understanding of your emotional eating tendencies, read the statements below and check the statements that are true for you.**

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|---|--|
| <input type="checkbox"/> 1. When I am feeling "down" or "blue" a little snack will lift my mood.      | <input type="checkbox"/> 10. I look forward to eating something when I'm bored.                              |
| <input type="checkbox"/> 2. When I'm depressed I have more desire to eat.                             | <input type="checkbox"/> 11. I eat more than usual when there is nothing to do.                              |
| <input type="checkbox"/> 3. If someone disappoints me I want to eat something.                        | <input type="checkbox"/> 12. If time is passing slowly, I look forward to having a snack.                    |
| <input type="checkbox"/> 4. When I am pressured or working under a deadline I have the urge to snack. | <input type="checkbox"/> 13. Being alone increases my appetite.  |
| <input type="checkbox"/> 5. I eat more when I am stressed than when I am calm.                        | <input type="checkbox"/> 14. I am less likely to eat when other people are around versus when I'm by myself. |
| <input type="checkbox"/> 6. If I am worried or afraid of something, I tend to eat.                    | <input type="checkbox"/> 15. Eating makes me feel better when I am lonely.                                   |
| <input type="checkbox"/> 7. When people irritate me I want to get something to eat.                   | <input type="checkbox"/> 16. I celebrate with food when I'm in a good mood.                                  |
| <input type="checkbox"/> 8. I have had something to eat "just to teach him/her a lesson".             | <input type="checkbox"/> 17. If I'm feeling really good, I don't worry about my diet.                        |
| <input type="checkbox"/> 9. When I get angry, eating will make me feel better.                        | <input type="checkbox"/> 18. When I'm happy, having a favorite snack makes me feel even better.              |

**How would you describe your relationship with food?** (Please feel free to use the back side of this paper as needed):

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**Appointment Date:**