

# INTUITIVE EATING

## ASSESSMENT

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### UNCONDITIONAL PERMISSION TO EAT

- Yes No
- I try to avoid certain foods high in fat, carbs or calories.
- If I am craving a certain food, I don't allow myself to have it.
- I get mad at myself for eating something unhealthy.
- I have forbidden foods that I don't allow myself to eat.
- I follow eating rules or diet plans that dictate what, when, and how to eat.
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### EATING FOR PHYSICAL RATHER THAN EMOTIONAL REASONS

- Yes No
- I find myself eating when I'm feeling emotional.
- I find myself eating when I am lonely, even when I'm not physically hungry.
- I use food to help me soothe my negative emotions.
- I find myself eating when I am stressed.
- I am not able to cope with my negative emotions without turning to food.
- When I am bored, I eat just for something to do.
- When I am lonely, I turn to food for comfort.
- I have difficulty finding ways to cope with anxiety, other than eating.
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### RELIEANCE ON INTERNAL HUNGER AND FULLNESS CUES

- Yes No
- I trust my body to tell me when to eat.
- I trust my body to tell me what to eat.
- I trust my body to tell me how much to eat.
- I rely on my hunger signals to tell me when to eat.
- I rely on my fullness signals to tell me when to stop eating.
- I trust my body to tell me when to stop eating
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## BODY-FOOD CHOICE CONGRUENCE

Yes No

- Most of the time, I desire to eat nutritious foods.
- I mostly eat foods that make my body perform well.
- I mostly eat foods that give my body energy and stamina.
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## SCORING

- For the first 2 sections, add up your **yes** responses. Each yes statement indicates an area that likely needs some work.
  - For the last 2 sections, add up your **no** responses. Each no statement indicates an area that likely needs some work.
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## SUMMARY

This is just a brief glance at where you are now. Don't attach any judgment. Rather imagine how you will feel when you are genuinely able to change your responses. Imagine a healed relationship with food.

Even more important, picture a healed relationship with yourself that is guaranteed to impact every area of your life.

Embracing Intuitive Eating is not a shift made overnight. If you feel unsure of how to move forward, consider coaching an amazing resource to help navigate your journey. It is about being support and gently guided back toward yourself.