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## **Do you have an eating disorder?**

Do you...

- Rigidly avoid specific foods or whole categories of food (fats, carbs, etc)?
- Refuse to eat, even when you're hungry?
- Avoid social invitations because of the food that might be served?
- Exercise because you have to, not because you want to?
- Binge eat?
- Eat when not hungry or to cope with feelings?
- Eat to the point of extreme discomfort?
- Try to get rid of the food you eat by vomiting, over exercising or using laxatives?
- Chronically diet, or lose and regain weight often?
- Avoid physical activity?

If you answered yes to any one-five of these, you may have issues with food or body image that would benefit from talking to a therapist.

If you said yes to six or more, you may have an eating disorder and should seek professional help.