



Mindful Eating Assessment

Do you eat when you are hungry, and stop when you are full? It may be tempting to gloss over this “easy” question with an “easy” answer. But with 60% of Americans who struggle with being overweight or obese, and 11 million Americans who suffer from an eating disorder, it may just be that we have more to learn about our own relationship with food and our body than first meets the eye.

Mindful eating: is about being aware of *why* you are eating. Are you hungry? Are you tired? Are you bored? It's about learning HOW and WHY you eat, and less about WHAT you eat. When you are so closely in touch with what is going on inside, you know the exact moment you are satisfied rather than stuffed or starving. To understand the why, what, when and how we eat, we have to be compassionate and nonjudgmental. This allows us to take a closer look at our behavior, whether we are Mindless Dieter, a Mindless Overeater, Mindless Undereater, Mindless Chaotic Eater...or a Mindful Eater!

Instructions: Below you will find a series of Assessments. Place a check mark next to each statement that describes your eating patterns and behaviors. When you have answered all of the questions, enter your name and email address to receive your confidential Mindful Eating Assessment report

Mindless Dieter	✓
1. I have tried many different kinds of diets but they don't last long.	
2. I buy lots of diet products, magazines with diet tips, and diet guides.	
3. I feel guilty when eating something “bad” or off my diet.	
4. I ignore how diet food tastes and eat it anyway	
5. I have an ideal body image in my mind and I feel unhappy without it.	
6. When I am unable to do the activity, I find myself becoming irritable, moody, tearful, angry, or hostile.	
7. I would rather do the activity than spend time with a family member or friend.	
8. I forget or ignore family events such as birthdays and visits from friends because of my involvement with the activity.	
9. I have extreme mood swings that are completely unpredictable.	
10. I blame other people for my troubles and often feel unwilling or unable to take responsibility for my own actions.	
11. I have headaches, stomach disorders, and other unexplained and ongoing physical symptoms.	
12. I have begun to neglect my appearance and to do hurtful or illegal things.	



Mindless Overeater	✓
1. I experiences ups and downs with my weight.	
2. I often eat until I feel uncomfortable. I am aware I am full but continue to eat.	
3. I often find myself “grazing” on food.	
4. I often feel out of control with my eating.	
5. I often have intense food cravings.	
6. I feel embarrassed to eat with others.	
7. I use food to comfort myself or to create pleasant feelings.	

Mindless Undereater	✓
1. I skimp on meeting my nutritional needs.	
2. I cut out certain foods or food groups.	
3. I obsess about calories, fat, or some other single aspect of food.	
4. I worry a lot about my weight.	
5. I want to be perfect.	
6. I feel good about myself when hungry.	
7. I isolate instead of eating with others.	
8. I fear losing control.	



Mindless Chaotic Eater	✓
1. I look for a way to compensate for overeating (by exercising or purging)	
2. I experience ups and downs with my weight.	
3. I sometimes binge on food and sometimes restrict my eating.	
4. I often think critical things about myself.	
5. I have difficulty coping with stress and use food to help cope.	
6. I use food to numb uncomfortable feelings.	
7. I tend to overeat frequently.	
8. I often am full but still feel empty on the inside.	
9. I often eat while doing other things.	
10. I feel hungry most of the time.	

Mindful Eater	✓
1. I am flexible about my eating. I eat healthily and enjoy sweets in moderation.	
2. I am aware of my nutritional needs and am able to use food to meet my body's needs..	
3. I eat when I am hungry and stop eating when I am full.	
4. I trust my body to give me accurate cues as to hunger and fullness.	
5. I am accepting of my body.	



6. I focus on the impact of food on my health and well-being.	
7. I enjoy food. I don't feel guilty when I eat.	
8. I find eating to be a pleasant experience that I enjoy sharing with others.	

(All Assessments adapted from: *Eat, Drink, and Be Mindful*. By Dr. Susan Albers)

My Name Is:	
My Email Address Is:	

Look forward to your Mindful Eating Assessment report arriving in your inbox soon!

This confidential assessment tool is provided courtesy of the Southlake Center