Whether or not you have an eating disorder will depend upon your answers to the questions below.

***Thoughts***

* How are you THINKING about food, eating, your weight and your body?
* Do you obsess about everything you eat or what you weigh?
* Do you have bad thoughts about yourself as a result of your eating habits?
* Do you compare yourself constantly to other people?
* Do you have a lot of very strict rules about what you should or should not be eating?

***Feelings***

* How do you feel about your eating habits?
* Is there a lot of guilt, anxiety and fear?
* Do you feel fat even though your friends say you are okay?
* Do you hate yourself for what you put in your mouth?
* Are you scared of eating normally?
* Do you feel helpless around food?
* Are you depressed and anxious a lot of the time?

***Behaviour***

* How do you behave with food?
* Do you eat normally in front of others and binge in secret?
* Vomit or use laxatives? Are you always either on or off a diet?
* Do you gorge certain foods or exercise excessively to control your weight?
* Do you keep on eating when you have had enough or starve because you are afraid that you would never be able to stop eating once you had started?
* Do you constantly jump on the scales?
* Are you always on or off a diet? Do you take slimming pills?
* Do you feel that your behaviour is not normal – even perhaps dangerous to your health?