

Intuitive Eating Brief Assessment

This assessment is adapted from the research of Tracy Tylka [1]. These statements are grouped into the three core characteristics of an Intuitive Eater. Check any of the following statements that apply. This will give you an indication of where to begin the work—in the area with the most checks.

Unconditional Permission to Eat

<input type="checkbox"/>	1. I try to avoid certain foods high in fat, carbs or kcal.
<input type="checkbox"/>	2. If I am craving a certain food, I don't allow myself to have it.
<input type="checkbox"/>	3. I follow eating rules of diet plans that dictate what, when and/or how to eat.
<input type="checkbox"/>	4. I get mad at myself for eating something unhealthy.
<input type="checkbox"/>	5. I have forbidden foods that I don't allow myself to eat.

Eating for Physical Rather than Emotional Reasons

<input type="checkbox"/>	1. I find myself eating when I'm feeling emotional (anxious, sad, depressed), even when I'm not physically hungry.
<input type="checkbox"/>	2. I find myself eating when I am bored, even when I'm not physically hungry.
<input type="checkbox"/>	3. I cannot stop eating when I feel full (not overstuffed)
<input type="checkbox"/>	4. I find myself eating when I am lonely, even when I'm not physically hungry.
<input type="checkbox"/>	5. I use food to help me soothe my negative emotions.
<input type="checkbox"/>	6. I find myself eating when I am stressed, even when I'm not physically hungry.

Reliance on Internal Hunger/Satiety Cues

<input type="checkbox"/>	1. I cannot tell when I'm slightly full.
<input type="checkbox"/>	2. I cannot tell when I'm slightly hungry.
<input type="checkbox"/>	3. I do not trust my body to tell me <i>when</i> to eat
<input type="checkbox"/>	4. I do not trust my body to tell me <i>what</i> to eat
<input type="checkbox"/>	5. I do not trust my body to tell me <i>how much</i> to eat
<input type="checkbox"/>	6. When I'm eating, I cannot tell when I am getting full

[1]. Tylka, TL. Development and psychometric evaluation of a measure of intuitive eating..J Counseling Psych;2006. 53(2), Apr:226.