**Stop Dieting. Start Living!**

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**Please use the following scale to answer these questions:**

 Strongly Disagree Disagree Maybe Agree Strongly Agree

 1 2 3 4 5

\_\_\_\_ I am hungry all the time.

\_\_\_\_ I am never hungry.

\_\_\_\_ I know I’m not hungry but I eat anyway.

\_\_\_\_ I am starving by the time I eat, so I'll eat anything I can get my hands on.

\_\_\_\_ I eat by the clock.

\_\_\_\_ I think about food all of the time.

\_\_\_\_ I love food and eating too much to be a healthy weight.

\_\_\_\_ I use food to cope with stress and other feelings.

\_\_\_\_ I am an emotional eater.

\_\_\_\_ I eat when I’m bored.

\_\_\_\_ I reward myself with food.

\_\_\_\_ I celebrate every special occasion or milestone by eating.

\_\_\_\_ I don’t know why I eat.

\_\_\_\_ I often eat until I am stuffed.

\_\_\_\_ I have trouble stopping myself when I eat "bad" foods.

\_\_\_\_ I have tried a lot of diets.

\_\_\_\_ I am either dieting or eating too much.

\_\_\_\_ I feel guilty about eating certain foods.

\_\_\_\_ I sometimes ignore hunger in order to control my weight.

\_\_\_\_ I avoid certain foods because they are fattening.

\_\_\_\_ I am confused about what I should be eating.

\_\_\_\_ I hate to exercise.

\_\_\_\_ I exercise to control my weight.

\_\_\_\_ I dread the thought of going on another diet but I don't know what else to do.

**It’s Not About the Food**

Look back over your ratings. The statements that you rated a 3 or higher are probably issues that affect your ability to manage your weight effectively and easily. These are some of the tough issues that Am I Hungry? tackles using our unique non-diet approach.

Please visit www.AmIHungry.com

No rules, no deprivation, no sneak eating.

Your Licensed Am I Hungry Workshop Facilitator in UK is Joanne Moller

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