

# Why Do I Eat?

**INSTRUCTIONS:** Read each statement carefully and circle the number that most closely describes your own experience with eating. Be sure to answer every statement.

	Never	Sometimes	Often
A. <i>As I was growing up, food was used in my family to express love.</i>	1	2	3
B. <i>When I'm with friends, I tend to eat more than usual.</i>	1	2	3
C. <i>The snacks I choose are high in sugar.</i>	1	2	3
D. <i>When I feel tense or angry, I eat something.</i>	1	2	3
E. <i>I am hungry between meals.</i>	1	2	3
F. <i>I feel sleepy during the day.</i>	1	2	3
G. <i>Food is an important "friend" of mine, especially when I'm alone.</i>	1	2	3
H. <i>I snack when I watch TV.</i>	1	2	3
I. <i>I prefer snacks that are sweet.</i>	1	2	3
J. <i>When I'm sad, food will raise my spirits.</i>	1	2	3
K. <i>I eat larger meals now than before I quit smoking.</i>	1	2	3
L. <i>I spend more time watching TV or reading now than when I was smoking.</i>	1	2	3

### Scoring

Now let's figure out why you eat. Each letter indicates a statement on the front of this sheet. Write in the number (1, 2 or 3) that you circled for that statement. For instance, write the numbers you circled to describe your experience for statements A and G on the lines below next to "A" and "G." Then add the numbers on each line. Put the total in the blank space of the Total column. Continue until you've filled in all the lines.

Then look at the categories and see where you scored high. When you understand more about why you eat, you can plan ways to control your eating.

Example:  $A(2) + G(2) = 4$   
 $B(3) + H(3) = 6$   
 $C(3) + I(3) = 6$   
 $D(1) + J(1) = 2$   
 $E(1) + K(2) = 3$   
 $F(1) + L(1) = 2$

Pay special attention to any category that scores 4 or higher. These are the reasons why you eat.

		Total	Category
A	_____ + G _____ = _____		Substitute for companionship or a cigarette
B	_____ + H _____ = _____		Behavioral or outside trigger
C	_____ + I _____ = _____		Sweet tooth
D	_____ + J _____ = _____		Response to stress
E	_____ + K _____ = _____		Food tastes better or cigarettes satisfied my hunger
F	_____ + L _____ = _____		Not enough exercise or tired from quitting smoking