

# FOOD

# Questionnaire



# BEYOND *Metabolism*

## YOU, THE DIETER: *A Questionnaire*

Self-understanding is a large part of the awareness we are seeking in order to solve our diet dilemmas. So for this questionnaire, record your answers, but more importantly, have a notebook and a pen handy to write down whatever thoughts you have about any points that particularly apply to your personal experience. If any of these questions cause a physical reaction, make a note of it.

Some points will feel extremely personal, whereas others won't apply at all. That's fine. Everyone experiences food issues differently. Only you have the answers to your own dilemma.

Since I first released this questionnaire, I've received a lot of feedback. People have told me that when they reviewed their answers they cried. It can be eye-opening and hard to face some of these truths. But it's important. Go into it with an open mind, and be brutally honest.

Tick off each answer with the yes or a no, add any personal comments you feel relevant. For "yes" answers, you can also rate them on a 1-10 "intensity" scale.

# Questionnaire

Questions	Yes/No	Personal Notes
1) Are your waking thoughts consumed or dominated by issues that deal with how you eat, why you eat, resisting the urge to eat, or equating any of the above to how you feel about yourself?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
2) Is food or diet never far from your conscious mind?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
3) When you think about yourself and food, do you think in absolute terms of being either "on" or "off" a diet or eating regimen?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
4) Are you easily distracted or even upset by having indulgent food (goodies) in your presence?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
5) Do you have an emotional conception of right and wrong foods? Do you eat the 'wrong' foods only when alone, and/or do you hide your eating of indulgent foods?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
6) Do you always know more or less exactly what you weigh?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
7) Do you ever find yourself eating indulgent foods even when you know at the time you really don't want to?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
8) Do you ever participate in post-indulgent guilt practices like 'guilt-cardio' the day after an indulgence, or cutting carbs and restricting food the day after an indulgence?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
9) When it comes to indulgent eating do you find yourself arguing internally with yourself, before or after?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
10) Do you feel powerless around indulgent foods, especially specific kinds of indulgent foods?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10

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11) When indulgent food is present at (for example) a staff meeting or somewhere you do not expect it to be, and not around meal times, do you spend time or focus on that food in a sensory way? In other words do you focus or get distracted by how good it looks, or how good it smells, that kind of thing?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
12) Does this kind of scenario in question 11 make you react emotionally, trying to resist the temptation of eating or noticing the food? (Or do you merely see it as there for others, but do not 'feel' it at all?)	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
13) Address honestly how you respond to a food cue. If your favourite food is put in front of you, do you find it hard to resist no matter if you are not even hungry? Does such a scenario create an inner struggle with you?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
14) Do you wake up each day and start a battle of 'food is my enemy'?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
15) Do you find yourself more than once per day engaging in self-talk or emotional reaction dealing with food or diet contemplation?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
16) Do you stick to a diet for a few days then always blow it?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
17) Do you have a difficult time knowing when you are full or satiated?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
18) Do you feel remorse, shame or guilt after a diet sabotage? If so, rate that emotional state on a scale of 1-10, 10 being the highest?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
19) Do you rationalize unwise eating choices or food denial choices in very strange ways? If so, do you engage in psychological negotiation with yourself about it?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10
20) If you consider yourself over-weight, skip this question. If you are thin do you stay that way only because you wage a constant mental and emotional battle within yourself about food, each and every day?	Yes <input type="checkbox"/> No <input type="checkbox"/>	Intensity: 1-2-3-4-5-6-7-8-9-10

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21) Do you consider yourself 'not thin' or 'not lean' and therefore do you hate or despise your body or certain parts of it because of this?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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22) Are you preoccupied about what you are going to eat or how much exercise you need to do to burn it off? For instance, are you emotionally plugged into the "buzz words" of fat-burning workouts and the like?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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23) Do you find you get angry at yourself over how much time you spend thinking about food or diet?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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24) If someone says something hurtful to you, do you often react by thinking about or taking part in a food indulgence?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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25) Similarly, if you have a bad day do you find yourself reacting to this by thinking about or taking part in a food indulgence?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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26) Do you find yourself tired or even exhausted over your inner emotional reactions to your thoughts and feelings about food/diet/weight? In other words do the related feelings of fear, guilt, anger, shame, exhaust you?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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27) Do you ever dream about food?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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28) Do your preoccupations with food have a focus more toward foods you like and want, or toward foods you try to avoid? And are these foods the same?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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29) Do you equate being alone with being lonely?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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30) When you are alone do you look to find something to do to occupy yourself?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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31) Is alone time a danger time for you to over-indulge in food or over-contemplate resisting food?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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32) Will you go out of your way to pursue a food reward? In other words would you act on impulse and drive to a store and get an indulgent food you crave, as in pre-meditate or respond to an indulgence impulse?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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33) Do you always know what you weigh?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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34) Does the weight scale itself induce an emotional reaction in you? In other words is it a source of fear or dread or reward? Do you give the weight scale the power to dictate your mood?

Yes   
No

Intensity: 1-2-3-4-5-6-7-8-9-10

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I hope you have taken the time to not only answer these questions, but think about them as well in the most personal and intimate sense. Using these questions as a starting point can not only teach you about yourself but also pinpoint your problems within the triangle of food and diet awareness.

I have deliberately spread these questions out and not grouped them in sections. But all of these questions, taken together, address the physical, mental and emotional elements of food, diet, weight, and your own *experience* of food, diet and weight.

What have you learned from this questionnaire?

If you think it hasn't told you anything you don't already know, then look again. Address this questionnaire as a scale of intensity. In terms of answers, **the more questions to which you answered yes, the deeper and more extensive your issues with food, eating, and weight are.**

Read on for the next two steps...

## Step 1.

Count the number of “yes” answers.

**If you answered “yes” to 4 or more questions** you likely have some sort of food, eating or bodyweight issue that is negatively impacting your life.

Does this sound likely?

Be honest with yourself. There are degrees of severity. What you need to address is to what degree this is true for you.

## Step 2.

After answering ‘yes’ to any of these questions, rate them in terms of intensity, on a simple scale of one to ten.

As you address yourself by answering these questions, look also at the the diet/fitness/supplement industry. If you have any of these issues – whether they be emotional, mental, physical, or behavioural – **has a diet or nutritional “knowledge” ever done anything to solve or cure your issues?**

It’s time to get real.

The diet industry has no stake in anyone solving these issues.

To solve any of these issues is to disassociate food from the conscious process of thought and emotion. No matter how externally successful you think a diet is, if you are still over-concerned with food, you’re not holistically healthy. Only when food and diet become non-issues; only when you have more important things to think about are you free from your diet-prison.

In assessing the results from this questionnaire, I find that there are three constants at work either separately or combined, to varying degrees:

- 1) People feel a loss of control regarding indulgent foods.
- 2) People feel unsatisfied by food they expect should satisfy them.

There is some kind of overriding preoccupation with food and diets.

Your relationship with food is a reflection of your relationship with yourself and with life but a “diet” does not define you. It is not part of you, but rather something you “do to yourself.” If you refer to yourself with pain-driven words like fat, ugly, weak, etc., your actions, behaviours and emotions around food will play out as a self-fulfilling prophecy.