

- - - YOUR ADDICTION SCALE - - -

Fill in a number next to each question, from 0-5, based on the following scale:

0 I don't experience this	1	2	3	4	5 100% YES. This is totally me
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Statement	Score
I get very frequent and strong cravings for specific foods.	
I feel the pull of food regardless of my emotions.	
I sometimes blackout and eat a huge amount of food without thought or attention.	
My eating is totally out of my control.	
I'm usually not satisfied, or am still hungry, after an average sized meal.	
I spend a LOT of time thinking about my food and eating.	
My life would be grey and dull without sugar and/or flour.	
I have repeatedly tried to eat differently with no success.	
Total	

If you scored a 5 on any one question or your combined score is above 25, then you may be dealing with an addiction to food.

What do you do now? If you want a step-by-step guide out of this, head over to my [Work With Me page](#) and send me a message to start getting this addiction sorted.