

What's Eating You?

Segment 1

1. 1 to 5 Personal Scale (1 is low or bad and 5 is high or good)

Rate the following areas: If the area doesn't apply to your circumstances, leave blank.

1. How am I doing physically? 1 2 3 4 5
2. How am I doing emotionally? 1 2 3 4 5
3. How am I doing spiritually? 1 2 3 4 5
4. How am I doing in my Code Red Lifestyle? 1 2 3 4 5
5. How am I doing in my relationship with my significant other?
1 2 3 4 5
6. How am I doing as a friend? 1 2 3 4 5
7. How am I doing as a parent? 1 2 3 4 5
8. How am I doing as a son or daughter? 1 2 3 4 5
9. How am I doing as a sibling? 1 2 3 4 5
10. How am I doing romantically? 1 2 3 4 5
11. How am I doing sexually? 1 2 3 4 5
12. How am I doing as a neighbor? 1 2 3 4 5
13. How am I doing financially? 1 2 3 4 5
14. How am I doing as an employee? 1 2 3 4 5
15. In general, how would I rate my life happiness? 1 2 3 4 5

2. Write about your most recent incident where you had an emotional eating episode. Give as much detail as you can as it will help you later in this course.

