

Twenty Questions

Am I a **Food Addict?**

To find out, answer the following questions as honestly as you can.

1. Have you ever wanted to stop eating and found you just couldn't? yes no
2. Do you think about food or your weight constantly? yes no
3. Do you find yourself attempting one diet or food plan after another, with no lasting success? yes no
4. Do you binge and then "get rid of the binge" through vomiting, exercise, laxatives, or other forms of purging? yes no
5. Do you eat differently in private than you do in front of other people? yes no
6. Has a doctor or family member ever approached you with concern about your eating habits or weight? yes no
7. Do you eat large quantities of food at one time (binge)? yes no
8. Is your weight problem due to your "nibbling" all day long? yes no
9. Do you eat to escape from your feelings? yes no
10. Do you eat when you're not hungry? yes no
11. Have you ever discarded food, only to retrieve and eat it later? yes no
12. Do you eat in secret? yes no
13. Do you fast or severely restrict your food intake? yes no
14. Have you ever stolen other people's food? yes no
15. Have you ever hidden food to make sure you have "enough"? yes no
16. Do you feel driven to exercise excessively to control your weight? yes no
17. Do you obsessively calculate the calories you've burned against the calories you've eaten? yes no
18. Do you frequently feel guilty or ashamed about what you've eaten? yes no
19. Are you waiting for your life to begin "when you lose the weight"? yes no
20. Do you feel hopeless about your relationship with food? yes no

If you answered yes to any of the above questions, then you may be a food addict. You are not alone. Renascent offers hope through a real solution to food addiction.

Talk to someone who's been there: **1-866-232-1212**

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Renascent™

The road to recovery starts here.

www.renascent.ca



How to get started in FA

Go to an FA meeting and find a sponsor, or call an FA member. The member will help you find a sponsor who will guide you and help you begin the FA program.

Use the link below to search for meetings near your home. Each meeting lists a contact person. Call a meeting's contact person to confirm the meeting location and time, and to ask any questions you may have.

If you live in an area where there are no FA meetings, click here to find out how you can get started. You can also e-mail the FA office for assistance.