

## Oceana Quiz for Emotional Eating

1. Memories of my mother are
  - a. distressing and unhappy much of the time
  - b. peaceful and happy much of the time
2. My parent's relationship was often
  - a. troubled and strained
  - b. loving and mutually respectful
3. When I am upset about something, I'm most likely to
  - a. keep it to myself
  - b. talk it out with someone
4. When I think of my father, I usually feel
  - a. a sense of distance and coolness
  - b. a sense closeness and warmth
5. When dealing with "authority figures" I most often feel
  - a. intimidated
  - b. self-confident
6. My mother showed me affection
  - a. with difficulty and only occasionally
  - b. naturally and quite often
7. As a child, I
  - a. felt I had to hide my feelings
  - b. felt free to share my feelings
8. Sex education was taught to me in
  - a. unwelcome circumstances that confused me
  - b. an appropriate way at the right time

9. In my relationship with myself I tend to be

- a. hard on myself
- b. in support of myself

10. In my family, alcohol was

- a. abused and caused problems
- b. used appropriately for special occasions

11. My father played with me

- a. rarely and with difficulty
- b. regularly and easily

12. Love is something I feel

- a. distrustful of
- b. comfortable with

13. My home life as a child was

- a. often changing and inconsistent
- b. stable and consistent

14. My family

- a. had trouble showing affection
- b. was warm and loving

15. My body usually feels

- a. stressed and uncomfortable
- b. relaxed and comfortable

16. If I made a mistake, my parents

- a. criticized me
- b. supported me

## Scoring

Count up the number of “a” responses. This is a good indicator of the emotional weight you are carrying around inside of you in the form of repressed feelings.

### **1-4 “a” responses: Light Emotional Weight**

Life has its light comfortable moments, just as your physical weight is usually pretty comfortable.

### **5-8 “a” responses: Heavy Emotional Weight**

Life has its ups and downs, and your physical weight may also fluctuate. If your emotional weight score places you in this category you need to learn to see life’s twists and turns through new eyes. The skills that will help you the most are those that enhance your emotional flexibility.

### **9-12 “a” responses: Severe Emotional Weight**

Life seems a burden much of the time, something you have to carry around like excess weight. You’re more than likely struggling with feeling overweight and stressed out. You wish you had time to relax and be well. If your emotional weight places you in this category, you’re fighting with yourself – and you’re losing the battle because you’re repressing your feelings. You need to get the past behind you, and start living more in the present.

### **13-16 “a” responses: Dangerous Emotional Weight**

Life for you is a challenging trial. You spend a great deal of time in the grip of unhappy thoughts and stressful feelings. You experience many physical discomforts – perhaps a nervous stomach, body aches, or other nagging illnesses. Very likely weight has been a serious issue at some time in your life. If you’re in this category, your repressed feelings are working against you. You need to learn to let those feelings go. For you, overeating and being overweight have been coping skills. It’s time to accept and let go – one feeling at a time.

**Resource:** *KEEP IT OFF* by Brian Alman Ph. D. & Stephen Montgomery Ph. D.