
Intuitive Eating Coaching

The following questions are to help take your eating and your relationship with food to another level. This level is one that is conscious, honoring, and nurturing. Gone are the cycles of eating and beating yourself up. Take your time answering these questions. The most important step is honesty...no censoring. Bring this completed form to your assessment. Add additional pages as needed.

Goal Setting for Group Experience and/or individual work

Identify what prompted you to enlist the help of a therapist to create a healthy food relationship. What specific help will you need over the duration of your participation in group? In what ways would you like to be held accountable?

Where are you the process of change and motivation?

How do you feel about your current relationship with food?

What problems have you had because of your relationship with food?

Do you feel deprived in your current relationship with food? If yes, then why?

What would you like to change about your relationship with food?

What concerns do you have about changing your relationship with food?

What reasons might you be holding onto your current relationship with food?

What principles of the diet mentality are you holding onto? (i.e. good vs bad food, only eating diet foods, etc.)

Past Experiences with Dietary Change

Have you ever made changes in your diet?

Have you maintained these changes? If so, for how long?

If not, how long did you maintain the change?

How did you make changes in your diet? What helped?

What difficulties did you encounter? How did you handle them?

Michelle Market, LPC

www.michellemarket.com

Specializing in Healthy Food Relationships and Building Self-Esteem

703.953.3310

Anticipated challenges or possible barriers to change

What could get in the way of attaining your goal?

What situations will make it hardest for you to achieve your goal?

Self-Sabotage

What ways do you sabotage your efforts in creating a healthy food relationship?

What ways do others sabotage your efforts?

What skills do you currently use to speak up for yourself, specific to food needs?

Coping Skills

What are your current coping skills that you use?

Identify other coping skills that you know of but do not use:

Eating Attitudes and Behaviors

Do you feel like your eating is out of control? Do you ever feel scared that you will eat more than you want to?

Are there foods that you use to eat that you won't eat anymore? Why did you change?

How much of your day do you spend thinking about food and when and what you are going to eat?

Is the way you are eating affecting work/school/social life/family?

Michelle Market, LPC

www.michellemarket.com

Specializing in Healthy Food Relationships and Building Self-Esteem

703.953.3310

Are you scared that if you stopped dieting, you would gain weight?

Do you ever feel guilty after you eat?

Are you ready to let go of how you might use food to cope or self-sooth?

Describe a typical binge? (provide typical binge foods, location of binges, feelings associated with binges)

List your current food rules: (i.e. good versus bad foods)

Describe a healthy relationship with food:

Describe the progression of your disordered eating

Michelle Market, LPC

www.michellemarket.com

Specializing in Healthy Food Relationships and Building Self-Esteem

703.953.3310

Understanding emotional eating and your relationship with food

Check off those that apply

- I eat when I'm not hungry.
- I feel my eating is out of control.
- I try, but fail, to lose weight and keep it off.
- I turn to food when I'm stressed or upset.
- I use food as a source of pleasure or reward.
- I think about food a lot.
- I can't seem to stay on track with weight management.
- I binge eat.
- I feel ashamed of myself and my eating.
- Food helps me deal with feelings.
- I sometimes put food in my mouth without realizing it
- I often eat after an argument or when I'm bored.
- I often feel stressed, angry, and guilty after eating.
- I have no set strategy for dealing with negative emotions.
- I tend to gain weight when I have less structured time.
- If I eat something fattening early, my diet is off for the rest of the day.
- Mouth-watering food advertisements always make me want to eat.
- I believe that food is the enemy.

Michelle Market, LPC

www.michellemarket.com

Specializing in Healthy Food Relationships and Building Self-Esteem

703.953.3310

Reactionary Eating Quiz

I use food when I feel	Often	Some- times	Rarely/ Never	Don't Know
Anxious				
Lonely				
Tired				
Depressed				
Excited				
Angry				
Envious				
Unloved				
Elated				
Disappointed				
Restless				
Sexy				
Happy				
Physically uncomfortable				
Sorry for myself				
Worried				
Rebellious				
Other feelings that prompt me to eat Specify _____				

Adapted from Overcoming Overeating by Jane Hirschmann & Carol Munter

Identify Environmental triggers that result in overeating

Which ones apply to you?

- In the kitchen
- In the car
- Fast food restaurants
- In front of the computer
- In front of the TV
- Buffets
- At the mall
- Family gatherings
- Vending machines

Michelle Market, LPC

www.michellemarket.com

Specializing in Healthy Food Relationships and Building Self-Esteem

703.953.3310

Nutrition and Activity Habits

What foods in the past have been triggers for an eating binge?

Where are the majority of your calories concentrated? In the am or pm?

Describe your distribution of calories (few large meals or frequent smaller feedings)?

Where do you tend to eat your meals? (i.e. on the go, sitting at a kitchen table, in front of the TV)

Michelle Market, LPC

www.michellemarket.com

Specializing in Healthy Food Relationships and Building Self-Esteem

703.953.3310