

Read each situation below and decide how confident (or certain) you are that you will be able to resist overeating in each of the difficult situations. On a scale of 0 (not confident) to 10 (very confident), choose ONE number that reflects how confident you feel NOW about being able to successfully resist the desire to overeat. Then add up your total score.

I can resist overeating when I am anxious (or nervous)

1      2      3      4      5      6      7      8      9      10

I can resist overeating on the weekend

1      2      3      4      5      6      7      8      9      10

I can resist overeating when I am tired

1      2      3      4      5      6      7      8      9      10

I can resist overeating when I am watching TV or using the computer

1      2      3      4      5      6      7      8      9      10

I can resist overeating when I feel depressed or down

1      2      3      4      5      6      7      8      9      10

I can resist overeating when I am in a social setting (or at a party)

1      2      3      4      5      6      7      8      9      10

I can resist overeating when I am angry

1      2      3      4      5      6      7      8      9      10

I can resist overeating when others are pressuring me to eat

1      2      3      4      5      6      7      8      9      10