

SHiFT Self-Assessment

Instructions: Please check off each item that you feel applies to you.

Scoring: If most of the statements you checked fall in Stage 1 or Stage 2 the Food Freedom by SHiFT program is appropriate for you.

If most of the statements you checked fall in Stage 3 or 4 or you checked 10 or more you may need more support and the SHiFT 5 Week Program is appropriate for you.

1. Early Stage

- You enjoy eating almost more than anything else.
- You occasionally eat more than you wanted but you could control it.
- You envy those who could eat more and control their weight.
- You noticed that you are sometimes more interested in food than your family, friends or peers.
- You occasionally binge but don't tell anyone.
- You often remember the first time you ate a particular food or foods.
- You think of food as a comfort.

2. Middle Stage

- You have special foods or treats which you eat quite frequently.
- You have become heavier than was healthy for your size or build.
- You dieted more than once in five years
- You experimented with other ways to control your weight: fasting, purging, hypnosis, etc.
- You lose weight then gain it back and more.
- You made friends who like to eat the way you do.
- You sometimes eat especially fast or especially slow.
- You have the experience of not remembering that you have eaten something.
- You find there are times you want to stop eating but cannot.
- You often snacked or grazed before, between or after meals.
- You want to want to stop grazing or overeating.
- You thought of food as your friend.

3. Late Stage

- You have food(s) that you have to eat every day – It might be that you have to eat different food(s) containing sugar, flour, caffeine or some other food.
- You often feel guilty, ashamed or depressed after eating.
- You sometimes lie, cheat or steal to protect your food.
- You had doctors, dietitians or counselors tell you that you need to lose weight or change the way you eat but you don't change.
- You suffer from consequences of overeating and you can not stay stopped even if you try.
- You have been in therapy or a 12 Step program and were unable to get abstinent.
- You really decided to stay stopped, more than once, and were not able to do so.
- There are times almost every day between or after meals that you are preoccupied with food or eating more.
- You sometimes want to be eating or alone with your food more than with good friends or relatives.
- Your overeating affects your relationships, work and/or spiritual life.
- You eat while driving even after you have had close calls.
- You consider yourself shameful or immoral for how you eat.
- You thought of food as your lover or the only place you could really go for comfort.

4. Final Stage

- You often do not enjoy eating as you once did but eat anyway.
- You keep eating long after it has stopped being enjoyable
- You were hospitalized, jailed or institutionalized because of food related behavior.
- You sometimes think that you would rather die than stop eating your binge foods.
- You felt it was utterly hopeless to be able to have a healthy relationship with food.
- You stopped going to doctors, dietitians or counselors because you knew you couldn't do what they suggested.
- You tried a 12 Step program but could not get abstinent even for one day.
- You thought of food as the most important thing in your life – though it is creating havoc with your whole life.
- You only wanted to eat more even when you are physically unable to eat another bite.
- You lost jobs, relationships or the ability to function effectively because of your weight or eating behavior.
- You act as if food was a false god, (ie, the most important thing in your life) or demonic force in your life.

5. Death