

Intuitive Eating Assessment Scale

This assessment has been adapted from Tracy Tylka’s research on Tribole and Resch’s model of Intuitive Eating (Tylka 2006; Tylka and Kroon Van Diest 2013; Tribole and Resch 1995, 2012).

In the following table, statements are grouped into the three core characteristics of Intuitive Eaters. Answer Yes or No for each statement. If you are unsure of how to respond to a statement at first, that’s okay – you might be somewhere between a clear yes or no. But most people will lean in one direction or the other.

Read the statements below a few times and consider if the descriptions *usually* apply to you. Is it mostly Yes or No?

| Yes | No | Section 1. Unconditional Permission to Eat |
|-----|----|--|
| | | 1. I try to avoid certain foods high in fat, carbs or calories. |
| | | 2. If I am craving a certain food, I don’t allow myself to have it. |
| | | 3. I get mad at myself for eating something unhealthy. |
| | | 4. I have forbidden foods that I don’t allow myself to eat. |
| | | 5. I don’t allow myself to eat what food I desire at the moment. |
| | | 6. I follow eating rules or diet plans that dictate what, when and how to eat. |

| Yes | No | Section 2. Eating for Physical Rather Than Emotional Reasons |
|-----|----|--|
| | | 1. I find myself eating when I’m feeling emotional (i.e., anxious, sad, depressed), even when I’m not physically hungry. |
| | | 2. I find myself eating when I am lonely, even when I’m not physically hungry. |
| | | 3. I use food to help soothe my negative emotions. |
| | | 4. I find myself eating when I am stressed out, even when I’m not physically hungry. |
| | | 5. I am not able to cope with my negative emotions (e.g., anxiety, sadness) without turning to food for comfort. |
| | | 6. When I am bored, I eat just for something to do. |
| | | 7. When I am lonely, I turn to food for comfort. |
| | | 8. I have difficulty finding ways to cope with stress and anxiety, other than by eating. |

Adapted from *The Intuitive Eating Workbook: 10 Principles for Nourishing a Healthy Relationship with Food*, Evelyn Tribole, MS, RDN and Elyse Resch, MS, RDN. New Harbinger Publication, Inc. Oakland, CA 94609 Copyright 2017 © by Evelyn Tribole and Elyse Resch.

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| Yes | No | Section 3. Reliance on Internal Hunger and Satiety Cues |
|-----|----|--|
| | | 1. I trust my body to tell me <i>when</i> to eat. |
| | | 2. I trust my body to tell me <i>what</i> to eat. |
| | | 3. I trust my body to tell me <i>how much</i> to eat. |
| | | 4. I rely on my hunger signals to tell me when to eat. |
| | | 5. I rely on my fullness (satiety) signals to tell me when to stop eating. |
| | | 6. I trust my body to tell me when to stop eating. |

| Yes | No | Section 4. Body-Food Choice Congruence |
|-----|----|---|
| | | 1. Most of the time, I desire to eat nutritious foods. |
| | | 2. I mostly eat foods that make my body perform efficiently (well). |
| | | 3. I mostly eat foods that give my body energy and stamina. |

Scoring

For sections 1 and 2. Add up your Yes responses and write it in the left-hand column of the table below. Each Yes statement indicates an area that likely needs some work.

| Total Yes Responses | Section |
|---------------------|---|
| | Section 1. Unconditional Permission to Eat (6 statements) |
| | Section 2. Eating for Physical Rather than Emotional Reasons (8 statements) |

For sections 3 and 4. Add up your No responses and write it in the left-hand column of the table below. Each No statement indicates an area that likely needs some work.

| Total No Responses | Section |
|--------------------|--|
| | Section 3. Reliance on Internal Hunger and Satiety Cues (6 statements) |
| | Section 4. Body-Food Choice Congruence (3 statements) |

Do not fret if you answered “Yes” to many statements in Sections 1 and 2 or have a lot of “No” responses in Sections 3 and 4. This is simply an assessment to see where you are at now – not a judgement! Imagine how you will feel when you are genuinely able to change your responses – the freedom from food and body anxiety, with self-confidence and inner trust of your body’s innate wisdom.