



*Mindful Eating
Self-Assessment*



Introduction

This self-assessment is a way to check in—quietly, honestly—with how present you are when you eat. No rules. No “right” way. Just a quick look at what’s actually happening.

Sometimes we eat because we’re hungry. Other times, it’s because we’re stressed, bored, rushed, or just trying to fill space. It doesn’t mean anything is wrong with you—it just means something needs attention. And noticing it is the first step toward doing things differently.

This isn’t a quiz to pass. It’s a tool for awareness. It helps you spot patterns—like when you disconnect, when you rush through meals, or when food becomes a substitute for something else entirely. It’s not here to criticize you or push you to change. But it might help you make choices with your eyes open.

Answer these questions as honestly as you can—not as the person you wish you were, but as the person you are right now. You’re not trying to prove anything here. Just take a look. What you find might surprise you—or simply help things make more sense.

Start wherever you are. That’s always the right place.

How to Use This Self-Assessment

The following questions are designed to give you a clearer picture of your relationship with food. The goal isn't to diagnose or fix anything—it's simply to notice what's there.

How to Answer:

For each statement, choose the option that best reflects your current experience:

- Yes – This is true for me most of the time.
- Sometimes – It depends, or it happens now and then.
- No – This rarely or never applies to me.

Answer as plainly as you can, without overthinking or editing yourself. The more honest you are, the more helpful your results will be.

How to Score:

- Yes = 2 points
- Sometimes = 1 point
- No = 0 points

When you're done, add up your points. The guide at the end will help you reflect on what your score might reveal—not as a judgement, but as useful information to support your health and your goals.

Mindful Eating Questions

Answer each with: Yes (2 points), Sometimes (1 point), or No (0 points).
(Your maximum possible score is 30.)

1. I can tell the difference between physical hunger and emotional hunger.
2. I notice when I'm eating for reasons other than physical hunger—like boredom, stress, or emotional discomfort.
3. I eat slowly and chew thoroughly without feeling rushed.
4. I eat while doing other things (watching TV, working, scrolling).
5. I can stop eating when I'm satisfied, even if there's still food left.
6. I listen for signs of fullness instead of relying on external rules.
7. I enjoy my food without guilt or judgment.
8. I reflect on my eating experiences with curiosity rather than criticism.
9. I make food choices based on how I want to feel, not just what I want in the moment.
10. I feel grounded and present for most of my meals.
11. I give myself credit for small steps I take toward mindful eating.
12. I take a moment to notice how I'm feeling emotionally when I eat.
13. I prepare or select meals with mindfulness and care.
14. I notice how different foods make me feel after eating—physically or emotionally.
15. I give myself a moment to settle before I begin eating.

Your Results

25–30 points: Strong Foundations

You're building solid habits of awareness, presence, and self-compassion. This score suggests that mindful eating is part of your daily experience. Stay curious, keep checking in, and trust yourself to keep growing. Keep up the good work!

17–24 points: In Progress

You're developing mindfulness, but there are still moments when eating feels automatic, rushed, or emotionally driven. What matters most is that you're noticing—and noticing is where change begins.

Try this: Pick one question you answered “Sometimes” or “No” to and explore. Is it a habit? A coping strategy? Stay curious—not critical.

0–16 points: Just Getting Started

You may be eating on autopilot. That doesn't mean you're doing anything wrong—it just means there's room to reconnect with your body, your emotions, and your needs. This is a great starting point!

Try this: Choose just one small thing to pay attention to this week—your hunger signals, your eating speed, or how you feel after a meal. Practice awareness to develop the skill of mindful eating.

Conclusion

Taking the time to reflect on how you eat is no small thing. Just by completing this assessment, you've already done something many people never stop to do: you've paid attention.

Mindful eating isn't about getting it perfect. It's not about clean plates, flawless food choices, or always knowing exactly how you feel. It's about showing up with an open mind and a little more care. It's about noticing when you disconnect—and giving yourself the chance to reconnect—without blame, shame, or criticism. So you can move toward better, more deliberate health.

Your score isn't a final answer. It's a starting point. Let it guide your next step, not define your progress. You might choose to focus on just one area that stood out. Or you might simply bring a bit more awareness to your next meal, no matter how small.

Mindful eating begins with attention. And every time you choose to check in with yourself—without judgment—you build something meaningful: awareness, trust, and the kind of change that lasts.



www.foodcrazymind.com

