

# ACORN Assessment Tool

## Food Addiction Assessment Self-Assessment by Stages of Progression

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### Early Stage

(Check all that apply)

- You enjoy eating almost more than anything else.
- You occasionally eat more than you want but you can control it.
- You envy those who can eat more and control their weight.
- You notice that you are sometimes more interested in food than your family, friends or peers.
- You have occasional binges which you keep to yourself.
- You often remember the first time you ate a particular food or foods.
- You think of food as a comfort.

### Middle Stage

(Check all that apply)

- You have special foods or treats which you eat quite frequently.
- You have become heavier than is healthy for your size or build.
- You have dieted more than once in the last five years.
- You experiment with other ways to control your weight: fasting, purging, hypnosis, etc.
- You have lost weight then gained it back and more.
- You have made friends who like to eat the way you do.
- You sometimes eat especially fast or especially slow.
- You have had the experience of not remembering that you ate something.
- You find there are times you want to stop eating, but you cannot.
- You are often preoccupied with food or dieting between meals.
- You want to want to stop grazing or overeating.
- You think of food as your friend.

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## Late Stage

(Check all that apply)

- You have foods that you have to eat every day – (It might be that you have to eat foods 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 have had doctors, dietitian counselors tell you that you need to lose weight or change the way you eat and you don't.
- You suffer from consequences that you really don't want from overeating and you cannot stop when you try.
- You have been in therapy or a 12 Step program for your eating disorder and unable to get abstinent or keep relapsing.
- You have really decided to stay stopped – more than once – and were not able to do so.
- There are times between or after meals almost every day that you are preoccupied with food or eating more.
- You sometimes want to be eating alone to be with your food more than being with good friends or relatives.
- Your over eating has affected 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 think of food as your lover or your most important reward in life.

## Final Stage

(Check all that apply)

- You often do not enjoy eating as you once did.
- You keep eating long after it has stopped being enjoyable.
- You have been hospitalized, jailed or institutionalized because of food related behavior.
- You would sometimes rather die than stop eating your binge foods.
- You feel it is utterly hopeless for you to be able to have a healthy relationship with food.

## **Food Addiction Assessment Self-Assessment by Stages of Progression**

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- You often cannot tell when you are telling the truth about food.
- You stop going to doctors, dietician or counselors because you know it will not help.
- You tried a 12 Step program but cannot get abstinent even for one day.
- You only want to eat more even when you are physically unable to hold more.
- You have lost jobs, relationships or the ability to function effectively because of your weight or eating behaviors.
- You find that food has become a false god or demonic force in your life.

### **Death**

*Interpretation: You are in the lowest stage that you have more than one check mark.*