

Am I Experiencing Bulimia?

Bulimia should only be diagnosed by a mental health professional or a doctor. However, answering the questions below can give you an idea of whether you might find it helpful to have a professional assessment.

Are there times when you feel like you've lost control over how much you eat?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you ever vomit because you feel full or anxious about gaining weight?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you sometimes restrict how much you eat?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you ever take laxatives, diet pills, or diuretics in order to control your weight?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you follow strict rules related to food (e.g., about what you can eat or the number of calories you can consume)?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you sometimes feel anxious or guilty after eating?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you feel unhappy about your weight or body shape?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you want to lose weight, or do you worry about your weight going up?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you feel uncomfortable with other people seeing your body?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you often find yourself thinking about your eating, shape, or weight?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does your eating, shape, or weight have a negative impact on how you see yourself as a person, or stop you from doing things?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

If you answered 'yes' to most of these questions, you may be experiencing bulimia. You might find it helpful to speak to your family doctor or a mental health professional about how you're feeling.

All types of eating disorders are serious, so don't hesitate to seek support even if you aren't sure whether this applies to you. If you have any concerns about your eating, it's important to let someone know.