A PAUSE, A PRACTICE, A NEXT STEP

Binge-Eating Disorder

When eating feels out of your control.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Describe the feeling

Think of a recent time you felt out of control around food. How did you feel before and afterward? You can share what happened without counting calories or weighing yourself.

01 / Notice and reflect

What would I like a provider to understand about these moments?

02 / Notice and reflect

Who could help me take the first step toward care?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Reach out if eating often feels out of control, causes distress, or leads you to hide what is happening. You can ask for care now, whatever your weight or how long this has been happening.

Read more: National Institute of Diabetes and Digestive and Kidney Diseases · Understanding binge eating

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.