



WELLNESS WORKSHEET 78

Do You Feel Social Pressure to Eat?

This quiz can help assess how well you cope with social influences on your eating behavior. Rate yourself on each of the following statements according to how much you agree or disagree with each one.

	Strongly disagree				Strongly agree
1. It's not right to say no when someone is just trying to be nice to me.	1	2	3	4	5
2. It isn't polite to refuse food when someone has prepared it especially for me.	1	2	3	4	5
3. It's often hard for me to speak up for what I need or want.	1	2	3	4	5
4. I'd rather put my own needs second than hurt someone else's feelings.	1	2	3	4	5
5. It isn't fair to want others to help me in my weight-management efforts.	1	2	3	4	5
6. I shouldn't involve others in my problems.	1	2	3	4	5
7. I need to order drinks or a "big" entree at a restaurant in order to make others feel comfortable.	1	2	3	4	5
8. When someone else is paying for it, I feel I may as well take advantage.	1	2	3	4	5
9. Guests who are invited to dinner expect to be treated to fancy (which generally means "high-calorie") meals.	1	2	3	4	5
10. A good host or hostess fixes special meals for company, and this usually involves a high-fat entree and perhaps a sugary dessert.	1	2	3	4	5
11. When invited to dinner, I should show my appreciation by eating well.	1	2	3	4	5
12. Calling ahead to inquire about the menu or making special requests of a hostess is making a nuisance of myself and I shouldn't do it.	1	2	3	4	5
13. Other people depend on me, and their needs come first.	1	2	3	4	5
14. When someone tries to pressure me, I resist, even if what they want me to do is a good idea.	1	2	3	4	5
15. When someone I care about doesn't want me to change, I feel I should do as they ask.	1	2	3	4	5
16. I like the sympathy and attention I get from having a weight problem.	1	2	3	4	5
17. When I see others eating, I just can't resist getting something to eat, too.	1	2	3	4	5
18. I can't resist food at parties and celebrations.	1	2	3	4	5

____ + ____ + ____ + ____ + ____
 = _____

Total score

Score interpretation

54–90: High Pressure Quotient Much of your belief system makes it harder for you to cope with social influences. You need to challenge your beliefs and make changes in the way you think.

37–53: Moderate Pressure Quotient Some of your beliefs make it difficult for you to cope with social influences. Identify which beliefs keep you stuck, and change your way of thinking on these.

18–36: Low Pressure Quotient Your beliefs stand you in good stead to resist social influences.

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