



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Am I an Emotional Eater?

10 questions about your relationship with food and emotions

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ I have seen people break free from addictions they carried for decades – not through willpower, but through understanding. When we change the story, the habit loses its grip.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.



Dr. Rangnath Dubey
DHB · MBHCS · AVR

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Am I an Emotional Eater?

This assessment helps you understand your relationship with food, especially when emotions are involved. It's a gentle way to reflect on your eating habits.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you tend to eat when you feel stressed or overwhelmed?
- Do you find yourself eating when you are bored or feeling restless?
- Do you eat more when you feel lonely or sad?
- Do you feel a sense of loss of control when eating certain foods?
- Do you ever hide the amount of food you eat or where you eat it?
- Do you experience feelings of guilt or shame after eating?
- Do you use food as a way to reward yourself or celebrate?
- Do you eat to distract yourself from difficult feelings or difficult situations?
- Do you continue to eat even when you feel physically full?
- Does your relationship with food cause you significant distress or worry?

Score: Count the total number of 'Yes' answers. This will give you an indication of your current patterns.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Balanced Relationship

Your eating habits appear well-balanced with your emotional state. You are likely eating when you are physically hungry.

SCORE: 4-6

Mild Emotional Eating

You may be using food to cope with emotions sometimes. Gentle awareness can help you distinguish between emotional and physical hunger.

SCORE: 7-8

Moderate Emotional Eating

Food seems to be a frequent coping mechanism for your emotions. Exploring alternative ways to manage feelings can be beneficial.

SCORE: 9-10

Significant Emotional Eating

Your eating patterns are strongly linked to your emotional state, causing distress. Seeking support from a wellness professional can provide valuable guidance and strategies.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

After reviewing your score, gently notice any patterns. If emotional eating is causing distress, consider exploring mindful eating practices or speaking with a wellness coach.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What triggers your emotional eating most often?

2. What are some alternative coping strategies you could try instead of eating?

3. How does hiding your eating habits make you feel?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindful Eating Guide

Learn to connect with your body's hunger and fullness cues.

₹199

2

Stress Management Techniques

Discover practical ways to handle stress without relying on food.

₹99

3

Emotional Wellness Journal

A guided journal to explore your feelings and build resilience.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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Scan any QR code below to explore more resources, book a session, or reach us on WhatsApp.



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manas365.com



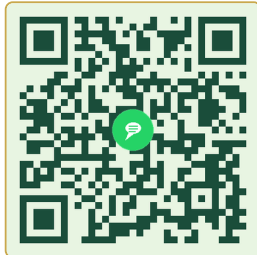
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"Freedom is not the absence of temptation. It is the presence of something stronger. You already have that strength inside you."

— Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224