

Food Acceptance Questionnaire (modified from the Chronic Pain Acceptance Questionnaire)

Directions: below you will find a list of statements. Please rate the truth of each statement as it applies to you. Use the following rating scale to make your choices.

	1	2	3	4	5	6	7	
	never true	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true	
1	I continue to eat a healthy diet, even when I have the desire to overeat or make poor eating choices.	①	②	③	④	⑤	⑥	⑦
2	It's OK to experience cravings and urges to overeat, because I don't have to listen to them.	①	②	③	④	⑤	⑥	⑦
3	It's not necessary for me to control my food urges in order to control my eating.	①	②	③	④	⑤	⑥	⑦
4	I need to concentrate on getting rid of my urges to eat unhealthily.	①	②	③	④	⑤	⑥	⑦
5	I don't have to overeat, even when I feel like I want to overeat.	①	②	③	④	⑤	⑥	⑦
6	Controlling my urges to eat unhealthily is just as important as controlling my eating.	①	②	③	④	⑤	⑥	⑦
7	My thoughts and feelings about food must change before I can make changes in my eating.	①	②	③	④	⑤	⑥	⑦
8	Despite my cravings for unhealthy foods, I continue to eat healthily.	①	②	③	④	⑤	⑥	⑦
9	Before I can make any important dietary changes, I have to get some control over my food urges.	①	②	③	④	⑤	⑥	⑦
10	Even if I have the desire to eat something unhealthy, I can still eat healthily.	①	②	③	④	⑤	⑥	⑦

To score, add up the total for all items.