

## Evaluating Your Deprivation Quotient: Stealth Deprivation

Deprivation is a part of our daily lives – we simply can’t always have everything we want when we want it. Sometimes deprivation is beneficial. It’s perfectly reasonable to limit vacations or expensive clothes to adhere to a budget. But sometimes deprivation is subtler and more problematic. Once our tolerance for deprivation has been exhausted, it can be difficult to make healthy decisions.

Are you depriving yourself of your basic needs or desires without realizing it? Reflect of the questions below:

<b>Yes</b>	<b>No</b>	<b>Have you made complete peace with food?</b>
		Do you really believe that all foods are emotionally equivalent?
		Are you able to think about foods without labeling them as good or bad?
		Are you able to eat foods you truly enjoy at any time, without putting special conditions on them? (You don’t consider these foods a “treat” or reserve them for special occasions.)
<b>Yes</b>	<b>No</b>	<b>Do you have regular access to food?</b>
		Do you buy food often enough so that you have a variety of choices and a plentiful amount of food at home?
		Do you have free access to food, rather than it being controlled by a family member?
		Do you recognize your hunger cues and eat when you feel hungry?
		Do you nourish your body with three meals daily and snacks as needed?
<b>Yes</b>	<b>No</b>	<b>Do you maintain good sleep habits?</b>
		Do you sleep for a minimum of seven hours nightly?
		Do you keep regular sleep and waking hours, even on the weekends?
		Do you limit caffeine in the afternoon?
		Do you limit screen time in the evening and keep media devices out of the bedroom?
<b>Yes</b>	<b>No</b>	<b>Are your social and emotional needs met?</b>
		Do you maintain a good network of supportive friends and family?
		Do you participate in hobbies that you find engaging?
		Do you allow yourself time to relax without guilt?