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The Positive Eating Scale (English)

How would you rate your eating behavior?

	strongly disagree	disagree	agree	strongly agree
Overall, I am satisfied with my eating behavior.		\square_2	\square_3	\square_4
Eating is something nice for me.		\square_2	\square_3	\square_4
Eating is a pleasure for me.		\square_2	\square_3	\square_4
I have a good relationship with eating.		\square_2	\square_3	\square_4
I eat in a way that makes me feel good.		\square_2	\square_3	\square_4
I enjoy eating.		\square_2	\square_3	\square_4
I am relaxed about eating.		\square_2	\square_3	\square_4
Eating is fun for me.		\square_2	\square_3	\square_4