Understanding Willpower

Do you think you are addicted to food? Why or why not?
What bad habits around food can you identify? Given this info, how will you change these bad habits?
Do you have any good habits around food that you would like to create? Make a plan to do so.
Are you motivated by short term goals? long term goals?
How are you with delayed gratification in other areas of your life? Money? Studying?
If you are a stress eater, how can you decrease your stress? or change your response to stress so that it does not include eating?