EATING BEHAVIORS AND BODY IMAGE ATTITUDES CONTINUUM
WHERE AM I?

Body Ownership

I trust my body to find its natural weight.

I will appreciate my body, even as it changes over time.

My feelings about my body are not influenced by society's concept of an ideal body shape.

I enjoy physical activity for overall body health.

My body is beautiful to me.

I know that the significant others in my life will always love me inside and out.

Food Trust

I trust my body to tell me what and how much to eat.

Food is one pleasurable aspect of my life.

Food has no emotional impact on me.

I have no "good foods" or "bad foods."

Food is the fuel for my body.

Body Acceptance

I am able to maintain a positive self-esteem without having a "perfect body."

I participate in activities I enjoy, even if they call attention to my weight and shape.

I pay attention to my body and my appearance, but it does not rule my life.

I nourish my body so it has the strength and energy to achieve my physical goals.

I am influenced but not controlled by social norms of beauty.

Food Concerned

I am moderate and flexible in goals for eating.

I try not to base what I eat on what I weigh.

I enjoy eating and balance my pleasure with eating with my concern for a healthy body.

I pay attention to what I eat and try to follow Dietary Guidelines for healthy eating.

I don't beat myself up if I feel I have overeaten.

Body Preoccupied

I often feel uncomfortable in my body.

I am preoccupied with my weight and shape.

I accept society's ideal body shape and size as the body I should strive for.

I'd be more attractive and happier, and have fewer problems if I was thinner, more fit, etc.

I often ask others if I look fat.

How I feel about myself depends upon what others think.

Food Preoccupied

I wish I could control how much I want to eat and what I am hungry for.

I obsessively count calories and fat grams.

I classify food as either "bad" or "good".

I think about food a lot and obsess about food.

My weight dictates my mood.

Distorted Body Image

I weigh myself many times a day.

My body shape and size keep me from feeling I deserve the best in life.

I put myself down in front of others.

I don't believe others when they tell me I look OK.

I'm jealous of skinny people.

Disruptive Eating Patterns

Eating makes me feel depressed and out of control, and guilty.

I have fasted or avoided eating for long periods of time in order to lose or maintain my weight.

I get jealous when I see people enjoying their food

I feel strong and in control when I can restrict how much I eat.

I eat in response to feelings, instead of physical hunger.

I have tried diet pills, laxatives, vomiting or fasting to undo the damage of overeating.

When I let myself eat, I have a hard time controlling the amount of food I eat.

Body Hate

I hate my body and I don't believe anyone can accept me because of it.

I hate the way I look in the mirror.

Seeing "perfect bodies" makes me hate myself.

I don't see anything positive, or even neutral about my body shape and size.

I often feel separate and distant from others, and I isolate myself.

Eating Disordered

I regularly stuff myself and then overexercise, vomit, use diet pills or laxatives, or starve myself to feel in control.

Food is the one control I have in my life, and I'm always afraid of losing that control.

I will not eat in front of others.

I pretend to be normal, but inside I am really hurting

I lie about what I have or have not eaten.

When I binge I can tune out feelings.

Not eating gives me a powerful feeling