

ALMOST ANOREXIC

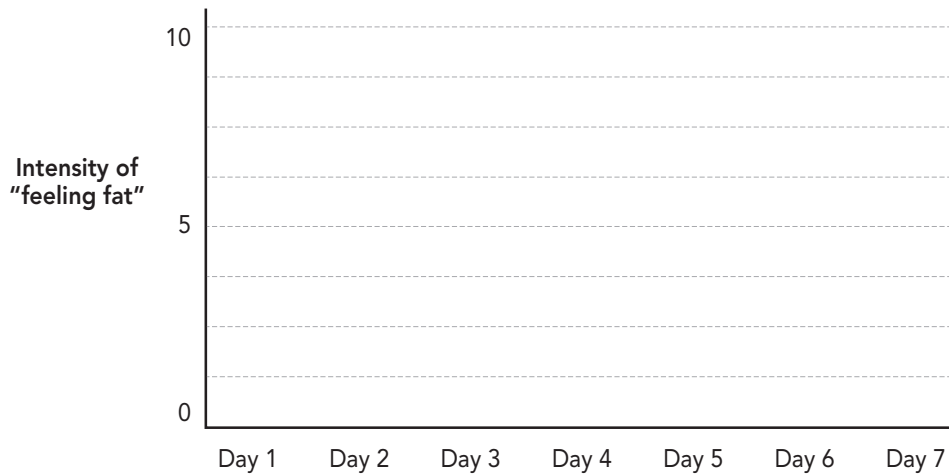
Is My (or My Loved One's) Relationship with Food a Problem?

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Figure 5.

Graph Your Feelings of Fatness for the Past Week

How fat have you felt in the past week? Use this graph to rate the intensity of those feelings, on a scale of 1 to 10, in the past seven days.



Adapted from C. G. Fairburn, *Cognitive Behavior Therapy and Eating Disorders* (New York: Guilford, 2008).

For more information about the book, visit www.AlmostAnorexic.com.