

ALMOST ANOREXIC

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

Jennifer J. Thomas, PhD, Harvard Medical School, and Jenni Schaefer

Table 13.

Your Body Checking Is Getting OLD

Checking behavior to be reduced: (such as pinching for fatness, weighing, trying on too-small clothes)		
Behavioral strategies for reducing body checking:		
Obstruct (for example, get rid of tape measure, throw away too-small jeans)	Limit (for example, limit mirror use to socially normal times, such as getting dressed in morning or brushing teeth at night)	Delay and Distract (for example, set timer for 15 minutes to see if urge decreases; keep hands busy with stress ball)

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