

ALMOST ANOREXIC

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

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Table 15.

Recovered. (Period.)

Are you settling for a mediocre version of recovery from almost anorexia?

What barely recovered looks like	What fully recovered looks like
1. Your eating-disordered behaviors are causing you to maintain an unhealthy weight for your body (for example, your weight is slightly below or just within normal range—despite professionals encouraging you to gain more).	1. You accept the weight your body naturally maintains when you are no longer engaging in eating-disordered behaviors.
2. Shifts in weight make you very uncomfortable. You do your best to avoid them.	2. You are able to tolerate natural shifts in weight that accompany worthwhile activities (such as pregnancy, vacation, and aging).
3. You restrict “just a little.” You binge and purge on occasion—but only to get yourself through tough times.	3. You never use eating-disordered behaviors like restricting, bingeing, or purging. They are not on your list of coping skills.
4. Thoughts about food and weight occupy a large amount of time, disrupting your life.	4. Thoughts about food and weight do not occupy a great deal of your time. Instead, you focus your energy on truly living.
5. You tolerate your body. You loathe imperfections.	5. You love your body. You accept imperfections.
6. Your primary focus regarding your body is appearance.	6. You appreciate your body for what it does rather than focusing exclusively on what it looks like.
7. You exercise almost solely to maintain your weight. You “have to” exercise and don’t enjoy it much.	7. You exercise intuitively for health and fun. You give your body enough rest too.
8. Personality traits that contributed to the development of your eating disorder (such as perfectionism, impulsivity, and obsessive-compulsiveness) cause problems in other life domains.	8. You channel your unique personality traits in pursuit of important life goals. Perfectionism becomes the pursuit of excellence, impulsivity becomes spontaneity, and obsessive-compulsiveness becomes conscientiousness.

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