

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 3.

Matching Your Positive Traits to Life Goals

Positive traits commonly associated with almost anorexia and other officially recognized eating disorders		
General Eating Disorder Traits	Anorexic Traits	Bulimic Traits
Perfectionism _____	Persistence _____	Impulsivity _____
Obsessive-compulsiveness _____	Low risk-taking _____	Risk-taking _____
Sensitivity to emotional pain _____	Attention to detail _____	Need for new experiences _____
Intelligence _____	Preference for routine _____	Intolerance of routine _____
	Ability to delay gratification _____	
My goals for the next 6 months		Traits that will help me pursue these goals
1.		1.
2.		2.
3.		3.
4.		4.
5.		5.

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