

ALMOST ANOREXIC

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

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Table 5.

Your Dietary Rules and Purging Behaviors

Now answer these questions for yourself.

DIETING		
What dietary rules do I try to follow that require me to actively restrict my caloric intake, fast all day, or avoid specific foods (suspected allergens, sugar, flour, meat, dairy, or cooked foods)?		
Describe each dietary rule:	Why do I say I do this?	Why might I really be doing this?
1.	1.	1.
2.	2.	2.
3.	3.	3.
PURGING		
How do I compensate for past dietary "indulgences"? (Include vomiting, laxatives, diuretics, fasting—including juice fasting—detoxification, herbs, slimming teas, enemas, colon cleansing, and anything else.)		
Describe each purging behavior:	Why do I say I do this?	Why might I really be doing this?
1.	1.	1.
2.	2.	2.
3.	3.	3.

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