

ALMOST ANOREXIC

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

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Table 6.
Normal Eating Means . . .

Phase One: External Cues	Phase Two: Internal Cues
<ol style="list-style-type: none">1. You work hard not to engage in eating-disordered behaviors like restricting, bingeing, or purging.2. You eat at regular intervals, not going for more than four hours without eating. You don't allow yourself to get too hungry, which could lead to bingeing. Sometimes, you might even feel as if you eat like a robot.3. Food is fuel. You do your best not to view food as "good" or "bad," but even if you do, you eat it anyway.4. You notice Ed's food rules in your life and begin to challenge them.5. With planning and support, you challenge yourself to try new foods and new eating situations (such as birthday cake or dining out).6. You eat according to guidelines and structure—usually three meals a day with two or three snacks.7. If you are not in the mood for food, but you know that you need to eat in order to support your recovery, you do it anyway.8. You pay attention to relevant health information, focusing on adding healthy foods you may be missing in your diet.9. You purposefully practice healthy self-soothing skills instead of using food to manage your emotions.10. You don't feel comfortable "going off" your structured plan.	<ol style="list-style-type: none">1. Eating-disordered behaviors don't really come to mind. They aren't an option. It's easy.2. You eat based on internal rather than external cues, noticing subtle feelings of hunger rather than waiting to eat until you are famished and stopping only when you are completely stuffed. Yet, you are flexible.3. Food is neutral. Certain items are not labeled as "good" or "bad," and there is nothing you forbid yourself to eat.4. You no longer base when and how much you eat on Ed's rules.5. You spontaneously try new foods and diverse eating experiences. Dining out with others and attending social events is enjoyable.6. You eat according to your body's needs, creating a flexible structure that helps you stay strong and healthy. You eat what you want and when you crave it—in balance.7. If you are not in the mood for a particular type of food, you don't force yourself to eat it. Instead, you choose something that sounds satisfying to you.8. You pay some attention to nutrition and take into account your relevant health information, but you don't let this become rigid and interfere with balanced eating.9. Eating is enjoyable but is not used as a coping mechanism for negative emotions.10. You occasionally eat a little more or less than usual in response to social factors or proximity to food, and you don't beat yourself up about this.

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