

## ALMOST ANOREXIC

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

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Table 8.

#### Design a Behavioral Experiment to Test Your Prediction about a Dietary Rule

1. Describe a dietary rule you try to follow in order to influence your weight or prevent binge eating.
2. What does Ed predict will happen if you break this rule? How would you know if that came true?
3. How can you design an "experiment" to test the accuracy of Ed's prediction?
4. What are possible alternative predictions? Since Ed is great at catastrophizing, he might have some more predictions. Also, are there any possible <i>positive</i> outcomes?
5. Complete the experiment. What actually happens?

For more information about the book, visit [www.AlmostAnorexic.com](http://www.AlmostAnorexic.com).