## The Eating Issues and Body Image Continuum

This continuum represents the range of eating behaviors and attitudes toward food and body image. Most healthy people function in the two categories on the far left that reflect high self-esteem and physical health: "Concerned Well," and "Not An Issue." However, individuals can move from one category to another depending on changes that occur in their self-esteem and attitudes toward food and body image. An individual can be in one category for food and another for body image. Also, an individual can exhibit some, but not all, characteristics within a category.

I feel no guilt or shame no matter I am moderate and flexible in I have tried dieting, excluding I have tried diet pills, supplements, I regularly restrict food or exercise, vomit, how much I eat or what I eat. certain foods, or counting calories laxatives, vomiting or extra exercisuse diet pills, supplements or laxatives to goals for eating well. to lose weight. ing in order to lose or maintain my get rid of the food or calories. weight. Food is an important part of my I enjoy eating for pleasure and balance that with concern for a life, but only occupies a reason-I think about food a lot and regularly My friends/family tell me they are concerned able part of my time. healthy body. watch what I eat. I have fasted or avoided eating for about my weight/appearance. long periods of time in order to lose or maintain my weight. I trust my body to tell me what I try to follow nutrition guidelines I feel ashamed when I eat more than I am terrified of eating fat. and how much to eat. and eat in a balanced way. others or more than what I feel I should be eating. I feel strong when I can restrict how When I let myself eat, I have a hard time much I eat. controlling the amount of food I eat. I wish I could change how much I want to eat and what I am hungry for. Eating more than I wanted to makes I am afraid to eat in front of others. me feel out of control. **EATING DISORDERED FOOD IS NOT AN ISSUE** FOOD PREOCCUPIED/OBSESSED **HEALTHY BUT CONCERNED DISORDERED EATING PATTERNS BODY HATE/ DISASSOCIATION BODY OWNERSHIP BODY ACCEPTANCE BODY PREOCCUPIED/OBSESSED DISTURBED BODY IMAGE** I feel good about my body and what I base my body image equally on social I spend a significant amount of time I don't see anything positive about I hate my body and I often isolate it can do. norms and my own self-concept. viewing my body in the mirror. my body shape and size. myself from others. My body is beautiful to me. I spend a significant amount of time I believe that my body keeps me I don't believe others when they tell I pay attention to my body and appearance because it is important, but it comparing my body to others. from dating or finding someone who me I look OK. will treat me the way I want. only occupies a small part of my day. I believe that healthy and beautiful bodies come in all shapes and sizes. I have many days when I feel fat. I hate the way I look in the mirror. I nourish my body so it has the I have considered changing or have strength and energy to achieve changed my body shape and size I know that the significant others in I'd be more attractive if I was thinner, my physical goals. through surgical means, so I can acmy life will always find me attractive. more muscular, etc... cept myself. I trust my body to find the weight it needs to be at so I can move with confidence.