

Excessive importance of shape, weight and eating control in my self-evaluation

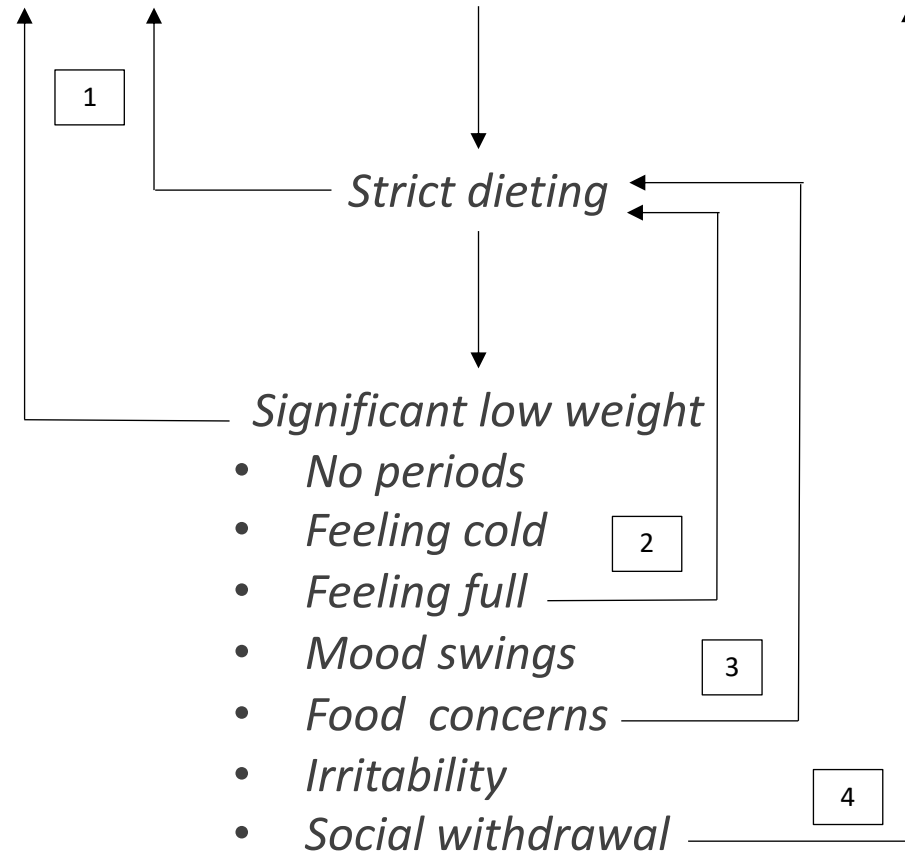


Figure 5.3. Representative formulation of an underweight adolescent patient with eating disorder highlighting how the effects of significantly low weight maintain the eating problem.

1 = Significant low weight and strict dieting are not seen as a problem but as an achievement.

2 = Food concerns make the dieting even more rigid.

3 = Feeling full is interpreted as having eaten too much and prompts intensification of dieting.

4 = Social withdrawal prevents experiences that can help reduce the importance attributed to shape, weight and eating control.