

TABLE 10.1 From Dalle Grave R & Calugi S, *Cognitive Behavior Therapy for Adolescents with Eating Disorders*, Guilford Press, New York, 2020.

Review of how Treatment is Going after Step One

Treatment elements	How treatment is going		
	Not going well	Going reasonably well	Going well
Attending sessions			
Being on time			
Recording			
Not weighing at home			
Reading <i>Overcoming Binge Eating</i>			
Eating regular meals and snacks			
Not eating between meals and snacks			
Making treatment a priority			
Weight regain*			
Other elements			

* Only in patients who are underweight during the review held every four weeks in Step Two

Adapted from *Cognitive Behavior Therapy and Eating Disorders* by Christopher G. Fairburn. Copyright 2008 by Guilford Press.