

POSSIBLE WARNING SIGNS OF AN EATING DISORDER

- Odd rituals, such as cutting food into small pieces
- Fear and/or avoidance of situations involving food (dinner parties, etc.)
- Avoidance of eating in public
- Frequent trips to the bathroom, especially after eating
- Frequent weighing
- Denial of hunger
- Binge eating
- Secretive eating
- Eating very slowly or very rapidly
- Cooking a lot for others without eating
- Excessive beverage consumption, especially beverages containing caffeine.
- Excessive gum chewing
- Rigid or excessive exercise regime
- Use of laxatives, enemas, diet pills, fasting, or purging to get rid of food
- Fear of becoming fat, regardless of weight
- Dressing in layers
- Preoccupation with food and weight
- Self-worth determined by weight
- Severe self-criticism
- Mood shifts
- Social withdrawal
- Need for approval to feel good about self