

Relapse Prevention for Eating Disorder Patients

Attitudes involved in relapse:

1. Dishonesty
2. Negative self-centeredness
3. Isolation
4. Low frustration tolerance
5. Anxiety
6. Grandiosity
7. Perfectionism
8. "There and then" living (opposite of "here and now")
9. "All or nothing"/"Black or white" thinking

H.A.L.T.- Never get too Hungry, Angry, Lonely, Tired.