

Eating Disorder Behavior

As eating disorder behavior increases, the patient tries to keep life under control. This gets harder and harder to do. Finally, the eating disorder patient does desperate things to try to continue to appear normal. These desperate behaviors are called addictive behaviors. They are the things people do related to their eating disorder behavior. Learning to recognize when one of more of these behaviors begin to happen will help you know when to start fighting extra hard to move away from relapse.

Which of these behaviors do you think are related to your eating disorder behavior?

- Lying
- Stealing
- Being irresponsible (not meeting family/work commitments)
- Being unreliable (late for appointments, breaking promises, etc.)
- Being careless about health and grooming (wearing dirty clothes, not exercising, poor diet, looking messy, etc.)
- Getting sloppy in housekeeping
- Behaving impulsively (without thinking things through)
- Behaving compulsively (too much eating, working, sex, shopping, etc.)
- Changing work habits (working more, less, or not showing up at all, changing your hours)
- Losing interest in things that are otherwise fun and/or rewarding (recreation, family life, healthy friendships)
- Isolating (staying by yourself)
- Missing or arriving late to appointments
- Using drugs or alcohol
- Not taking prescription medications