

<p>Where do you fit?</p> <p>The Eating Issues and Body Image Continuum represents the range of eating behaviors and attitudes towards food and body image. The majority of people try to function in the two categories on the far left that reflect high self-esteem and physical health: Concerned Well and Not An Issue. However, people can move from one category to another depending on changes that occur in their self-esteem and attitudes towards food and body image. Also, people can be in one category for food and in another category for body image.</p>				
FOOD IS NOT AN ISSUE	CONCERNED WELL	FOOD PREOCCUPIED/ OBSESSED	DISRUPTIVE EATING PATTERNS	EATING DISORDERED
I am not concerned about what others think regarding what and how much I eat.	I pay attention to what I eat to maintain a healthy body.	I think about food a lot. I feel I don't eat well most of the time.	I have tried diet pills, laxatives, vomiting or extra time exercising in order to lose or maintain my weight.	I regularly stuff myself and then exercise, vomit, use diet pills or laxatives to get rid of the food or calories.
When I am upset or depressed I eat whatever I am hungry for without any guilt or shame. I feel no guilt or shame no matter how much I eat or what I eat.	I may weigh more than what I like, but I enjoy eating and balance my pleasure with eating with my concern for a healthy body.	It's hard for me to enjoy eating with others. I feel ashamed when I eat more than others or more than what I feel I should be eating.	I have fasted or avoided eating for long periods of time in order	My friends/ family tell me I am too thin.
Food is an important part of my life, but only occupies a small part of my time.	I am moderate and flexible in goals for eating well.	I am afraid of getting fat.	to lose or maintain my weight. I feel strong when I can restrict how much I eat.	I am afraid of eating fat. When I let myself eat, I have a hard time controlling the amount of food I eat.
I trust my body to tell me what and how much to eat.	I try to follow Dietary Guidelines for healthy eating.	I wish I could change how much I want to eat and what I am hungry for.	Eating more than I wanted to makes me feel out of control.	I am afraid to eat in front of others.
BODY OWNERSHIP	BODY ACCEPTANCE	BODY PREOCCUPIED/ OBSESSED	DISTORTED BODY IMAGE	BODY HATE-DISSOCIATION
Body image is not an issue for me.	I base my body image equally on social norms and my own self-concept.	I spend a significant time viewing my body in the mirror.	I spend significant amount of time exercising, and dieting to change my body.	I often feel separated and distant from my body -- as if it belonged to someone else.
My body is beautiful to me. My feelings about my body are not influenced by society's concept of an ideal body shape.	I pay attention to my body and my appearance because it is important to me, but it only occupies a small part of my day.	I spend a significant time comparing my body to others. I have days when I feel fat.	My body shape and size keeps me from dating or finding someone who will treat me the way I want to be treated.	I hate my body and I often isolate myself from others.
I know that the significant others in my life will always find me attractive.	I nourish my body so it has the strength and energy to achieve my physical goals.	I am preoccupied with my body. I accept society's ideal body shape and size as the best body shape and size.	I have considered changing or have changed my body shape and size through surgical means.	I don't see anything positive or even neutral about my body shape and size. I don't believe others when they tell me I look ok.

<p>I trust my body to find the weight it needs to be at so I can move and feel confident of my physical body.</p>	<p>I am able to assert myself and maintain a healthy body without losing my self-esteem</p>	<p>I'd be more attractive if I was thinner, more muscular, etc.</p>	<p>I wish I could change the way I look in the mirror.</p>	<p>I hate the way I look in the mirror.</p>
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