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## COMMON CHARACTERISTICS OF MOST EATING DISORDERS

If the person displays even a few of the behaviours on the checklist, there is reason to be concerned. Chances are they are struggling with some form of disordered eating behaviour.

- Preoccupied with the desire to lose weight
- Eats when stressed, lonely, anxious or angry
- Restricts activities due to embarrassment about weight or anxiety around food
- Compares body with others
- Weight fluctuations
- All or nothing thinking behaviour, i.e either fat or thin, restricting or bingeing
- Must earn food through exercising
- Displays rigid control around food in front of others while overeating when alone
- Sneak eating, i.e, eating in car, concealing food in pockets, etc.
- Weighs self obsessively and panics when a scale is unavailable
- Weight determines mood for the day
- Constantly tries on “skinny” clothes to see if any fit
- Consistently feels guilty after eating
- Apologizes often for weight
- Disappears into the bathroom after eating
- Cooks for others but does not eat
- Criticizes self about weight or appearance
- Verbalizes that certain food is forbidden, i.e, I can’t have that, there are too many calories in it or I need chocolate like I need a hole in the head
- Often thinks that life will be better after losing weight

