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 toward food and body image. Also, an individual can be in one category for food and in another category for body image.

**FOOD IS NOT AN ISSUE**

**BODY OWNERSHIP**

- Body image is not an issue for me.
- My body is beautiful to me.
- My feelings about my body are not influenced by society's concept of an ideal body shape.
- I feel no guilt or shame no matter how much I eat or what I eat.
- I am not concerned about what others think regarding what and how much I eat.

**BODY ACCEPTANCE**

- I base my body image equally on social norms and my own self-concept.
- I pay attention to what I eat in order to maintain a healthy body.
- 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.
- I am moderate and flexible in goals for eating well.
- I pay attention to what I eat in order to maintain a healthy body.

**FOOD PREOCCUPIED/OBSESSED**

**BODY PREOCCUPIED/OBSESSED**

- I spend a significant time viewing my body in the mirror.
- I spend a significant time comparing my body to others.
- I have tried diet pills, laxatives, vomiting or extra time exercising in order to lose or maintain my weight.
- I have fasted or avoided eating for long periods of time in order to lose or maintain my weight.
- I feel strong when I can restrict how much I eat.
- I feel ashamed when I eat more than others or more than what I feel I should be eating.
- I am afraid of getting fat.
- I wish I could change how much I want to eat and what I am hungry for.

**DISRUPTIVE EATING PATTERNS**

**DISTORTED BODY IMAGE**

- I spend a significant amount of time exercising, and dieting to change my body.
- My body shape and size keeps me from dating or finding someone who will treat me the way I want to be treated.
- I have considered changing or have changed my body shape and size through surgical means, so I can accept myself.
- I wish I could change the way I look in the mirror.

**EATING DISORDERED**

- I often feel separated and distant from my body - as if it belongs to someone else.
- I hate my body and I often isolate myself from others.
- 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.
- I hate the way I look in the mirror.