Contents

Αl	oout the Author	X
Foreword		xi
	cknowledgements	xii
	7.1.10 11.20.130.11.10	
[n	troduction	1
	When have Eating Disorder Patients Recovered?	2
	Can All Patients Recover from their Eating Disorder?	2 3 3 3
	Recovered Patients as Guides and Role Models	3
	Content of the Book	3
	A Book for Both Clinicians and Clients	4
	How Therapists and other Professionals may Use this Book	4
	How Eating Disorder Patients may Use this Book	5
	How Parents, Partners and Friends may Use this Book	6
1	Problems in the Period before the Eating Disorder	7
•	Introduction	7
	Lack of Self-Esteem and Negative Self-Evaluation	8
	Compliant and Pleasing Behaviour	8
	Hiding Real Thoughts and Opinions from others	9
	Sensitivity to the Needs of others	10
	Perfectionism and Fear of Failure	11
	Inner Criticism and Negative Self-Evaluation	11
	Impaired Identity Development	12
	Stages in the ego and identity development	13
	Negative Body Attitude	13
	Questionnaire about problems in the period before	
	the eating disorder	14
	Questions about problems and risk factors	15
	Summary	15

vi Contents

2	First Stage: Extreme Dieting	17
	Introduction	17
	How does an Eating Disorder Start?	17
	Differences Between Healthy and Extreme Dieters	19
	Questions about your reasons for going on a diet	19
	From Healthy to Extreme Dieting	20
	Questions about your dieting patterns	21
	Why Continue Dieting?	22
	Eating Disorder or Identity Disorder?	23
	Control over Food and Body	24
	Denial of Problems	25
	Summary	26
3	Negative Consequences of Eating Disorders	27
	Introduction	27
	Losing Control over Eating Habits	27
	The Trap of Extreme Dieting	29
	Eating Disorder: From Friend to Enemy	29
	Rigid Rules and Obsessive-Compulsive Behaviour	30
	Indoctrination and Brainwashing	31
	Inner Criticism and Critical Voices	32
	The Toxic Effects of Starvation	35
	Depression and Suicidal Thoughts	36
	Questionnaire about psychological consequences	37
	Isolation	38
	Questionnaire about social consequences	39
	Physical consequences	39
	Questionnaire about physical consequences	41
	Summary	42
4	Turning Point and Motivation for Recovery	43
	Introduction	43
	The Deep Pit	44
	Turning Point	45
	Ambivalent Motivation for Change	47
	Fear of Asking for Help	48
	Questionnaires to Improve Motivation for Treatment	50
	Questionnaire about improving eating habits	50
	Motivation for Physical Recovery	51
	Questionnaire about motivation for physical recovery	51
	Motivation for More Self-Esteem	52
	Questionnaire about motivation for	
	more self-esteem	52
	Motivation for a more Positive Body Attitude	52
	Questionnaire about motivation to improve	
	body attitude	53

	Contents	vii
	Motivation for Better Emotion Regulation	53
	Questionnaire about motivation for better	
	emotion regulation	53
	Motivation for Better Social Relationships	54
	Questionnaire about motivation for improving social	
	relationships	54
	Motivation for Reducing Financial Problems	55
	Questionnaire about motivation for reducing financial problems	55
	Summary	56
5	Normalizing Eating Habits	57
	Introduction	57
	Overcoming the Fear of Increasing Food Intake	58
	Changing Cognitions about Food	60
	Three Regular Meals a Day	62
	Regular Mealtimes	63
	Reduction of Binges	64
	Reduction of Purging	66
	Healthy and Sufficient Food	68
	Reduction of Laxatives, Diuretics and Slimming Pills	69 69
	A: Stopping the laxatives immediately B: Gradual reduction of laxatives	70
	Drinking Water and other Liquids	70
	No Extreme Exercising	71
	Treatment of Comorbidity	72
	Questionnaire about improving eating habits	72
	Summary	73
6	A Positive Body Attitude	74
J	Introduction	74
	Not Feeling Fat	74
	No Longer Obsessed by Food and Weight	76
	Being Able to Listen to Feelings of Hunger and Satiety	77
	Developing a Positive Body Attitude	79
	Assignment: Focus on positive aspects of your body	81
	Assignment: Positive body evaluation	81
	Learning Defence Strategies against Teasing	82
	Assignment: Defence against teasing	83
	Losing the Urge to Diet	84
	Assignment: Strategies to feel better	85
	Questionnaire about a better body attitude	86
	Summary	86
7	Physical Recovery	88
	Introduction	88
	Normal and Stable Weight	88

viii Contents

	Regular Periods	90
	Normal Body Temperature	91
	Normal Heartbeat and Pulse	91
	No Anaemia	92
	No Constipation	93
	No Problems with Bowels and Stomach	94
	No more Swollen Salivary Glands and Sore Throat	94
	Healthy Skin	95
	Healthy Teeth	95
	Enough Sleep	96
	Enough Energy	97
	Reduction of Osteoporosis	98
	Questionnaire about physical recovery	99
	Summary	100
8	Developing More Self-Esteem	101
	Introduction	101
	More Self-Esteem	101
	Assignment: Training positive thinking	103
	Empowering Yourself	104
	Become More Assertive	104
	Assignment: Becoming more assertive	105
	Less Emphasis on Pleasing others	106
	Having Less Fear of Rejection	107
	Assignment: Defending yourself against	
	critical comments	108
	Showing Less Compliant Behaviour	108
	Assignment: Listening to one's own feelings and desires	109
	Having Less Perfectionism and Fear of Failure	110
	Questionnaire about improving psychological well-being	111
	Summary	112
9	Expressing Emotions	113
	Introduction	113
	No Longer Avoiding Negative Emotions	114
	Assignment: Feeling and expressing emotions	115
	Reduction of Critical Thoughts and Inner Voices	116
	Assignment: Defence against inner critical thoughts	118
	Assignment: Developing ideal compassion image and feelings	119
	Recognizing and Expressing Emotions	120
	Dare to Express Different Opinions	122
	Assignment: Coping with different opinions and conflicts	123
	No Longer Feeling Depressed	124
	Questionnaire about improving emotion regulation	126
	Summary	126

	Content	s ix
10	Improving Social Relations	127
	Introduction	127
	Learning to Trust other People	128
	Participating in Social Activities	129
	Education and Career	131
	Intimate Relations	134
	Pregnancy and Children	136
	Questionnaire about developing better social contacts	137
	Summary	137
11	The Most Important Questions and Answers about Recovery	139
	Introduction	139
	When have Eating Disorder Patients Recovered?	139
	How many Patients Recover from their Eating Disorder?	140
	Why do Not All Patients Recover?	141
	How can the Recovery Rate Increase?	142
	Do All Patients have a Relapse?	142
	How long does it Take to Recover from an Eating Disorder?	143
	What are the Important Goals for Treatment?	144
	Which Treatments are Most Effective?	144
	What Makes a Good Therapist?	145
	Summary	146
12	Checklist for Full Recovery	148
	Introduction	148
	A. Questionnaire about healthy eating habits	148
	B. Questionnaire about positive body attitude	149
	C. Questionnaire about physical recovery	149
	D. Questionnaire about psychological recovery	150
	E. Questionnaire about coping better with emotions	150
	F. Questionnaire about better social relationships	151
	Conclusion	152
	erences	153
Index		159