

Worksheet 2.1: Considering causes and maintaining factors

Do you know what causes eating disorders?
What immediately comes to mind?

What areas can you influence and what areas do you need to accept and move on?

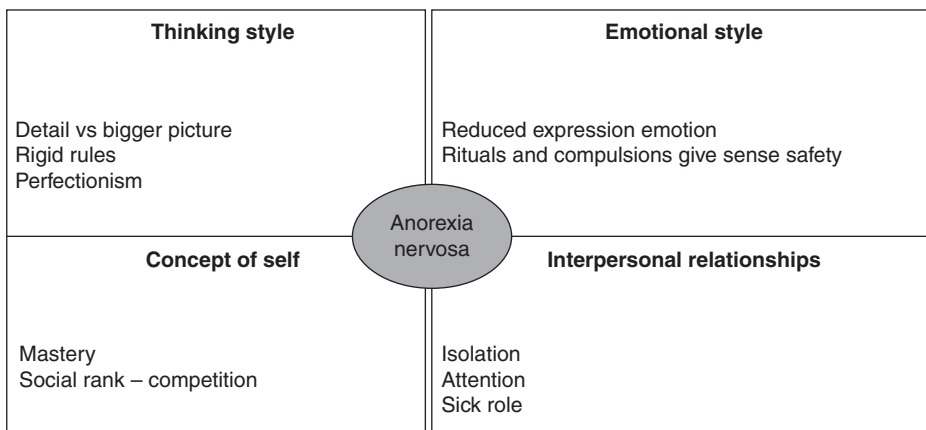


Figure 2.8 A maintenance model for anorexia nervosa

Do you know what maintains an eating disorder?
What immediately comes to mind?

Who is the one person you can change?

How might you be able to help to shift and refocus to break the grip of some of these predisposing and maintain factors?

This exercise helps you to start to think about positive changes you can make now, rather than endlessly worrying about past events that you cannot influence.

Small changes in your own caring behaviours can be helpful for the sufferer on the path to recovery. In addition, there are many goals beside weight gain alone that they you want to foster. These include promoting flexibility in thinking, emotional intelligence, and sustaining social connections.