

# Eating Disorder Iceberg

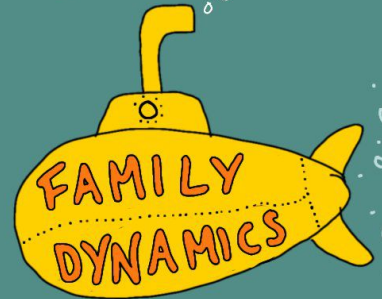
What we see

... and all of this develops, maintains and recovers in a context

What might be underneath

FEAR OF FATNESS  
BODYCHECKS  
CALORIE COUNTING  
EXCESSIVE EXERCISE  
BINGE EATING  
WEIGHTLOSS  
PURGING  
RESTRICTED DIET

COMMUNICATING DISTRESS  
PUNISHMENT ATTEMPT TO INCREASE PERCEIVED WORTH  
DISAPPEAR 'ME' FROM THE WORLD  
STAYING Resolve family  
'YOUNG' dysfunction  
AVOIDING DEALING WITH PAIN OF LIFE  
Sense of achievement  
BUZZ/HIGH  
Control a scary world  
Numb out  
Pain



©creative.clinical.psychologist