

Dieting Habits

1. Trying on your 'thin' clothes
2. Weighing yourself constantly
3. Pulling on your body 'fat'
4. Mentally counting portions/calories
5. Binging on 'diet' foods
6. Feeling guilty when eating 'treats'
7. Labelling food as 'good' or 'bad'
8. Waiting 'until you are thin'
9. Comparing your body with those of 'skinny' people

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