

FEELINGS TO BE CONCERNED ABOUT

Can't seem to say "no"-- is a people pleaser

Gets really upset and angry--is moody--on an emotional roller coaster

Feels she has to be perfect to be okay

Good-better-best syndrome

Feels she has to be perfect at everything

Compares herself to others

Hates to waste time

Increasingly isolates self from others

Complains of feeling bored, lonely, empty, or stuck

Feels guilty about enjoyable things

Feels she doesn't deserve good things

Feels very alone

Feels she is a "fake"

Is harshly self-critical

Is afraid of change

Wants a lot of approval and direction

Is always wondering what others think of her

Takes over a lot of responsibilities at home

Feels she is accepted only if she behaves in a certain rigid way

Afraid of making wrong decisions

Afraid of growing up

Written by Cynthia Hutchins, MS, LPC, Eating Disorder Specialist 479-644-2518