

## **Identifying the Victim of Bulimia**

1. Excessive concern with weight gain and body image
2. Periods of strict dieting followed by eating binges
3. Frequent overeating especially when distressed
4. Planning binges or opportunities to binge
5. Binging on high calorie, easily ingested and often sweet food
6. Feeling out of control in regard to eating patterns
7. Guilt or shame following binge-purge episodes
8. Secretiveness about binges and purges
9. Awareness that the eating pattern is abnormal
10. Disappearing after a meal for the purpose of purging
11. Self-deprecating thoughts and feelings of hopelessness and depression
12. Resistance to seeking professional help and sabotaging treatment