

**Worksheet 10.1 Questions you can ask yourself to update your ARFID formulation**

**Predictions about eating and foods**

What was difficult about changing my eating patterns?

Is it still as difficult as it was at the beginning of CBT-AR to eat differently (e.g., try new foods, face my feared foods and/or fears of eating, eat more)?

How do I feel now about changing my eating patterns?

**Food avoidance/restriction (volume and/or variety)**

What did I change about my eating?

How did it feel to change my eating?

**Nutritional improvements**

Am I underweight now and/or do I have nutritional deficiencies?

**Opportunities for exposure**

What kinds of situations am I no longer avoiding?