

Worksheet 3.1 Questions you can ask yourself to create an individualized cognitive-behavioral formulation of your ARFID

Biological predisposition

Is there anything about my biology that makes me more vulnerable to picky eating?

Food-related trauma

Did I ever have a food-related trauma?

Negative feelings and predictions about the consequences of eating

How do I feel when I think about changing my eating pattern?

What do I think would happen if I ate differently?

Food avoidance/restriction (volume and/or variety)

What's the *main* problem with my eating?

Nutritional compromise

What kinds of health problems have my eating habits caused?

Limited opportunities for exposure

What kinds of situations do my eating habits make difficult?