

## The TREADMILL

Trying to be “good” in ALL areas  
(food/weight control becomes the easiest way  
to quantify my ‘success’)



Accusation: “Not good enough”



Exercise more rigid control



Increasingly impossible to stay within narrowing limits



More frequent slip-ups  
(tiny deviations magnified++)



More frequent (and louder) accusations of failure



Heavier and more frequent demands for “payment”  
(less food/more exercise)



Me getting weaker, more emaciated and feeling  
less able to “pay up” all the time



Growing FEAR of losing control



Growing fear of punishment and loss



Clamping down harder



Exercising more rigid control



The spiral closes in