

Title: *Working the 12 Steps in Eating Disorder Recovery* **Presenter:** Natalie Schilling, LMSW, MA
Credit: One (1) Continuing Education Credit Awarded

Post-Test (For reference only. You must take and pass the test online for CE credit.)

1. _____ is an eating disorder characterized by eating nonfood substances or objects that do not contain any nutritional value such as dirt, hair, glass, ceramic etc.
 - a. Rumination Disorder
 - b. Pica
 - c. Anorexia Nervosa
 - d. Bulimia Nervosa
2. At least _____ people suffer from an eating disorder in the U.S.
 - a. 45 million
 - b. 45 thousand
 - c. 30 million
 - d. 300 thousand
3. It wasn't until 2013 that _____ was recognized as its own disorder in the DSM-5
 - a. Binge eating disorder
 - b. Pica
 - c. Rumination Disorder
 - d. Bulimia Nervosa
4. Who is at risk for an eating disorder?
 - a. Gender-mostly women
 - b. Family history of an eating disorder
 - c. Acculturation
 - d. All of the above
5. Eating Disorder Anonymous uses the same approach as Alcoholic Anonymous in relation to abstinence.
 - a. True
 - b. False
6. Eating Disorder Anonymous offer(s) the following:
 - a. Free support group
 - b. You do not need a diagnosis to join
 - c. Offers hope and healing
 - d. All of the above
7. Admitting powerless to the disorder in step one means:
 - a. You are unworthy
 - b. You are ultimately bad
 - c. There is something wrong with you
 - d. You are powerless over the disorder but not powerless over one's life
8. Making direct amends to those who were harmed by the eating disorder is what step:
 - a. First
 - b. Tenth
 - c. Second
 - d. Ninth
9. Step twelve involves:
 - a. Making amends to those harmed
 - b. Surrendering
 - c. Apologizing
 - d. Spiritual awakening
10. All of the following involve compassion using the 12 steps except:
 - a. Doing the next right thing
 - b. Making amends
 - c. Surrendering
 - d. Feeling like a burden