**General thwarting** of the basic needs for autonomy, competence and relatedness

**Need substitutes**
- Endorsement of the thin-ideal
- Body image concerns

**Compensatory behaviors**
- Rigid functioning
  - high standards and self-criticism
  - rigid restrictive eating
- Excessive or uncontrolled eating

**General self-determined functioning**
- Based on own values and goals

**General satisfaction** of the basic needs for autonomy, competence and relatedness

**Maladaptive motivational basis for eating regulation**
- Focus on appearance
- Controlled motivation

**Optimal motivational basis for eating regulation**
- Focus on health and well-being
- Autonomous motivation