

Journal Prompts



☐ **Whys to recover:** Write out 20 reasons you want to recover. This will be an important list to refer back to when your ED starts to tempt you or pull you in.

☐ **I want to recover, but...** Using the list above, create a counter argument for each statement from your ED brain. Example: I want to recover so I can be healthy, **but my healthy body is larger than I want it to look.** You'll need 2 different colored highlighters or pens. Once you've created your list, highlight or underline everything you can control in **blue**. Next, highlight everything out of your control in **red**. Hopefully, you'll be surprised to see how many "buts" are entirely in your control.

From Center for Discovery

☐ **Trust building vs food guilt:** Journal after consuming a meal whether it was trust-building and satisfying or caused you stress or guilt. This will help you notice the patterns that either feed or starve the Eating Disorder.

From Kayla Rose

☐ **Create a list** of people you admire who don't have an "ideal" body. What personal attributes (non-physical) make them attractive?

☐ **Write a letter** from your body to your mind. Then, write a letter from your mind apologizing to your body.

From Shoreline Center for Eating Disorders

Describe your first time discovering an apple. Be as detailed as possible. Mention the taste, texture, and physical attributes. Then, do the same thing as if you're discovering your body for the first time

From "8 Keys to Recovery" by Carolyn Costin

Journal your Eating Disorder thoughts. Then, talk back to your ED by writing a response with your left hand.

Write down the personality characteristics that contribute to your ED (see *Sick Enough*). Then, write the ways in which those qualities can positively contribute to your life in other ways. Example: I'm detail-oriented--->this helps me keep track of my work tasks and schedule.

What's your vision for recovery? Write about a day in your life free from your ED. Be specific-what are you wearing? How do you feel? What do you eat? Who are you with?

Journal 10 food rules and a counter-argument for how they're nutritionally valuable. Example: I can't have cookies because they contain too much sugar---->carbohydrates are the body's most available source of energy. They're the first macronutrient used as fuel.

Write a list of the body parts you like least on yourself. Then, write their functionality. Example: arms-embrace loved ones, create