Become an Observer of Your Thoughts

For one full day, try to just notice the many thoughts you have about everything. Check in wherever you notice where your mind takes you: when you are getting up, taking a shower, driving your car, making meals. How negative or positive are your thoughts? Are they judgemental and critical of yourself or others? Are they exaggerated? Do they promote fear? Are any reassuring or compassionate? Are any really helpful? What happens when you try to not have any thoughts? Do the best you can to write about your experience?

Costin, C & Grabb, G. S. (2011). 8 Keys to Recovery from an Eating Disorder. Norton Professional Books