

Strengthening the Helpful Voice/Self/Part

WRITING ASSIGNMENT: What my eating disorder/disordered eating does for me

Write down three things you think your ED does for you, such as keeping you thin, helping you release or deal with your anger, or making you feel unique or special. Writing these down helps to clarify the issues for your Healthy Self to work on. For example, if you think your ED helps you express and deal with anger, it indicates the need to find healthy ways to deal with anger.

1. What me ED does for me:

This indicates I feel

And need

2. What me ED does for me:

This indicates I feel

And need

3. What me ED does for me:

This indicates I feel

And need

WRITING ASSIGNMENT: Evidence and cost/benefit analysis

Go back to the previous assignment where you listed 3 things your ED does for you. Rewrite those statements here and then answer the evidence, cost and benefit questions.

1. What my ED does for me:

Evidence to support or not support this:

Benefit Versus the price I pay:

2. What my ED does for me:

Evidence to support or not support this:

Benefit Versus the price I pay:

3. What my ED does for me:

Evidence to support or not support this:

Benefit Versus the price I pay:

Nurturing-Self Statements Examples

- I am more than my body. I don't love people because of their bodies
- Even though I don't like the way my body looks, it's not ok to hurt or abuse it
- If purging is the problem, it can't be the solution. I want to find real solutions.
- I don't have to react. Try to do three other things first before engaging in a behavior.
- Unless my body needs food, eating is not going to fill up my emptiness.

ASSIGNMENT: create your healthy statements

Write down a few statements your Healthy Self can say back to eating disorder thoughts or urges. Even if just a small part of you thinks they are true, write them down anyway. You can always change them. Keep them handy so that you can add to it as you become more aware. Remember, these are recovery-minded helpful statements that at least a part of you believes and would tell others.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.