



PATHWAYS TO RECOVERY

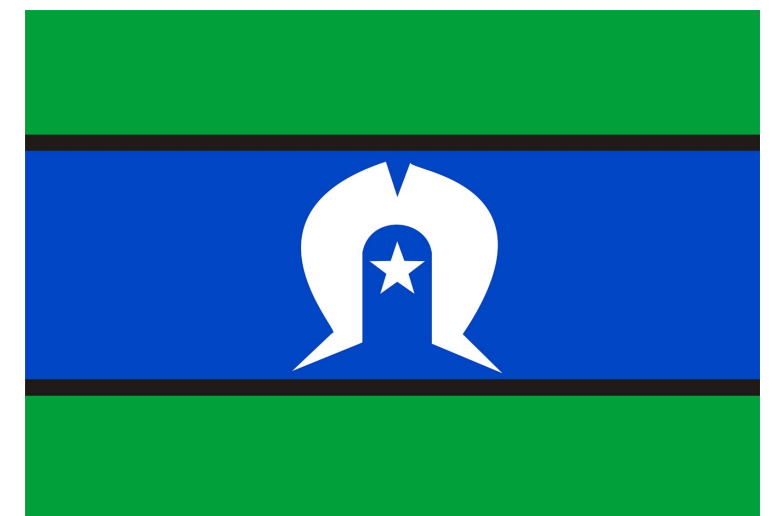
Week 2

MOTIVATION & CHANGE • BUTTERFLY FOUNDATION

Acknowledgement of country

We acknowledge the Traditional Owners of the Country from which we connect today, and extend our acknowledgement and respect to all Aboriginal and Torres Strait Islander cultures across Australia.

Butterfly recognises Aboriginal & Torres Strait Islander Peoples' continuing connection to the land, and pay respect to all Elders - past, present and emerging. We celebrate Aboriginal and Torres Strait Islander cultures and knowledges which strengthen and enrich the heritage of all Australians, in particular within the mental health space.



Our weekly group guidelines



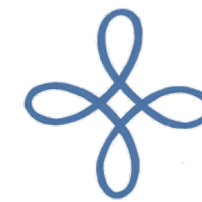
Be on time.

Our groups start strictly to time.



Respect differences.

Try to focus on similarities



Recovery focused.

Encourage one another toward hope



What we say here, stays here.

Maintain confidentiality



Avoid advice giving.

Try to just listen



Avoid triggering.

Do not refer detailed ED behaviours



Taking turns.

Be mindful of the length of time you speak



Keep camera on.

Respect the comfortability of everyone



Stay present.

Try not to multitask.
Stay engaged

Keeping others safe when sharing your lived experience with safe language

Avoid sharing details about specific ED behaviours

"Engaged in X activity X times a day"
"Purged X times a week"
"Weighed myself X times a day"
"Consumed X calories"

Don't include measurements and metrics

Weight
Calorie intake/outtake
BMI
Waist/body measurements

Avoid words that can carry judgement

Avoid words such as "skinny", "obese" or "thin"
Opt for words and phrases such as "living in a smaller/larger body"

Be mindful of stigmatising language

The word 'sufferer' sometimes implies 'victim' in the minds of many people

Avoid sharing anything you think someone with an ED would copy or compare themselves to

Safety Measures

- Use your breath and try to self-soothe, if possible staying in the group on Zoom.
- If you need some time off, please let us know in the chat and turn your camera off.
- If you feel you need extra support, send a private chat message to the co-facilitator.



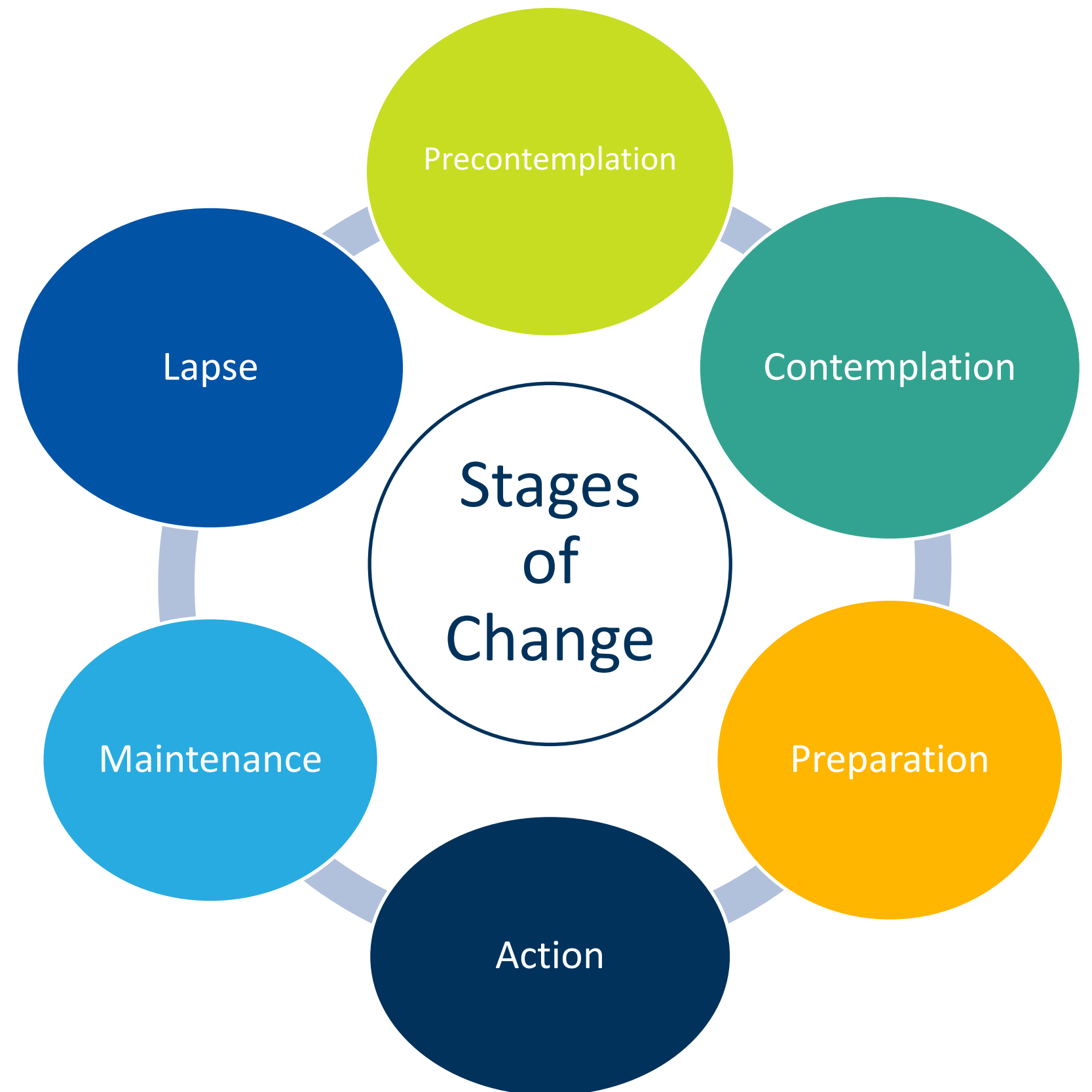
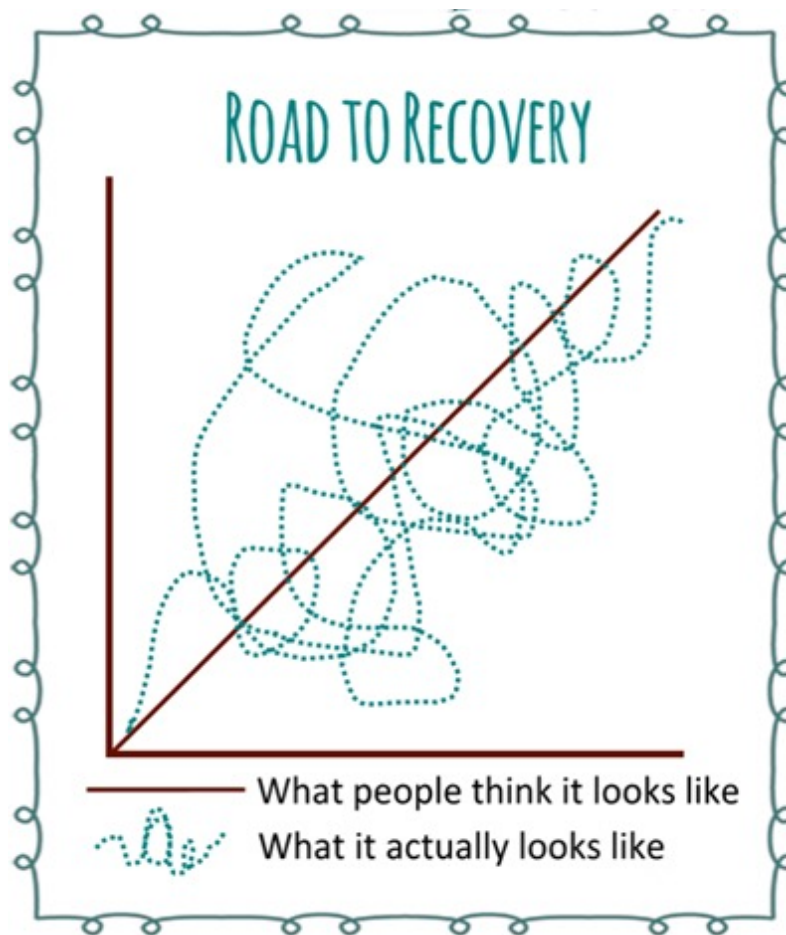
Motivation & Change Week 2

- Reflection on Strengths & Challenges
- Transtheoretical Model of Change
- 10 Phases of Recovery
- Decisional Balance Worksheet
- Self-Compassion from Kristen Neff
- Self-Compassion Practice

**What has kept
you on the
recovery path?**

**What are the
challenges you
have overcome?**

Transtheoretical model of change



10 phases of recovery

- 1) I don't think I have a problem
- 2) I might have a problem but it's not that bad.
- 3) I have a problem but I don't care
- 4) I want to change but I don't know how and I'm scared
- 5) I tried to change but I couldn't
- 6) I can stop some of the behaviours but not all of them.
- 7) I can stop the behaviours but not my thoughts.
- 8) I am often free from behaviours and thoughts, but not all the time.
- 9) I am free from behaviours and thoughts
- 10) I am recovered.

Decisional balance

PROS	CONS
Pros of no Change	Cons of no change
Pros of change	Cons of change

Example: Reducing exercise

PROS	CONS
<p>Pros of no Change (ED Self)</p> <ul style="list-style-type: none"> • Continue to manage negative body image thoughts with exercise • Feels productive • External praise 	<p>Cons of no change (Helpful Self)</p> <ul style="list-style-type: none"> • Intensify injury • Continue to be too tired or not have enough time for other things
<p>Pros of change (Helpful Self)</p> <ul style="list-style-type: none"> • More time and energy to spend doing other things I value • Can move forward with injury management/reduce swelling, etc. • Opportunity to create a healthier relationship with movement • Opportunity to improve my body image 	<p>Cons of change (ED Self)</p> <ul style="list-style-type: none"> • Distress will increase • Feels uncomfortable and difficult to be more still • External praise might reduce

What is self compassion?



<https://www.youtube.com/watch?v=Tyl6YXp1Y6M>

Opportunity to practice Self-compassion



Intention for the week ahead