

Express Your Self

Awareness #3:

Thoughts + Feelings + Needs Check-In



You've turned to your Eating Disorder (ED) as a means of coping with challenging emotions. But what if there are other ways to meet your needs? Let your Intuitive Therapist (IT) guide to to explore your true needs:

"I feel _____ because _____ and I need _____."

identify your emotion *identify triggering event and your thoughts about the event* *healthy coping strategy*

When I feel...

I use my ED behaviors to...

What I really need is...

1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.