

Love Your Self

Self-Image #5: My Values



Scan the items in the two-column lists below, and consider what is currently most important in your life.
Circle your TOP TEN VALUES, and then RANK 1-10 according to what you MOST VALUE NOW:

| | |
|-----------------------------|--------------------------------------|
| Adventure | Marriage/Partnership |
| Animals/Pets | Material Possessions |
| Art/Creative Expression | Music - Playing or Listening |
| Autonomy/Independence | Nature/Preservation |
| Beauty/Fashion/Image | Nutrition/Cooking |
| Career/Vocation | Organization/Structure |
| Children | Personal Growth/Self-Actualization |
| Eating Disorder Recovery | Philanthropy |
| Education/Credentials | Recreation/Play |
| Entertainment/Parties | Relaxation/Rest |
| Ethnicity/Cultural Heritage | Responsibilities/Getting Things Done |
| Etiquette/Respect | Safety/Protection |
| Exercise/Fitness | Social Status/Recognition |
| Family | Spirituality/Religion |
| Friendships | Technology/Conveniences |
| Health - Mental/Emotional | Travel |
| Health - Physical | Volunteering/Being of Service |
| Hobbies | Wealth/Financial Security |
| Ideal Weight/Size | Well-Being/Self-Care |
| Intimacy | Other: |

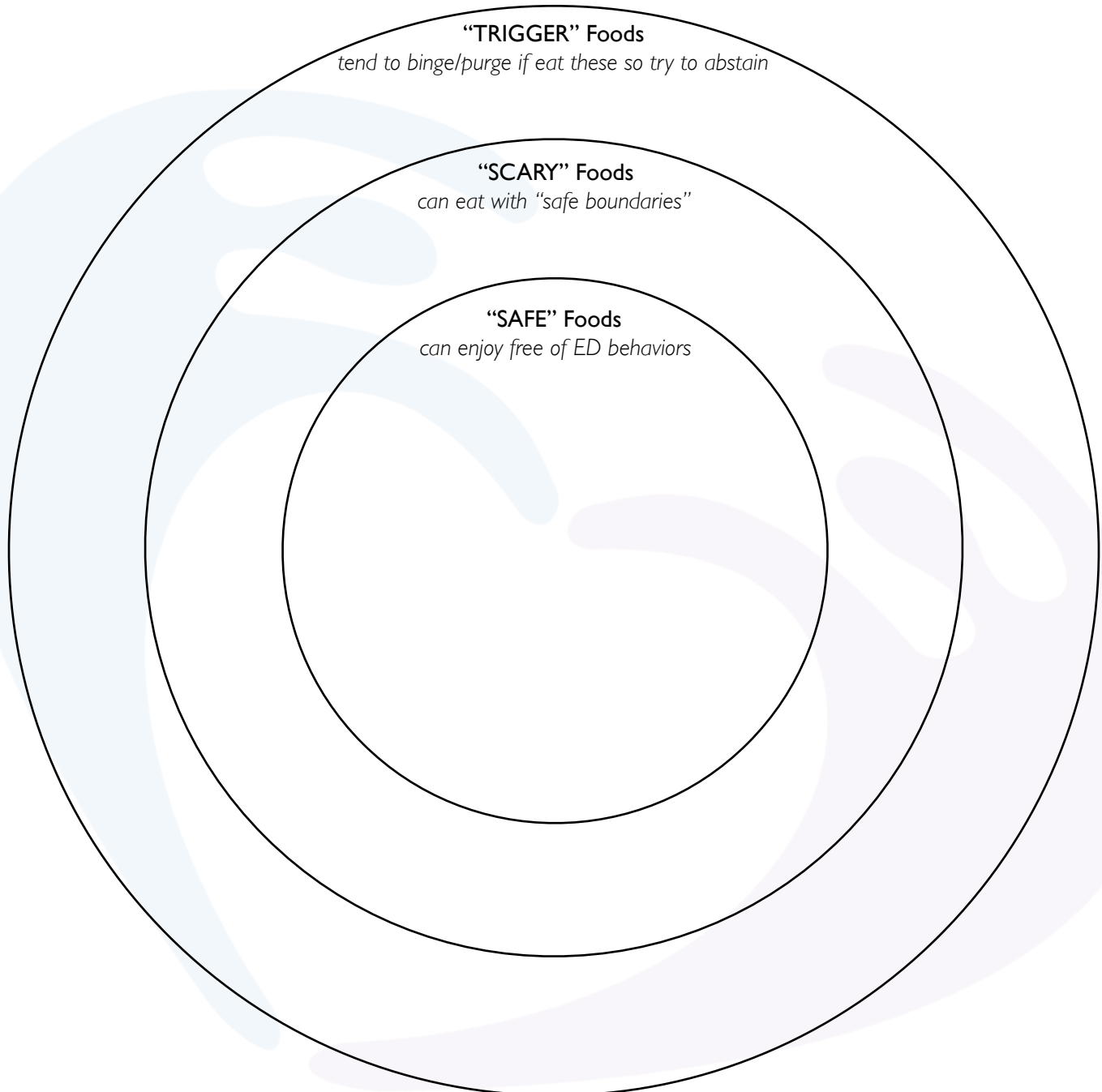
Reflect about WHY these values are important to you — WHEN did they first become important, and WHO may have influenced you? Has your Eating Disorder (ED) influenced any of your values? Can you access your own Intuitive Therapist (IT) to discover your true values? What do you think will happen to your values as your recovery unfolds?

Be True To Your Self

Intuitive Eating #6: Making Peace With Food



List your current SAFE foods in the inner circle. Next, list the foods which are SCARY but which you can eat with specific boundaries (list your boundary, i.e., “measure portion”). Finally, list your TRIGGER foods.



How can you set boundaries with your TRIGGER foods, and move them into the middle circle?
How can your SCARY foods become SAFE foods, so that ALL FOOD is in your inner circle?

Express Your Self

Coping #1: The 5-Rs



List alternatives for ED behaviors in each of the 5-R categories below.
Refer to this list instead of using ED behaviors for coping!

Recreation

(uplifting fun activities)

Relaxation

(stress relief strategies)

Reward

(special treats which fill you from within)

Responsibility

(distract with these household tasks)

Recovery

(techniques to help you review, reflect, resolve... and be in recovery!)

Give To Your Self

Self-Care Practice #3: Gratitude List



Write 50 GRATITUDES about your Self and your life, – consider all aspects of your True Self – Body, Mind, Heart, Soul.
You can write this list a few at a time (consider writing 5 GRATITUDES for the next 10 DAYS).
Keep adding to this list until you have all 50!

- | | |
|-----|-----|
| 1. | 26. |
| 2. | 27. |
| 3. | 28. |
| 4. | 29. |
| 5. | 30. |
| 6. | 31. |
| 7. | 32. |
| 8. | 33. |
| 9. | 34. |
| 10. | 35. |
| 11. | 36. |
| 12. | 37. |
| 13. | 38. |
| 14. | 39. |
| 15. | 40. |
| 16. | 41. |
| 17. | 42. |
| 18. | 43. |
| 19. | 44. |
| 20. | 45. |
| 21. | 46. |
| 22. | 47. |
| 23. | 48. |
| 24. | 49. |
| 25. | 50. |

As you're writing your gratitudes, notice how many you have for specific areas of your life (career, family, etc) as well as each aspect of your True Self (Body-Mind-Heart-Soul). Consider which areas/aspects you'd like to add more, to enhance life balance? Once you have all 50 GRATITUDES, how can you use this list support your recovery?

Believe In Your Self

Success #2: Key Strategies



It's helpful to validate the strategies which you've learned on your journey of recovery. What strategies have been most effective to help you shift from ED to IT? List three strategies for each of the five principles of EDIT™ as a reminder to practice these principles in your everyday life. In this way, complete recovery is possible!

I LOVE MY SELF!

-
-
-

I AM TRUE TO MY SELF!

-
-
-

I EXPRESS MY SELF!

-
-
-

I GIVE TO MY SELF!

-
-
-

I BELIEVE IN MY SELF!

-
-
-

How can you use this worksheet to support your ongoing success?