

# Love Your Self

## Body Image #4: Finding Your Freedom Point



You've probably heard of an "ideal weight" – which is usually a number from a chart, based on your height and a few other factors. But is this "ideal weight" truly ideal for you? Let's explore your "Freedom Point" weight:

STEP 1 - Recall your highest weight. How old were you, and what were your eating/exercise habits?

STEP 2 - Recall your lowest weight. How old were you, and what were your eating/exercise habits?

STEP 3 - Consider apathy. If you were sedentary and binged every day, what might you weigh?

STEP 4 - Consider obsession. If you were extremely rigid with eating and exercise, what might you weigh?

STEP 5 - Reflect about the weight your body seems to "prefer" – what you tend to weigh when you're not trying to control your eating or exercise, nor are you rebelling with complacency. This is the weight which may be your "Freedom Point" – a weight your body can naturally maintain, free of eating disorders. Your actual Freedom Point weight may be slightly higher/lower than what your body has preferred in the past.

STEP 6 - How does it feel to consider allowing your body to find its new Freedom Point? Are you willing to trust the process? Why or why not?

STEP 7 - Use the diagram below and record the various weights which reflect extremes, and your possible Freedom Point. This can give you a realistic "ideal weight" to consider on your journey of recovery.



# Be True To Your Self

## Intuitive Eating #4: My Menu



Refer to NUTRITION WISDOM and reflect about the different types of food that you really enjoy and which help you feel your best. Next, make a list of a variety of complete meal ideas for Breakfast, Lunch, Dinner and Snacks – consider the foods that you usually have on hand or can access easily. The idea here isn't to become rigid with a meal plan, but rather to have several selections you can choose from as an INTUITIVE EATER.

*When you notice a PHYSICAL NEED to eat, pause to scan MY MENU  
and then decide which of your menu selections will best satisfy your body's needs!*

### BREAKFAST OPTIONS

- 1.
- 2.
- 3.
- 4.
- 5.

### LUNCH OPTIONS

- 1.
- 2.
- 3.
- 4.
- 5.

### DINNER OPTIONS

- 1.
- 2.
- 3.
- 4.
- 5.

### SNACK OPTIONS

- 1.
- 2.
- 3.
- 4.
- 5.

Consult with your EDIT™ Certified practitioner for NUTRITION WISDOM review and menu suggestions.  
Consider a creative project to make MY MENU into something special!

# Express Your Self

## Healing #1: Symptoms as Messengers



If you engage in ED behaviors, take this opportunity to learn what ED might be here to teach you. Remember your foundation of Self-Love as you complete this worksheet with compassion!

STEP 1 – Describe the ED event, specifically noting the type of ED BEHAVIOR you used, and its intensity:

STEP 2 – Identify any possible TRIGGERS for the ED event. Recall where you were, who you were with, and what you were doing right before the ED event:

STEP 3 – Recall your THOUGHTS and FEELINGS leading up to the ED event. Note whether you were aware of having these thoughts and feelings at the time, or if your awareness is only after the fact:

STEP 4 – Reflect about how the ED event began. Did it seem like you had NO CONTROL over it – suddenly you were engaged in ED behaviors? Or did you have CONTROL – did you plan it? Describe:

STEP 5 – If you had a DO-OVER, what would you do differently to PREVENT the ED event? Consider actions you could take based on what you described in STEPS 2-4 above.

STEP 6 – What is your overall MESSAGE from ED? What might ED be here to teach you?

# Give To Your Self

## Self-Care Practice #2: Nurture Your Inner Child



Does Self-Care seem “selfish”? Have you noticed that there’s always something you “should be doing” instead of what’s on your Self-Care list? Do you tend to give to others first, and then Give To Your Self only “if you have enough time”? You can give to others more effectively and complete tasks more authentically when you Give To Your Self first! Here are some questions for reflection, to guide you to follow through on your Self-Care intentions:

*Take a few minutes to reflect about yourself as a child. Recall some positive memories, and note how old you were at the time. Make a list of these different ages and memories:*

*Pick your favorite memory from your list above. Now, close your eyes and imagine that child re-living his/her favorite experience. Open your eyes, and write what he/she would say to you about it (write from the voice of your Inner Child):*

*Now that you feel a connection with your Inner Child – reflect about your Self-Care intentions. Imagine that when you Give To Your Self, you give to your Inner Child. How does he/she feel in anticipation of being nurtured? How does he/she feel if you “don’t have time” for your Self-Care?*

*Ask your Inner Child if there is anything that he/she wants or needs **right now**? As a nurturing “parent,” how would you like to respond to this request from your Inner Child?*

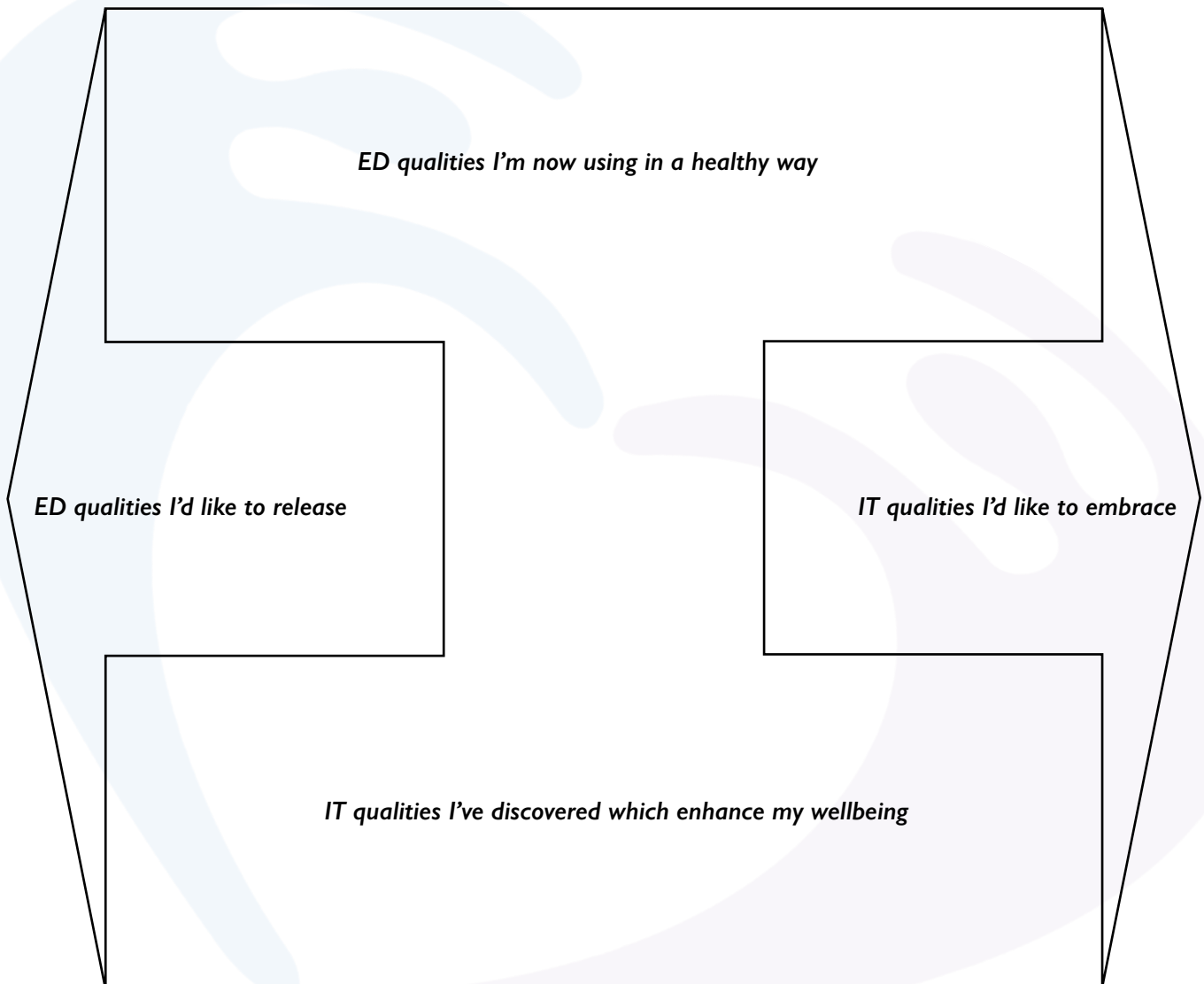
*How can you use your connection with your Inner Child to guide you to Give To Your Self more effectively?*

# Believe In Your Self

## Recovery #3: ED-IT Integration



Your Eating Disorder (ED) has served a purpose — and what if the purpose of recovery isn't to “get rid of ED,” but rather to transform the qualities of ED into a helpful form, and to gently release any qualities which do not serve you? Write the unhelpful ED qualities you'd like to release in the left arrow shape in the diagram below, and note the helpful qualities in the top of the  $\mathbb{I}$  shape. Recovery also involves the addition of new practices which you've learned from the wisdom of your own Intuitive Therapist (IT). List these enhancements in bottom of the  $\mathbb{I}$  shape. Also note IT qualities you'd like to add in the near future, listing these in the right arrow shape:



Do you notice an overlap between ED and IT qualities in the  $\mathbb{I}$  part of the diagram?  
This is your ED-IT Integration — how your “two voices” are becoming One!