

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 Exercise #3: Intuitive Workout Process



Relearn now to be an INTUITIVE EXERCISER as you pause to enjoy this workout process!

STEP 1 - Note WHEN you're beginning your workout (time) _____ and your thoughts about exercising now?

STEP 2 - Note WHY you're exercising (ED vs IT) _____ and your thoughts about exercising for this reason?

STEP 3 - Note your ENERGY LEVEL (0-10) _____ and your thoughts about exercising at this level? What other messages are you receiving from your Self (Body-Mind-Heart-Soul) as you prepare to exercise?

STEP 4 - Note WHAT exercise you want to do (type, amount), checking in with your INTUITIVE WISDOM:

STEP 5 - Pause after a few minutes, and reflect about your workout process. HOW are you doing (Body-Mind-Heart-Soul)? Notice the messages you are receiving. HOW would you like to proceed?

STEP 6 - Pause mid-way through your workout, and reflect. HOW are you doing (Body-Mind-Heart-Soul)? HOW would you like to proceed?

STEP 7 - As you conclude your workout, note time _____ energy level _____ and your thoughts about these? What other messages are you receiving from your True Self (SOUL-HEART-MIND-BODY)?

What action steps would you like to take to enhance your Intuitive Exercise abilities?

- 1.
- 2.
- 3.

Express Your Self

Healing #5:

From Triggering Thoughts to Healing Beliefs



As you've advanced on your journey of recovery, you now realize that Eating Disorder (ED) behaviors don't "just happen." There are triggering thoughts (cause) which lead to the ED behaviors (effect). **BE CONSCIOUSLY AWARE** of these thoughts and challenge them as untrue, from the healing perspective of your Intuitive Therapist (IT). Then, you can shift these thoughts into **NEW BELIEFS** (cause) to allow **HEALING OUTCOMES** (effect).

ED's triggering thoughts ("how it seems")

IT's healing beliefs ("how it is NOW")

1.

1.

2.

2.

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3.

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10.

After you've finished, go back through your IT column. Use your NEW BELIEFS as AFFIRMATIONS!

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.
- 2.
- 3.
- 4.
- 5.
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- 8.
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- 49.
- 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?

Be True To Your Self

INTENTIONAL EATING™ #4: My “Way of Eating” Menu



Initially, as you explored Intuitive Eating, you learned how to listen to the messages that your body was sending you, about the type and amount of food that helps you be free of ED behaviors, and feel your best. You also challenged any “Food Rules” which come from the voice of ED, and you’ve discerned how to listen to your Intuitive Therapist’s (IT) wisdom about the different foods that you really enjoy and which help you feel your best, free of ED! This is YOUR “Way of Eating.” Now, you can be an INTENTIONAL EATER™ as you anchor some of your favorite meal choices. The idea here isn’t to become rigid with a meal plan, but rather to have several selections you can choose from as an INTENTIONAL EATER™.

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!