

Love Your Self

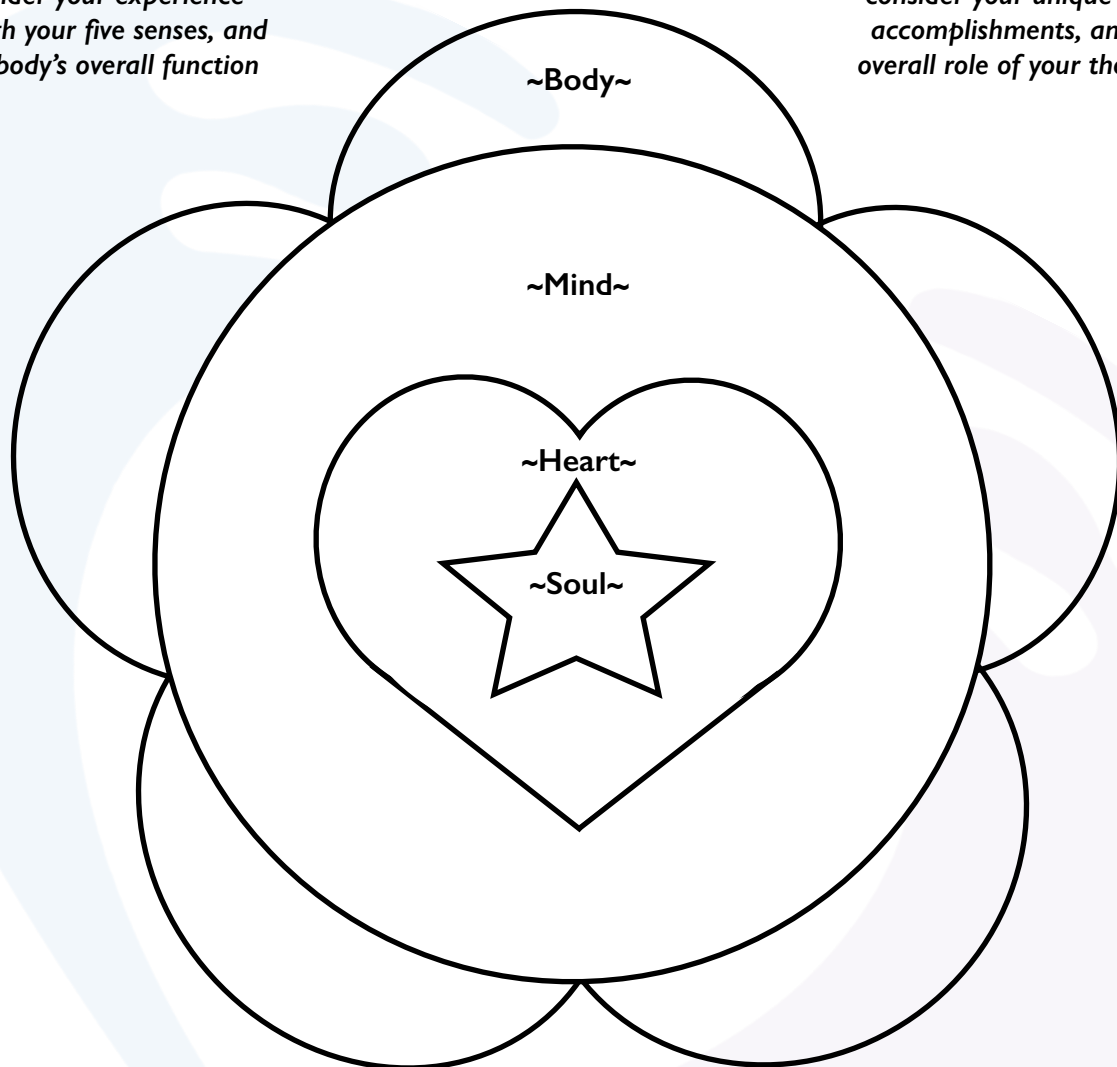
Self-Image #3: The Four Aspects of the “True Self”



Your Eating Disorder (ED) is not who you really are – and ED’s focus on your body as your identity is a “false self.” You are more than your body! Your “True Self” has four main categories – Body, Mind, Heart, Soul. What do each of these mean to you? Access the “Inner Wisdom” of your Intuitive Therapist (IT) – and consider IT’s source:

BODY - PHYSICAL
*consider your experience
through your five senses, and
your body’s overall function*

MIND - MENTAL
*consider your unique skills,
accomplishments, and the
overall role of your thoughts*



HEART - EMOTIONAL
*consider your personality, your
passions, and your capacity to
feel a range of emotions*

SOUL - SPIRITUAL
*consider your core essence,
your “sixth sense,” and how
you use your intuitive abilities*

Be True To Your Self

Intuitive Living #1: Accessing Intuition



Reflect about the choices you have made over the course of your life. Without judging it as “good or bad,” gently notice when you took actions based on society’s standards or opinions of others (“outer-guided”) versus when you took action based on your own intuitive wisdom (“inner-guided”):

List 3 MAJOR DECISIONS you made which were OUTER-GUIDED, and note why you trusted the advice of others (because they were an “expert,” to get someone’s approval, etc.) and note the overall outcome:

1.

2.

3.

List 3 MAJOR DECISIONS you made which were INNER-GUIDED, and note why you trusted your intuition (because you “had a gut feeling,” you kept “feeling drawn” towards something, etc.) and note the overall outcome:

1.

2.

3.

Pause to read your above responses, and reflect about being “outer-guided” versus “inner-guided.” Take note of any specific situations where you are more likely to “abandon your intuition” versus “access your intuition.” What steps can you take to continue to “turn up the volume” of your intuition?

Be True To Your Self

Intuitive Living #2: Intuitive Messages



As you move forward on your path of recovery by enhancing your intuitive abilities, you might begin to notice “Intuitive Messages” coming to you from many different sources, guiding you about the next step to take, or giving you validation about the steps you are taking. INTERNAL messages are what are most often referred to as “Intuitive,” but EXTERNAL sources (something you hear, read, see, etc.) can offer messages which resonate with your “Intuitive Knowing.” Pause to take note of some of these messages:

What INTERNAL MESSAGES have you recently received – gut feeling, inspiration, vision, etc.?

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

What EXTERNAL MESSAGES have you recently received – coincidence, synchronicity, sign, etc.?

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

Pause to read your recent Intuitive Messages. How are these messages are guiding you with Intuitive Living?

Express Your Self

Coping #3: Intuitive Therapist Session



In a traditional therapy session, you might “spill your guts” to your therapist, and then look to him/her for feedback and support. Your EDIT™ Certified practitioner can offer Intuitive Wisdom for you – and through his/her example, you'll begin to access your own Intuitive Therapist (IT) within you for guidance. Use this journal check-in as a way to express the “raw” thoughts and feelings of your Eating Disorder (ED) voice, – and then shift into your soulful center, where you'll discover guidance from your own Intuitive Therapist (IT) within you:

Dear Intuitive Therapist (or, write the name of your IT here): _____

Here's my check-in... This is what I'm really thinking and feeling right now...

(PAUSE... CLOSE YOUR EYES... OPEN YOUR EYES... WRITE A REPLY FROM IT)

Dear (write your name here): _____

Here's my Intuitive Wisdom for you...

Give To Your Self

Self-Care Routine #4: Recovery Is My #1 Priority!



SELF-CARE is a proactive practice – when you are “filled from within,” you can more effectively give to others throughout your day, and be better prepared to handle any challenges which come your way.

Reflect about the four aspects of your Self (SOUL-HEART-MIND-BODY) and what SELF-CARE means for each:

SOUL
HEART
MIND
BODY

Now that you know WHAT you intend for Self-Care, consider WHEN/HOW you’ll implement it:

DAILY SELF-CARE INTENTIONS:

WAKING
MORNING
BREAKFAST
LUNCHTIME
AFTERNOON
DINNERTIME
EVENING
BEDTIME

WEEKLY SELF-CARE INTENTIONS:

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

LONG-TERM SELF-CARE INTENTIONS:

MONTHLY
QUARTERLY
YEARLY

Believe In Your Self

Recovery #4: My Future Life



What will your life be like – without your Eating Disorder (ED)? As much as you might feel ready to be free of your ED thoughts and behaviors, you might also feel afraid of the unknown, and what your new life of freedom will be like. These fears can trigger a return to ED as something that’s “safe and familiar.” How can you create a new sense of safety and make your new life more inviting, as you embrace the wisdom of your own Intuitive Therapist (IT) for this visualization? Consider these questions for reflection, to explore your future life:

Imagine a “best case scenario” for your future – as if anything you truly desire can be your reality. Describe your FUTURE VISION in as much detail as possible (note WHERE you are, WHO is in your life, and WHAT you notice about your new life of freedom)...

Now, describe a TYPICAL DAY in your new life...

Note your FEELINGS about your future life, as if you are living it NOW...

What needs to be RELEASED to enjoy your vision?

What needs to be EMBRACED to enjoy your vision?

What is the KEY MESSAGE your Intuitive Therapist (IT) wants you to know about your future life?