

Relationship with Food and Body Image Journal Prompts

Use these prompts to journal outside of session with your therapist or dietitian.
We highly recommend you bring them into session as well.

- What would my relationship with food look like if I didn't have my eating disorder at this moment?
- Who is someone in my life who models a positive relationship with food and body? Why do I think they model this? If you can't think of anyone, what are some qualities of someone who has a positive relationship with food and body?
- What are my top values? (Feel free to Google a list of values). How does your eating disorder support these values? How does your eating disorder hurt these values? How would recovery support these values? What steps can you take this week to better align yourself with your values?
- How is your relationship with social media? How often do you spend on social media on an average day? Who do you typically follow? Do you feel empowered and rejuvenated after time spent on social media? Or do you end up feeling inadequate, anxious and irritable? What are steps you can take to "clean up" your feed?
- What are barriers you are currently facing in finding peace and freedom around your relationship with food?
- Create a timeline of all of the memories and experiences that have impacted your body image from childhood to the present. If you are comfortable, take your timeline in to a session with a recovery team member to process.
- Imagine a day without any eating disorder thoughts. What would you be able to spend your time on that is currently being occupied by your ED? What would you eat for the day? What would you wear? What are you currently not doing because of your eating disorder?
- Draw your family table below. Who is at the table? What is each person at the table eating? What conversations are going on? What are other family members saying? What feelings come up for you being at the table? If you do not eat at a table, illustrate below where you may eat.