

Eating Disorder Journal Prompts

1. What does food make you feel?

2. What feelings are you trying to avoid by eating or avoiding food?

3. Do you think your eating disorder is related to trauma or past hurt? If so, how is your eating disorder helping you cope?

4. What lies/limiting beliefs is eating disorder telling you? How can you challenge these?

5. How is your relationship with social media? How much time do you spend on social media on an average day? Do you feel empowered or inadequate after time spent on social media? How can you protect yourself from this influence?

6. Is there a person or something in your life that triggered your eating disorder?

7. Who in your life models a positive relationship with food and body? If you can't think of anyone, what would be the attitude of someone who has a positive relationship with food and body?

8. What are some safe foods that you can eat when you're feeling restrictive about eating?

9. Write about your most recent slip-up with your eating disorder. What can you do next time to prevent this?

10. What would your relationship with food and body look like if you didn't have your eating disorder?

11. How can you be nicer to your body?

12. What are some healthy ways you can treat yourself, other than food?

13. How would your life look, like without your eating disorder?

14. What are your top values in life? Does your eating disorder support or hurt these values? How would recovery support these values?

15. What is your greatest fear about eating disorder recovery? How can you overcome this fear?

16. Who do you feel safest around to talk about your eating disorder?

17. What are some resources that you can reach out to if you have a crisis in the future?

18. What would you tell someone else with the same eating disorder as you?

19. What does recovery mean to you? How do you know when you have 'recovered'? What is currently stopping you from getting there? What steps do you need to take to achieve that freedom?

20. Write a goodbye letter to your eating disorder.