

# RecoveryWorksheets

The printable worksheets on the pages that follow are designed to use in conjunction with ***Eating Disorders for Dummies, Chapter 8, "Seeing What Recovery Looks Like."***

In this chapter I go over nine markers of healthy eating disorder recovery, such as healthy exercise, emotion management skills and positive self-image. Using information in the chapter, you can determine where you are now and what you'd like to work on next in relation to each of the recovery markers.

You may find it useful to coordinate personal goal-setting with issues or behaviors you're working on with your recovery team. These worksheets offer you a place to list your goals and track your progress.

(\*Make sure you spend plenty of time on noticing what you've already achieved!)

## Reducing Symptoms of Bingeing and Purging

<i>What I've Already Achieved</i>	<i>What to Work on Next</i>
<b>Example:</b> I'm aware my worst bingeing is when I'm feeling lonely. I'm trying to reach out to others more. I'm experimenting with journaling my feelings.	<b>Example:</b> Figure out more of my binge triggers and some ways to handle them.
1)	
2)	
3)	
4)	
5)	

## Developing Healthy Thinking

<i>What I've Already Achieved</i>	<i>What to Work on Next</i>
<b>Example:</b> I'm beginning to see how black-and-white thinking applies to all parts of my life, not just food.	<b>Example:</b> Practice looking for those gray areas about weight, food, everything!
1)	
2)	
3)	
4)	
5)	

## Developing A Healthy Approach to Eating

<i>What I've Already Achieved</i>	<i>What to Work on Next</i>
<b>Example:</b> Tolerating small amounts of fat without freaking out. Learning about healthy fats.	<b>Example:</b> Having binge foods when I'm not bingeing.
1)	
2)	
3)	
4)	
5)	

## Developing A Healthy Approach to Exercise

<i>What I've Already Achieved</i>	<i>What to Work on Next</i>
<b>Example:</b> I'm practicing being <i>in</i> my body when I exercise, so I'm aware of how my body is responding.	<b>Example:</b> Try dancercise. I hate jogging.
1)	
2)	
3)	
4)	
5)	

## Developing Healthy Relationships

<i>What I've Already Achieved</i>	<i>What to Work on Next</i>
<b>Example:</b> I told my boyfriend it doesn't work for me when he makes decisions for the two of us.	<b>Example:</b> Trusting he'll still want to be with me if I continue to speak up.
1)	
2)	
3)	
4)	
5)	

## Developing Skills of Emotion Management

<i>What I've Already Achieved</i>	<i>What to Work on Next</i>
<b>Example:</b> When I binge and purge, I stop to figure out what I was feeling that triggered the episode.	<b>Example:</b> Stopping to think about what I'm feeling <i>before</i> I binge and purge.
1)	
2)	
3)	
4)	
5)	

## Developing A Positive Self-Image

<i>What I've Already Achieved</i>	<i>What to Work on Next</i>
<b>Example:</b> I've thrown away my scales. I've started my list of assets. They include: physical agility, great eyes, a good sense of humor, being a supportive friend and partner.	<b>Example:</b> Expand asset list. Keep copy on fridge and closet door. No more body size talk with friends.
1)	
2)	
3)	
4)	
5)	