Untangling My Neurotype From My Eating Disorder

A worksheet to help you work out which parts of your eating come from being autistic or ADHD, and which come from the eating disorder

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There are no right answers. Some foods and stims may fit in more than one place, and that's okay. You might find it helpful to fill this in with your clinician.

Prior to my eating disorder (if relevant), my safe foods were…

Prior to my eating disorder (if relevant), my food aversions were…

My current safe foods are…

My current food aversions are…

The type of foods my eating disorder feels uncomfortable eating are…

I would feel more comfortable eating these foods if they had no influence over my weight or shape…

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I would still avoid these foods even if they have no influence over my weight or shape…

I genuinely prefer the following foods / activities, but my eating disorder likes them too…

My stims (repetitive actions that are soothing) that are completely unrelated to my eating disorder are (eg. twirling my hair or biting my nails)…

My stims that are tangled up with my eating disorder are (eg. pacing or other movement)…

Which (if any) of my stims are getting in the way of my progress with eating…

If there are stims that impact my progress, in what ways can I honour my stims without having them impact my progress? For example, taking a break from exercise-based stims for a while and using other stims, or setting limits on movement-based stims

Affirming statement: I can meet my nutrition needs through a mix of samefoods and foods that do a job for my body, like high fibre white bread if constipation is an issue, vitamin and mineral supplements, or nutrition supplement drinks and powders. I do not need to eat in a neurotypical way to care for my health.

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For more information visit **https://www.exhalepsychology.com.au/**

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