



Eating Disorder vs. Healthy Self Dialogues

Many disordered eating thoughts prevent you from moving toward your short- and long-term goals. Using the worksheet below, write down eating disorder thoughts you have noticed in the past 24 hours. Write responses to these thoughts that are reflective of your healthy self. If you get stuck, imagine what you would say to a friend who was sharing the eating disorder thought. These dialogues can be practiced daily to aid in shifting the power to your healthy self.

Eating Disorder Self Thought	Healthy Self Response
(e.g., "I do not deserve to eat dinner with everyone else tonight.")	(e.g., "Nourishment is not conditional; it is an inherent right. I deserve to nourish myself like every other person on the planet.")