

# Green, Yellow, and Red Light

Self-awareness is the most important step in recovery. The continued practice of self-awareness is essential to ongoing progress. We also know that recovery is not linear, and the eating disorder may gain traction under many conditions. In this worksheet, you will identify the signs and symptoms that reflect the strength of your eating disorder. A “symptom” is something an individual experiences, while a “sign” is something a doctor or another person notices.

“Green” signs and symptoms indicate you are doing well in your recovery and not using behaviors (e.g., having thoughts of restricting but still following your meal plan).

“Yellow” signs and symptoms mean that you are struggling and may need more support (e.g., increasingly eating safe food choices only but being honest with your team about it).

“Red” signs and symptoms indicate your eating disorder has gained strength and is wielding control of your choices (e.g., consciously not following your meal plan and not communicating this to your team).

Everyone’s eating disorder is different, so consider your behaviors and what they indicate about your progress in your recovery. Please be detailed and specific. Share this Therapeutic Opportunity with your identified supports to help them be aware of what to look for when you are at home.



Green symptoms (your experience) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Green signs (what others might notice) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Yellow symptoms (your experience) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Yellow signs (what others might notice) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Red symptoms (your experience) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Red signs (what others might notice) \_\_\_\_\_  
\_\_\_\_\_