

The Eating Disorder Voice

Sometimes eating-disorder thoughts can sound convincing or demanding. Separating those thoughts from your own values can create a little more space.

What is the eating disorder voice saying today?

When does this voice become louder?

How does it make me feel?

What does it encourage me to believe about myself?

What would a compassionate voice say instead?

What do I know to be true, even if it is hard to believe today?

Whose supportive voice could I borrow?

One response I can give the eating disorder voice is...
