

My Gentle Check-In

A calm space to notice how things feel today without needing to fix, measure or judge everything. A check-in is information, not a test of how well you are recovering.

Starting where you are

Eating-disorder recovery can involve changing emotions, physical sensations, thoughts, appetite, routines and confidence around food. Some days may feel steadier than others. A gentle check-in can help you notice changes early and understand what kind of support might be useful today.

Try to describe rather than judge. 'My stomach feels tense' gives you information. 'My body is wrong' turns a sensation into a judgement. You do not have to feel positive; neutral noticing is enough.

How am I feeling emotionally today?

Name what is present, even if several emotions exist together.

How does my body feel today?

Notice sensations, energy, tension, temperature, discomfort or tiredness rather than appearance.

What has felt difficult around food or eating?

Meals, appetite, thoughts, sensory experiences, routines, company or uncertainty.

Noticing Without Scoring Yourself

Recovery is not a daily pass-or-fail exercise. Looking at what has been difficult alongside what has felt a little easier can give a more balanced picture of your day.

What has felt a little easier?

It can be very small: accepting support, starting a meal, tolerating uncertainty or noticing a thought.

What thoughts have been taking up space?

Food rules, body thoughts, worry, comparison, guilt, shame or something unrelated to eating.

What situations have affected me today?

People, work, home, social media, appointments, change, tiredness or sensory demands.

What have I noticed about my energy and concentration?

Low energy and difficulty thinking can be important information.

What have I been avoiding or finding harder to approach?

Notice gently rather than using the answer to criticise yourself.

Something I managed today that deserves recognition

Recovery effort is not always visible to other people.

Turning Awareness Into Support

A check-in becomes more useful when it helps you respond to what you notice. Needs can be physical, emotional, practical, sensory, relational or medical.

What do I need physically today?

Nourishment, hydration, rest, warmth, medication, medical advice or another physical need.

What do I need emotionally today?

Reassurance, space, connection, validation, expression, calm or something else.

What would make eating feel more supported today?

Company, predictability, reduced decisions, sensory adjustments or professional guidance.

Who or what could help me feel supported?

A person, service, routine, environment or practical tool.

What could I ask somebody for?

Try making the request specific: presence, listening, practical help, distraction or a check-in.

One boundary that might protect my recovery today

Around comments, weighing, body talk, social media, exercise, demands or another trigger.

Checking In With Recovery

Sometimes a check-in shows that things are becoming more difficult. Recognising this is useful information, not failure. Earlier support can prevent you from having to carry increasing difficulty alone.

Are eating-disorder thoughts louder than usual?

What are they asking or pressuring you to do?

Have my eating patterns or routines changed?

Record changes without trying to diagnose their meaning yourself.

Am I withdrawing, hiding difficulties or avoiding support?

What makes reaching out difficult?

Have I noticed physical changes that concern me?

Dizziness, faintness, chest symptoms, dehydration, weakness or other concerns need appropriate medical attention.

Who can I tell if I am struggling more?

Write the name or service before you need it.

My first support step will be...

Choose one realistic action rather than trying to solve everything at once.

A Small Practice I Can Return To

You can reuse these prompts without turning them into another rigid routine. Some days you may answer everything; other days one question may be enough.

Right now I notice...

What feels difficult is...

What I need is...

One kind thing I can offer myself today is...

Books & useful support

8 Keys to Recovery from an Eating Disorder - Carolyn Costin & Gwen Schubert Grabb

Sick Enough - Jennifer L. Gaudiani

Skills-based Caring for a Loved One with an Eating Disorder - Janet Treasure, Anna Smith & Anna Crane
Beat and the **NHS** provide UK eating-disorder information and routes to professional and urgent support.

A message from me

You do not have to use a check-in to prove that you are doing well. Its purpose is simply to notice where you are today. Some answers may feel hopeful and others may tell you that you need more support. Both are useful. Try to meet what you notice with curiosity rather than criticism. A small adjustment, an honest conversation or asking somebody to sit alongside you can be an important recovery step.

Space to Breathe Therapy
 Support • Understand • Empower