

Change Process Balance Sheet



Take a moment to think about your eating disorder...

List the things that you think of as being positive about your eating disorder.

People experience both positive and negative consequences related to many behaviours or situations. For example, you may feel that your eating disorder helps you to manage painful emotions, or find that you feel good about yourself when you control your eating.

List the negative consequences you experience because of your eating disorder.

For example, perhaps you find yourself thinking about food all the time, experiencing problems with your physical or mental health, or avoiding socialising with others because it feels too overwhelming. You may find that your mood is low, you struggle with concentration and focus, or that you have no energy for things you enjoy.

List the challenging aspects you expect to face as you work to overcome your eating disorder.

There are costs and benefits to most types of change. For example, perhaps you'll need to do things differently and get out of your comfort zone; this means you might need to tolerate distress or discomfort. You may also need to dedicate time, resources, and energy to making these changes, even when they feel challenging.

List all the ways that your life will improve when you overcome your eating disorder.

For example, perhaps you will enjoy eating out with friends, experience improved health, be more accepting of your body, and have more time, resources, and energy to pursue your goals. Think about how all aspects of your life will benefit.

Reflect on what you've written above; what do you notice about the pros and cons of living with an eating disorder, and how these compare to the pros and cons of change? Consider both the present, as well as the long term future.
