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COPING STATEMENTS

1

Each time I practice riding out the urge, it will get easier over time.

2

If I act on my urge, I will feel better for 3 min and then much worse after.

3

No amount of food will solve this emotional problem.

4

I am more powerful than my eating disorder.

5

I deserve to treat myself kindly, the same way i'd treat someone that I love.

6

I will feel proud of myself for not acting on this urge.

7

I can take my recovery one day, or one moment at a time.

8

I can always go back to my eating disorder, but what if I tried something different this time?

9

Just because my eating disorder tells me to do something, doesn't mean I need to listen.

10

I am enough, just as I am.