

THE EATING DISORDER CENTER

Eating Disorder Therapy & Recovery Coaching

Eating Disorder/Body Image Timeline

Directions:

- Think about different times in your life when you struggled with eating and/or body image symptoms. Annotate those struggles on the timeline, in chronological order using one color.
- Then, think about general life events that may have been stressful. Using another color, add these life events to the timeline.





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Reflection Questions:

- Do you notice any correlations between stressful life events and eating disorder symptoms?
- What coping skills or support systems do you have now that could prevent eating and/or body image symptoms from worsening in the future? How would you know when you would need to use those coping skills or reach out to those support systems?

Want more?

- The Eating Disorder Center offers individual eating disorder and body image therapy in MD, VA, DC, FL, and NY and recovery coaching worldwide for teens and adults!
- Please contact us at info@theeatingdisordercenter.com or 301-246-6856 for more information.