THE EATING DISORDER CENTER

Eating Disorder Therapy & Recovery Coaching

JOURNAL PROMPTS FOR EATING DISORDER RECOVERY

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Eating Disorder Therapist

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Thank you for downloading these journal prompts. I hope they support your recovery journey and encourage meaningful self-reflection.

Disclaimer: These journal prompts are for educational and informational purposes only and are not a substitute for therapy, medical care, nutritional counseling, or mental health treatment. If you are struggling with an eating disorder or are in crisis, please seek support from a professional.

Thank you for allowing me to be a small part of your recovery journey. I hope these prompts help you approach yourself with curiosity, compassion, and hope.

Jennifer Rollin, LCSW-C

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Myself and my team at The Eating Disorder Center would love to help you to find self-compassion, body acceptance, and food freedom.

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Journal Prompts for Eating Disorder Recovery

1. What are your biggest motivators right now for recovery?

2. What would you say your barriers are? What is getting in the way?

3. What could you add in or take away to help with some of the barriers?

4. What's one small step you could take today to get you closer to full recovery?

5. What would full recovery look like to you?

Journal Prompts for Perfectionism

1. How is perfectionism serving you in your life right now?

2. How is perfectionism not serving you?

3. When did this start in your life? Think back to your earliest memory of perfectionism.

4. If I was able to let go of perfectionism my life would look different in the following ways:

5. What's one small step you can take to work towards challenging perfectionism?

Journal Prompts for Not Feeling 'Enough'

1. When did this feeling start? Think back to your earliest memory of this.

2. What else was happening in your life when it started?

3. In what ways is this belief serving you (i.e. *I feel like it pushes me to work harder*)?

4. In what ways is it not serving you?

5. Where do you feel this feeling in your body?

6. What does someone have to do in order to 'be enough'?

7. If you finally felt like you were enough, what might be different in your life?

8. What are some compassionate coping statements you could tell yourself when the feeling arises?

Journal Prompts on Food Fears

1. What are your current ED behaviors?

2. Next to each behavior write down the function (i.e. gives me a sense of safety).

3. Write some more values aligning ways that you could get those same needs met.

4. What are some of your current fear foods?

5. What are the functions of avoiding these foods?

6. How is avoiding or limiting intake of these foods limiting you in your life/recovery?

7. What is your vision of food freedom?

8. What's one step you can take this week to get closer to that vision?

Journal Prompts for Negative Body Image

1. How old were you when you first started experiencing negative body image?

2. Given that people are not born with negative body image, what are the specific factors that influenced this for you? ***(i.e. bullying, systemic oppression, diet culture, etc.)***

3. What are you telling yourself would be different if your body looked differently? How can you work towards those goals (if they are healthy) without trying to change your body?

4. What are you currently doing to feed the negative body image? ***(i.e. self criticism, body checking, following fitspo accounts, etc.)***

5. How is negative body image holding you back in your life right now?

6. What would be one step you could take towards working on this, this week? ***(i.e. seeking professional help, throwing out the jeans that don't fit, etc.)***

7. If you were speaking to your childhood self (the age when the negative body image started) what words of compassion would you say to them?

Journal Prompts for Quasi-Recovery

1. What are the ways in which quasi recovery is serving me? (i.e. *I feel safe, etc.)*

2. What are the ways in which quasi recovery is NOT serving me?

3. What are some other ways that I could get any of the healthy functions met? (i.e. *a need to feel safe*.)

4. What would be one step I could take that could move me closer to full recovery this week?

5. What am I avoiding doing or saying which could help me (even a little bit) get unstuck?

6. When I look back on my life at age 90, would regret staying in quasi recovery? If so, why?

Journal Prompts for Self-Compassion

1. What are the ways in which you have not been treating yourself kindly lately?

2. What do you think is underneath this? What is playing into it?

3. How would it feel to treat yourself with more compassion?

4. If being kind to yourself feels uncomfortable or undeserving, dig deep into what beliefs might play into this?

5. What are some coping statements that you can tell yourself if you notice that you are engaging in negative self talk?

6. How can you work to be kinder to yourself this week? (pick at least 2 action steps)

Journal Prompts for the “Productivity Trap”

1. What is your definition of what it means to be productive?

2. What stories does your mind make up around the concept of “not being productive?”

3. What more helpful stories could you tell yourself around this idea of rest and self-care/not being “productive” or acheiving?

4. In what ways do you feel that your beliefs around productivity are “helping you”? In what ways are they not helping you?

5. How might allowing more time for rest and fun help you?

6. How can you honor your inner child and incorporate more play and fun into your week? (Small steps count!)

Journal Prompts for Recovery

Let's say you have two plants at home. One is the eating disorder and one is recovery.

1. In what ways are you currently watering the eating disorder? ***(Be specific; i.e. buying diet bread, drinks, etc.)***

2. In what ways are you currently watering your recovery?

3. For each way you are watering the eating disorder, write one small action step you could take to challenge it. ***(Then plan with your therapist for how to do this gradually)***

4. What could you add to help nourish and grow the recovery plan?

5. Let's say someone dug up the eating disorder plant to get rid of it-- what emotions come up for you? Explain why in detail.

6. What other "plants" in your life do you want to water? ***(i.e. relationships, career, spirituality, hobbies, etc.)***

Journal Prompts for Eating Disorder Thoughts/Urges

1. What am I trying to avoid?

2. If I wasn't doing XYZ with food, how would I feel? Any idea how come?

3. Is ther anything in my life that feels stressful and out of my control that I might putting onto my body?

4. What is the function of my ED behavior (or what would it be)? *Ex. if I am skipping X at dinner, what feeling does that give me?*

5. What are some more values-aligning ways that I can get my needs met?

6. Is there someone that I feel comfortable reaching out to for support around this?

Journal Prompts for Inner Child Work

Content Note: These journal prompts explore your inner child and may bring up difficult emotions or memories. Please move through them at your own pace, take breaks as needed, and remember that it's okay to skip any prompt that doesn't feel supportive today.

1. Take a moment and picture your childhood self. What did they most need and maybe didn't get?

2. How can you work to meet those needs as an adult? Think about 1-2 actionable steps you can take this week. *(i.e. dancing to your favorite song, drawing, etc.)*

3. How old were you when the eating disorder behaviors started?

4. What was the function (ex. to calm my anxiety) of turning to behaviors at that time?

5. Do the behaviors serve a different purpose now or the same as then?

6. Think of how you can move forward in recovery by nurturing your inner child. Write at least two examples.

Journal Prompts for Body Image

1. How would you describe your current relationship to your body?

2. If someone could wave a magic wand and your body image issues were healed, what would be different in your life?

3.What would be some steps that you could take to get yourself closer to this vision of freedom from body hate?

4. If you had to write a gratitude letter to your body what would it say?

5. How can you be kind to yourself and your body today?

Journal Prompts for Food Guilt

1. What are the vulnerable factors that could be impacting your emptional experience right now? ***(ex: didn't sleep well last night, in a bad mood, bad body image today)***

2. What are the thoughts that are leading to the feelings of guilt? Write them down.

3.Rather than asking yourself are the thoughts true-- ask are they helpgul in helping you move forward in your recovery? If not, why not?

4. Practice responding to those thoughts from your wise-minded authentic self. (*if this is hard think about what you'd tell a loved one saying the same thing)*

5. How can you practice being kinder to yourself in this moment, and for the rest of the week?

Journal Prompts for Eating Disorder Recovery Motivation

1. What's been the cost of your eating disorder, emotionally, financially, and in general in your life?

2. How has your eating disorder impacted your relationships?

3.How much time have you lost/spent thinking about food/body/exercise?

4. What might you lose or miss out on if you stay in your eating disorder for the rest of your life?

5. What would be different if you healed from your eating disorder?

Journal Prompts for Hope and Eating Disorder Recovery

1. What makes you hopeful about recovery?

2. What are your biggest motivators when it comes to recovery?

3. If you are struggling with feelings of hopelessness, what is triggering those feelings?

4. Who inspires you to keep moving forward in recovery?

5. On days when you are struggling to feel hopeful, are you able to practice taking recovery actions anyways? If so, what spefically does that look like for you?

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