



THE EATING DISORDER CENTER

Eating Disorder Therapy & Recovery Coaching

Journal Prompts for Recovery Motivation

Disclaimer: This information is for educational use only, not a substitute for medical or mental health advice or treatment. You assume all risk for any use of this information.

1. What would your life look like without eating disorder thoughts/behaviors?
2. What supports can you access to achieve your recovery goals?
3. What do you feel like is currently keeping you “stuck” in eating disorder patterns?
4. What prompted you to access treatment/help at first?
5. How do eating disorder thoughts/behaviors interfere with your life?
6. How are the values of the eating disorder in line or not in line with your personal values?
7. What would you tell a friend who is struggling with things that you are currently struggling with?
8. How can you offer yourself self-compassion through this process?

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.