

Recognizing and Addressing a Slip or Relapse in Eating Disorder Recovery

1 Write a compassionate statement to yourself about a recent setback, as if you were talking to a loved one

2 What (if any) major life events or stressors have recently occurred?

3 Have you noticed changes in your self-care? (e.g., sleep, stress management, social support)

4 Complete the sentence: "I deserve recovery because..."

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1 Describe your ideal safe space. Include details such as what it looks like and how you feel in the space.

2 Who can you rely on for support during these times? How do they support you?

3 What is one good thing that happened today? How did you feel in that moment?

4 Write about previous experiences of resilience and how you can bring that into your space today.

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Looking for therapy or coaching
to help with a slip or relapse in
eating disorder recovery?




Our Services

- Eating disorder therapy for adolescents, teens, & adults. In office in Rockville, MD or virtual in MD, VA, DC, FL, PA, & NY.
- Recovery coaching for teens and adults worldwide.
- EMDR therapy for an eating disorder & trauma.

Our Approach

- We pride ourselves on being action-oriented therapists—setting recovery goals, and doing exposures with clients, such as eating meals or snacks together.
- We value collaboration with other local eating disorder treatment providers.
- Many of our team members are personally recovered.

Contact us!

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