

Love Your Self

Self-Image #6: My Credo



Consider your own CREDO – the values that you strive towards, the qualities that you admire or try to live by, and the beliefs which you'd like to be your guiding influences for your recovery and the life you truly desire. Review the lists below, and CIRCLE YOUR TOP 10 and then RANK 1-10 to clarify what you truly believe:

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|--------------|---------------|
| Acceptance | Joyfulness |
| Authenticity | Justice |
| Compassion | Love |
| Confidence | Loyalty |
| Connection | Obedience |
| Creativity | Oneness |
| Faith | Openness |
| Forgiveness | Peace |
| Freedom | Reverence |
| Gratitude | Salvation |
| Helpfulness | Serenity |
| Honesty | Strength |
| Hope | Surrender |
| Humility | Trust |
| Independence | Truth |
| Imagination | Understanding |
| Inspiration | Willingness |
| Integrity | Wisdom |
| Intuition | Other: |

Reflect about your CREDO – and the voice of your Eating Disorder (ED) versus the wisdom of your Intuitive Therapist (IT). How can the awareness of your CREDO help to guide your recovery, and a facilitate shift from ED to IT?