

Express Your Self

Awareness #3:

Thoughts + Feelings + Needs Check-In



You've turned to your Eating Disorder (ED) as a means of coping with challenging emotions. But what if there are other ways to meet your needs? Let your Intuitive Therapist (IT) guide to to explore your true needs:

"I feel _____ because _____ and I need _____."

identify your emotion *identify triggering event and your thoughts about the event* *healthy coping strategy*

<i>When I feel...</i>	<i>I use my ED behaviors to...</i>	<i>What I really need is...</i>
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
8.	8.	8.
9.	9.	9.
10.	10.	10.