

Believe In Your Self

Recovery #4: My Future Life



What will your life be like – without your Eating Disorder (ED)? As much as you might feel ready to be free of your ED thoughts and behaviors, you might also feel afraid of the unknown, and what your new life of freedom will be like. These fears can trigger a return to ED as something that’s “safe and familiar.” How can you create a new sense of safety and make your new life more inviting, as you embrace the wisdom of your own Intuitive Therapist (IT) for this visualization? Consider these questions for reflection, to explore your future life:

Imagine a “best case scenario” for your future – as if anything you truly desire can be your reality. Describe your FUTURE VISION in as much detail as possible (note WHERE you are, WHO is in your life, and WHAT you notice about your new life of freedom)...

Now, describe a TYPICAL DAY in your new life...

Note your FEELINGS about your future life, as if you are living it NOW...

What needs to be RELEASED to enjoy your vision?

What needs to be EMBRACED to enjoy your vision?

What is the KEY MESSAGE your Intuitive Therapist (IT) wants you to know about your future life?