

# EDIT™ Assessment

## Part II:

### Self-Rating of Eating Disorder Recovery Practices



Using the scale below, use an X to rate where you are generally, NOW:  
-10=VERY NEGATIVE / LOW, 0=NEUTRAL, +10=VERY POSITIVE / HIGH

- Body Image (overall perceptions about how I look):  
-10 ----- 0 ----- +10
- Self-Esteem (sense of identity and satisfaction with who I am):  
-10 ----- 0 ----- +10
- Self-Direction (ability to be “inner-guided” versus “people-pleasing”):  
-10 ----- 0 ----- +10
- Intuitive Eating Abilities (use of intuition versus “food rules” to guide meal choices):  
-10 ----- 0 ----- +10
- Intuitive Exercise Abilities (use of intuition versus “fitness rules” to guide workout choices):  
-10 ----- 0 ----- +10
- Emotional Awareness (ability to identify thoughts/feelings/needs):  
-10 ----- 0 ----- +10
- Coping Skills (knowledge and use of non-eating-disordered coping strategies):  
-10 ----- 0 ----- +10
- Healing of Core Issues (general attitudes about life experiences, including any past traumas):  
-10 ----- 0 ----- +10
- Physical Self-Care (nurturing of the body, attendance to medical needs):  
-10 ----- 0 ----- +10
- Intellectual Self-Care (nurturing of the mind, education and career satisfaction):  
-10 ----- 0 ----- +10
- Emotional Self-Care (nurturing of the heart, social connections and support networks):  
-10 ----- 0 ----- +10
- Spiritual Self-Care (nurturing of the soul, Higher Power connection, sense of meaning):  
-10 ----- 0 ----- +10
- Future Perspective (general attitudes about what the future holds for me):  
-10 ----- 0 ----- +10
- Relapse Prevention (awareness and use of strategies for complete recovery):  
-10 ----- 0 ----- +10

*For interpretation of this assessment, including a recovery treatment plan, consult an EDIT™ Certified practitioner.*