

# Express Your Self

## Awareness #1: Feelings Check-In



Your Eating Disorder (ED) thoughts and behaviors can be a way of coping with challenging emotions – and an important step in recovery is getting in touch with what you are feeling. The next time that you have an ED thought, use that as a cue to check in with your emotions. Allow the Intuitive Therapist (IT) within you to gently notice your ED thought, and then be curious, “Hmmm, that’s interesting that ED just showed up. I wonder what I’m feeling right now?” You can also do a check-in at certain times throughout your day. Use the list below to identify an overall emotion category, and then a specific feeling. Add your own unique feelings in each column:

| GLAD          | SAD             | MAD           | AFRAID         |
|---------------|-----------------|---------------|----------------|
| 1. excited    | 1. depressed    | 1. stressed   | 1. worried     |
| 2. hopeful    | 2. hopeless     | 2. hostile    | 2. helpless    |
| 3. joyful     | 3. disappointed | 3. outraged   | 3. overwhelmed |
| 4. elated     | 4. disheartened | 4. agitated   | 4. confused    |
| 5. content    | 5. grief        | 5. hurt       | 5. anxious     |
| 6. peaceful   | 6. gloomy       | 6. frustrated | 6. intimidated |
| 7. confident  | 7. apathetic    | 7. jealous    | 7. insecure    |
| 8. passionate | 8. lonely       | 8. irate      | 8. inadequate  |
| 9. inspired   | 9. bored        | 9. vindictive | 9. embarrassed |
| 10. grateful  | 10. remorseful  | 10. resentful | 10. ashamed    |

*Which emotions do you experience most often? Which seem to trigger ED as a means of coping?*