

10 Journal Prompts for Eating Disorder Recovery:

1. What is your first memory of food or eating? What did this experience teach you?
2. If you are able to, how do you celebrate food? If you do not, how would you like to celebrate food?
3. Who is your role model for the type of relationship with food you want?
4. Describe something you feel positively or neutral towards. How would it look if you felt that way about your body?
5. If your experience with and relationship with food were a story, how would it go?
6. If you were to write a letter to your body, what would you say? What might your body say back in response?
7. Imagine your eating disorder does not exist. Describe a typical day.
8. Imagine your eating disorder is another person or thing, separate from yourself. How does it look?
9. What beliefs no longer serve you? How can you let go of them?
10. How can you best support yourself and your recovery today?



Journaling In Eating Disorder Recovery

S Marginson



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