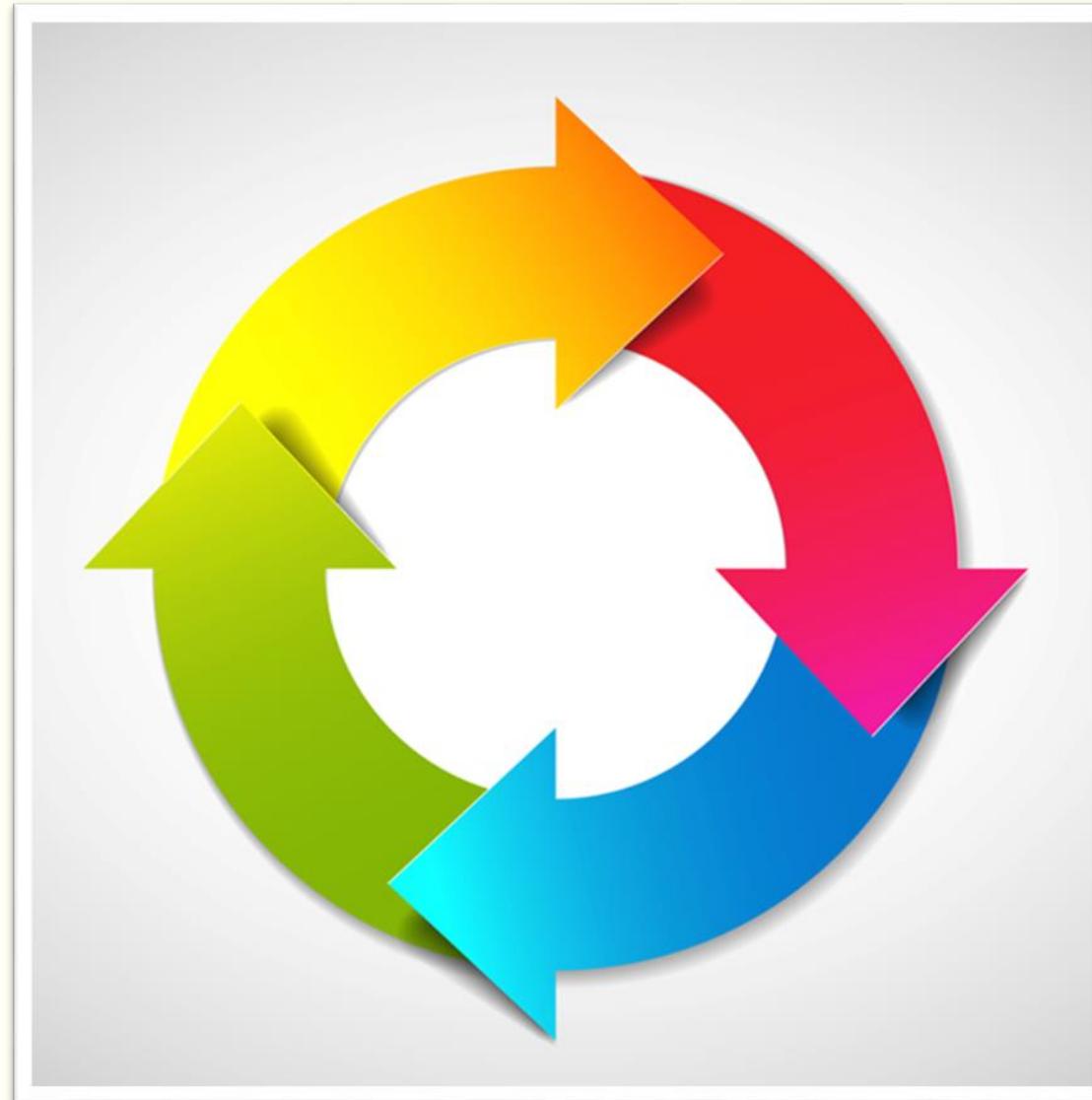


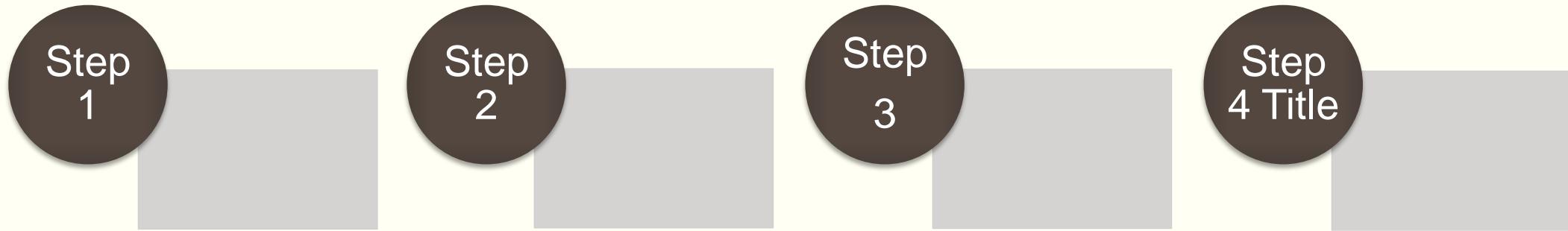
What is your Eating Disorder Cycle?



Replacing Body Image Statements with Underlying Issues – Dr. Anita Johnston (PhD) Idea Using Symbolism & Metaphor in Healing Poor Body Image

“What are the actual body thoughts word for word?”

Self Soothing Sequence



Dietary Interventions



YOU GOTTA
NOURISH
TO FLOURISH

What ED Rules do you have about hunger/satiety?

What does it mean to you to feel full/satisfied?



Create your own Hunger / Satiety Scale

