

## Life without ED...

Can you imagine what your life would be like without your eating disorder? For some, this may be a frightening thought. For others, it may be exciting. The book *Life Without Ed* will assist you in beginning your personal journey toward a life without an eating disorder.

As part of your therapy, you will be required to read *Life Without Ed*. Feel free to utilize your journal to write any thoughts or feelings you have while you are reading this book. There are assignments in your treatment binder that will need to be completed and processed in group on Fridays. Please work on these assignments at your own pace. Each of you will be in different places in this book at different times. However, the battle for each of you will be the same: Getting rid of ED forever.

Together we can fight this battle. Remember, you are a work in progress...Not perfect.

While reading this book it is important to remember the four "D's":

**Distinguish** = Decide what Ed is telling you and what you really think.

**Disagree** = Making room for your own opinion.

**Disobey** = Breaking the behaviors.

**Divorce** = Freedom.







(Complete this assignment after reading chapter one)

Ed has rules for everything:

What rules does he have for you?

Wardrobe rules:

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Dining rules:

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Relationship rules:

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Who have you not told about your eating disorder but would like to so that they can be on your support team?

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What are the qualities that your support team members need in order to be helpful to you?

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(Complete the following questions after reading chapter 3)

What is your value system?

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Day Two:

1. What does Ed want me to do today?

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2. What do I need to do to be in recovery today?

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Day Three:

1. What does Ed want me to do today?

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2. What do I need to do to be in recovery today?

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Day Four:

1. What does Ed want me to do today?

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2. What do I need to do to be in recovery today?

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Day Five:

1. What does Ed want me to do today?

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2. What do I need to do to be in recovery today?

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Day Six:

1. What does Ed want me to do today?

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2. What do I need to do to be in recovery today?

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Day Seven:

1. What does Ed want me to do today?

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2. What do I need to do to be in recovery today?

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Are there any foods that Ed tells you to avoid?

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What foods trigger or create a binge for you?

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(Complete the following assignment after reading chapters three and four)

**POSITIVE GUILT:**

Positive guilt is the sense of shame we feel when we are breaking the old rules: Ed's rules. It is the guilt we feel when we are breaking the rules that need to be broken.

Your assignment is to create a way to celebrate positive guilt.  
Share this with the group when you have utilized it for a period of one week.

(Read pages 99-100 for examples)



What are the top ten negative messages that you play in your head?  
(Please list below.)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

After you have listed these, ask your primary therapist for your "tape". The two of you can begin removing these messages from your "tape" in your head.

(Complete after reading chapter 5)

Begin formulating your personal goals for recovery:

Characterize your recovery at each of these four levels:

1. Spiritual (Sense of purpose, connection, and meaning)
2. Mental (What you are thinking)
3. Emotional (What you are feeling)
4. Physically (What you will be doing with food and exercise)

BE SPECIFIC:

When I am in recovery from my eating disorder.....

Spiritually, I...

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Mentally, I...

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Emotionally, I...

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Physically, I...

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(Complete after finishing the book)

Rules for preparing for relapse:

1. Quick reaction time is the key to overcoming relapse. We may not know why it started but we must take care of it as soon as possible.  
Remember: "Remove the sofa, patch the roof."

2. Remember one bad day does not mean you are back at square one. Pick yourself up and do the next right thing. As soon as you realize that Ed is running the show, get back on track. Don't give Ed one more day!

3. Carry a list of numbers of the people on your support team. When you join with others.....you win!!

REMEMBER:

If you stay connected to your support team, Ed will not have the strength to push you down. If you do not isolate Ed will not win. You never have to fight Ed alone.

4. Don't spend time trying to figure out why you are in the middle of a relapse while you are still in it. Get out first...Then look for the reasons.

REMEMBER: Don't try to figure out the cause of the fire while the house is burning... get out...wait until the fire is out and then investigate the cause.

5. Move energy:

- a. Push arms against resistance.
- b. Breathe in (good energy)
- c. Breathe out (bad energy)
- d. Punch the bed.

Exercise to complete and share with your therapist and group members:

Make your own "911" card:

On the front of the card list the names and phone numbers of all the members of your support team.

On the back of the card list coping skills or skills that have worked in the past to prevent relapse.

You may want to have this card laminated so that you can carry it with you at all times!! This will be important in relapse prevention.

Exercise to complete and share with therapist and with the group:

Write a letter to yourself. Include in your letter all of the horrible things that Ed has done to you. Write this toward the end of your treatment when you are on solid ground with your recovery process. The letter will serve as a reminder of all the pain that Ed has caused you and will be available for you to read when you are in danger of relapsing. This letter can be encouragement to you to stay strong in your recovery.