

*Helping
you to help
your child*

Eating Disorder Journal Prompts

Journal prompts to help you embrace the
eating disorder recovery process



Fully
understanding
the problem
can help us
work out what
to try

Introduction

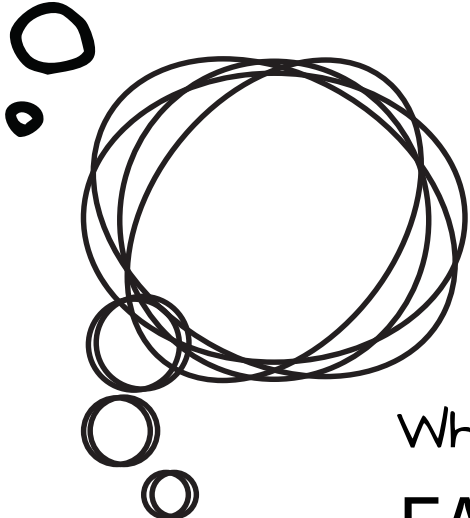
Journaling can be a really powerful tool for reflection, processing feelings and creatively expressing how we're feeling. Journalling can also help to build bridges and understanding between adult and child if the child is happy to be supported or to share what they create.

There's no right or wrong way to use these prompts; just whatever feels right for you and the child you're supporting. You don't have to do them in order. You don't have to do them all. You might choose to do some many times.

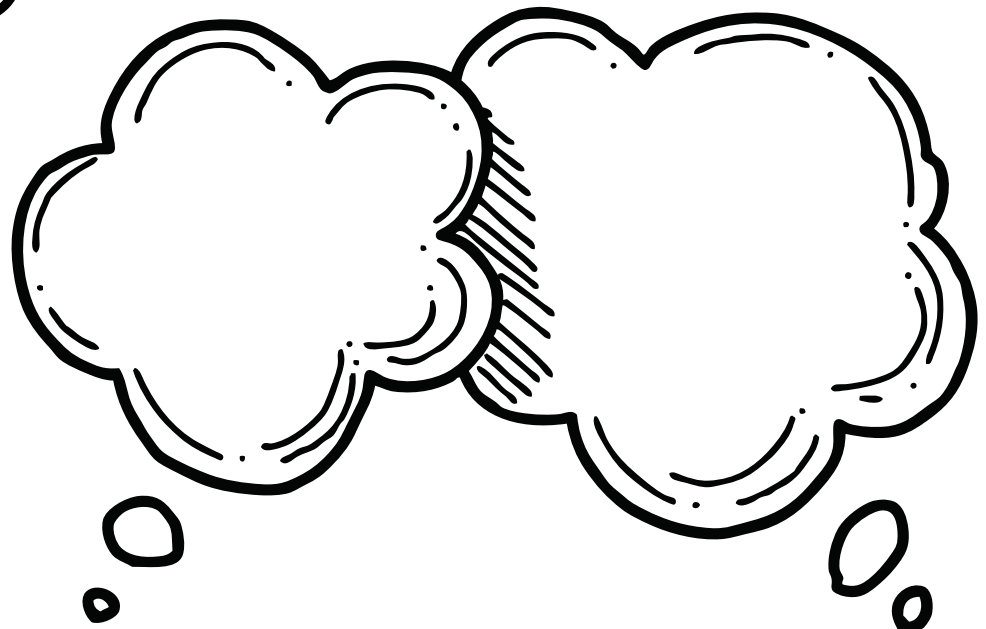
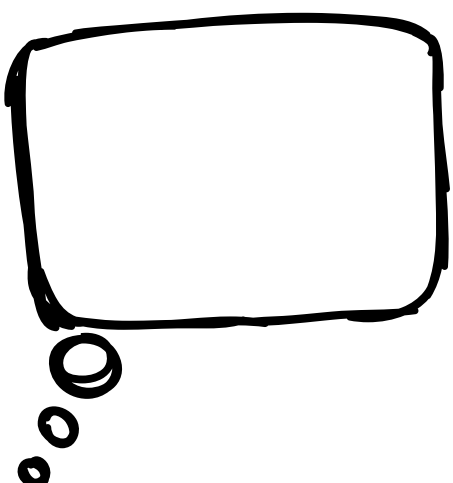
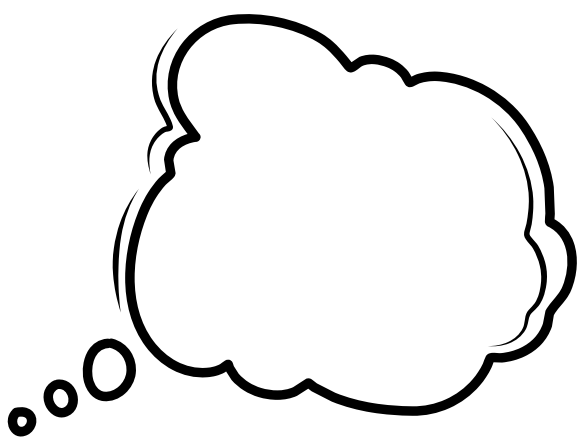
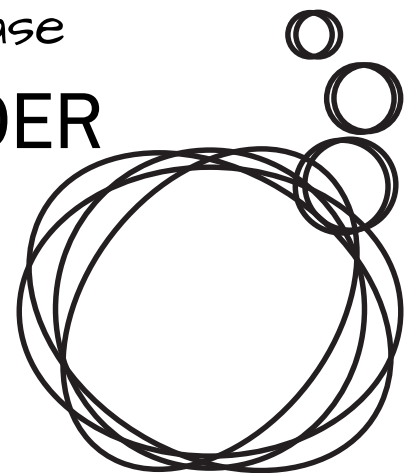
You are welcome to copy and share these pages and if you have ideas for other topics or pages I should add, I'd love to hear them!

Good luck!

Pooky x



What does the phrase
EATING DISORDER
make you think?



When did you recently feel safe and calm?

You could consider:

- Where were you?
- Who was with you?
- What could you see, hear or smell?
- Did anything specific help you feel calm?

A large, empty rectangular box with a black border, intended for the user to write their response to the questions above.

How does your eating disorder help you?

-1-

-2-

-3-

-4-

-5-

How does your eating disorder harm you?

-1-

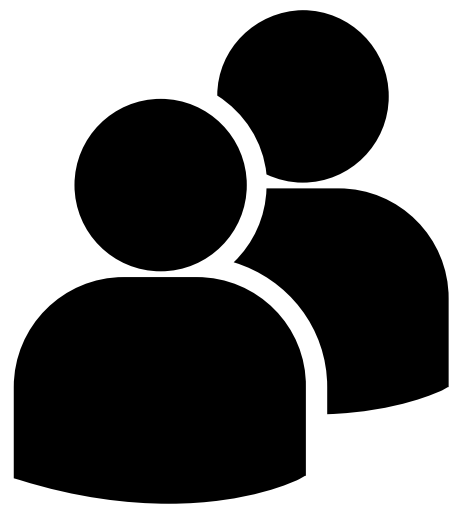
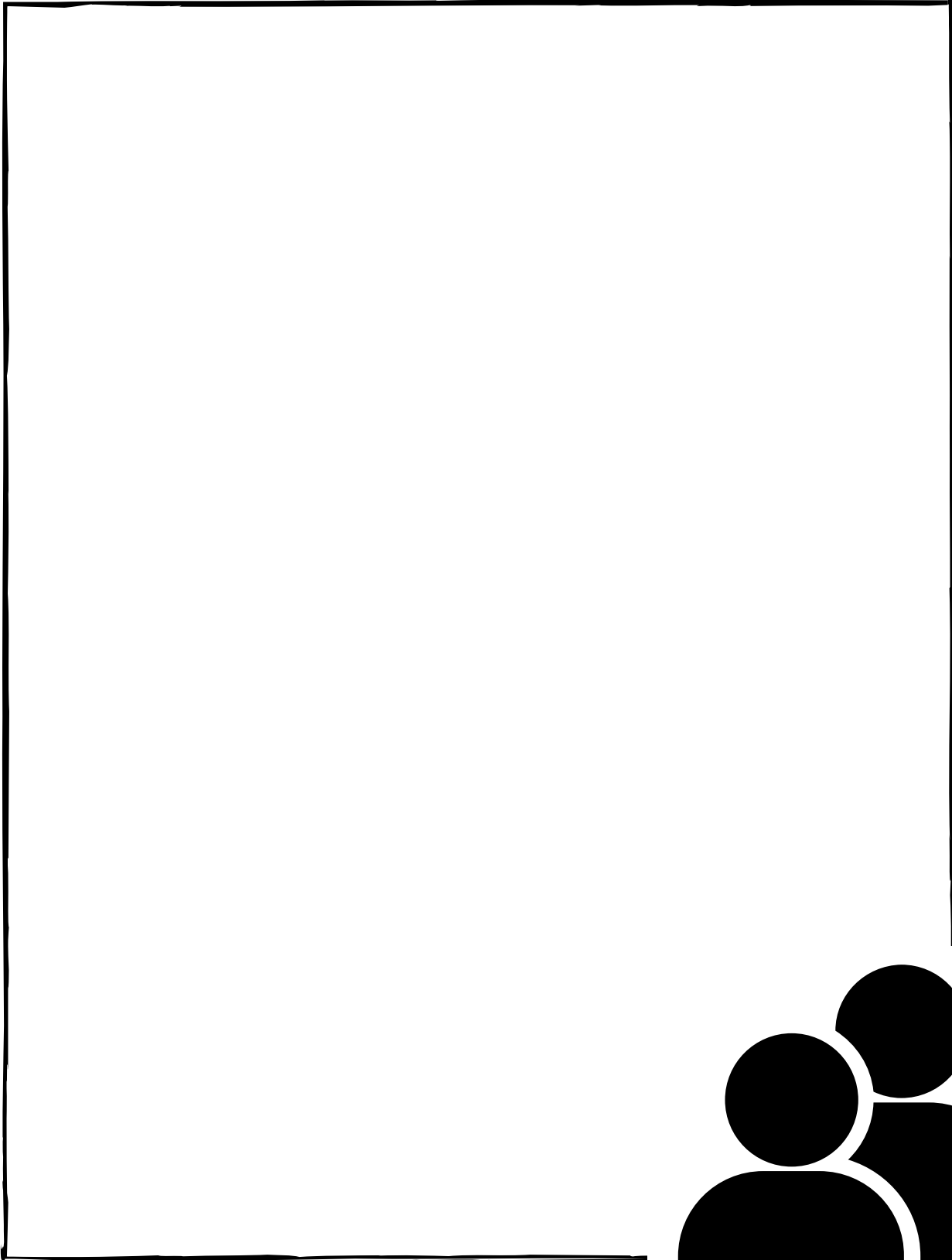
-2-

-3-

-4-

-5-

Feeling Understood



- Who understands you?
- What do they understand about you?
- What do they do that makes you feel understood?
- What more could they do?

Explore a moment when you've felt proud in your recovery journey

What I did



Empty rectangular box for writing 'What I did'.

What helped

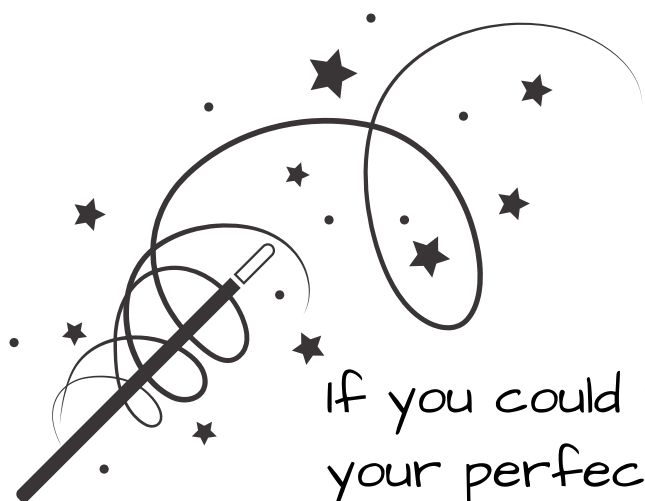


Empty rectangular box for writing 'What helped'.

How I felt

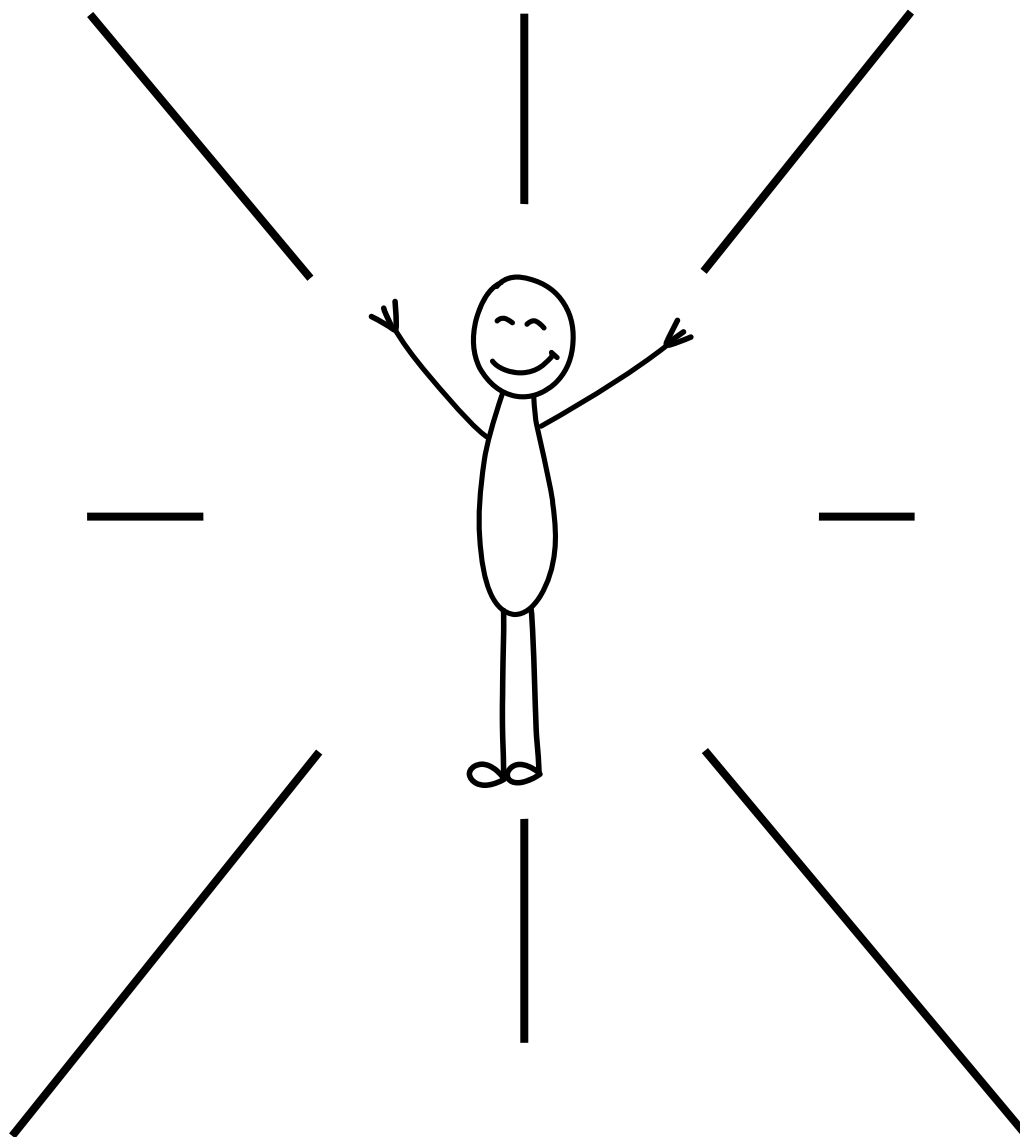


Empty rectangular box for writing 'How I felt'.



If you could wave a magic wand and make your perfect life, what would it be like?

I'm more than my eating disorder.. I am...



Helpful

Unhelpful



When it comes to meal times and snack times, what helps you cope and what makes things feel worse?

A happy memory

- Where I was -

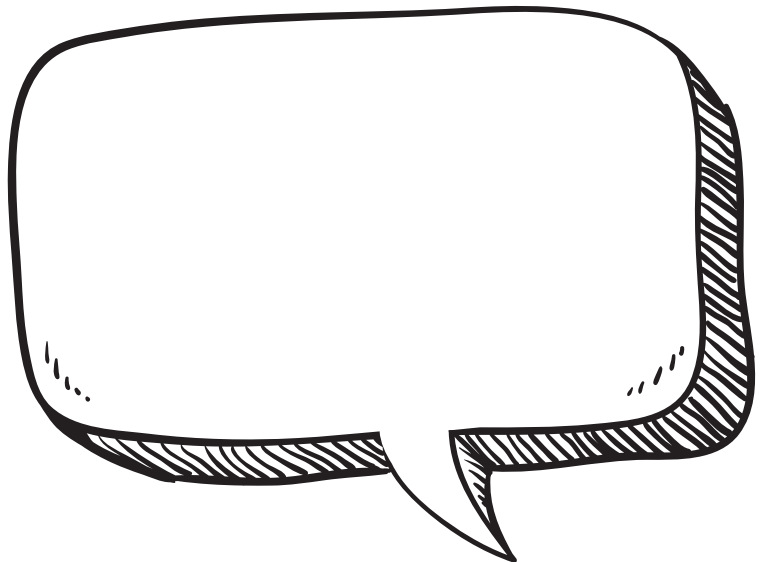
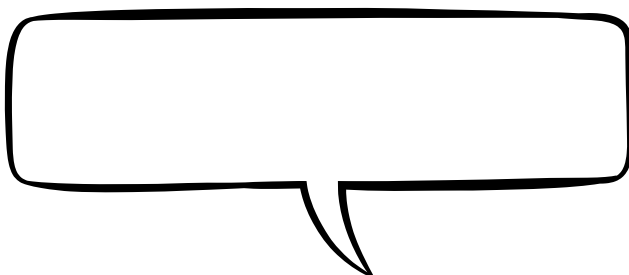
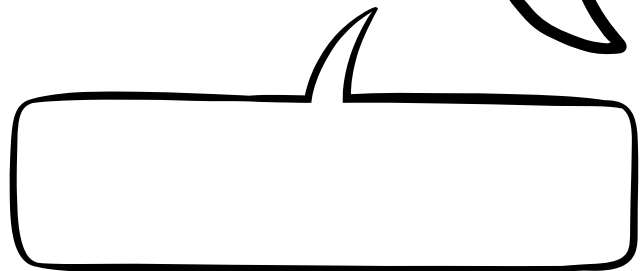
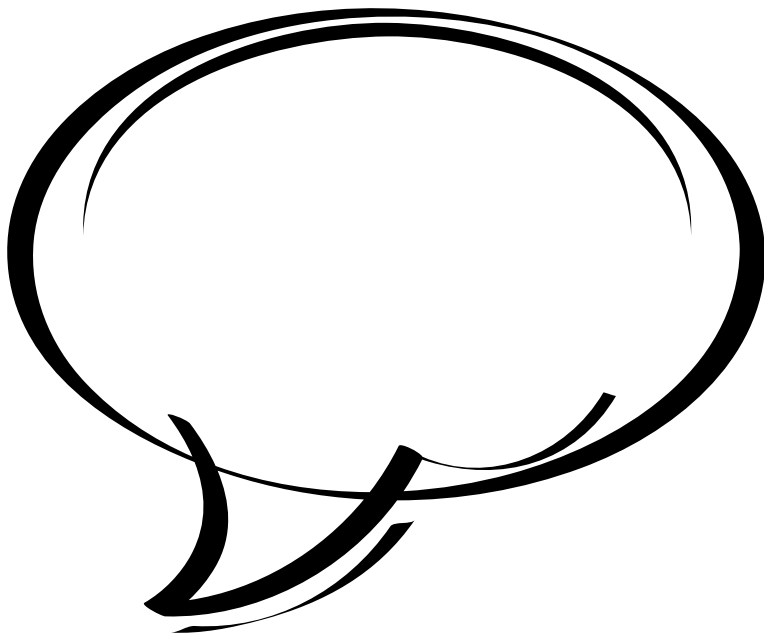
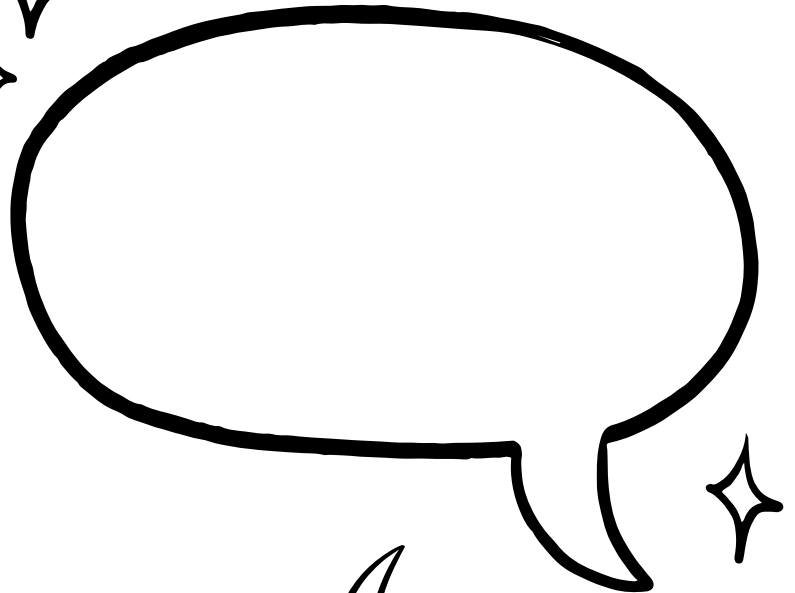
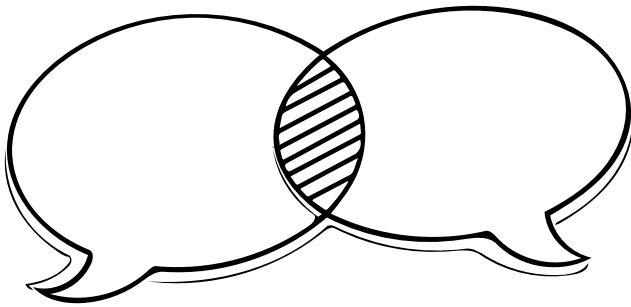
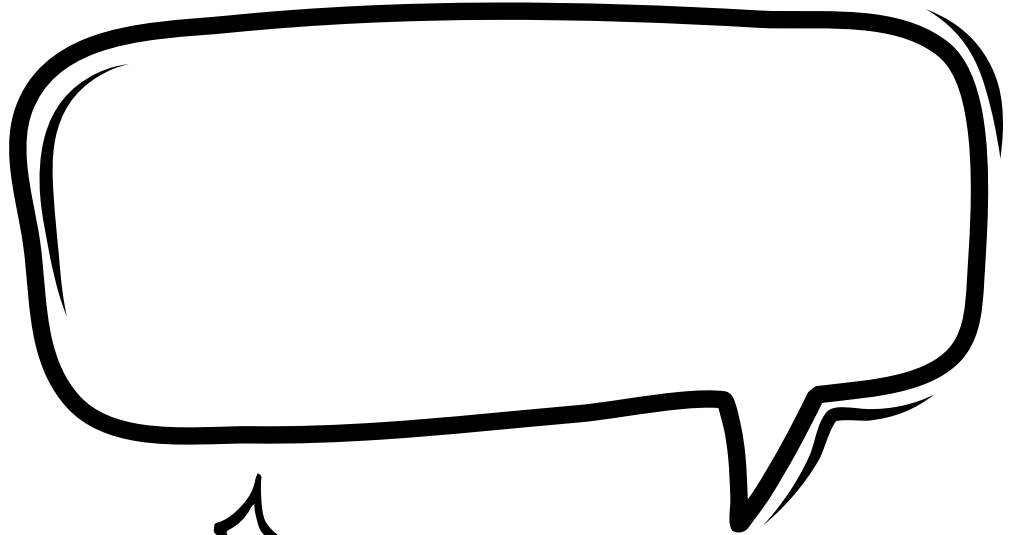
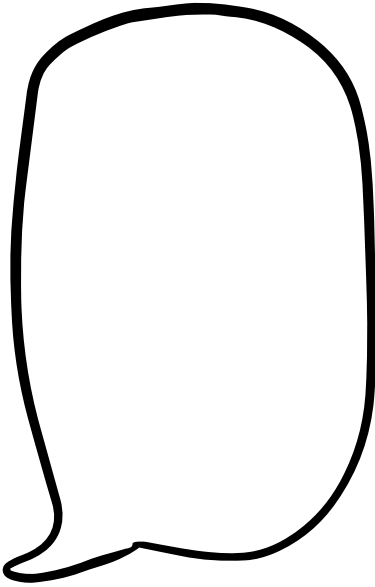
- Who was there -

- What happened -

- How I felt -

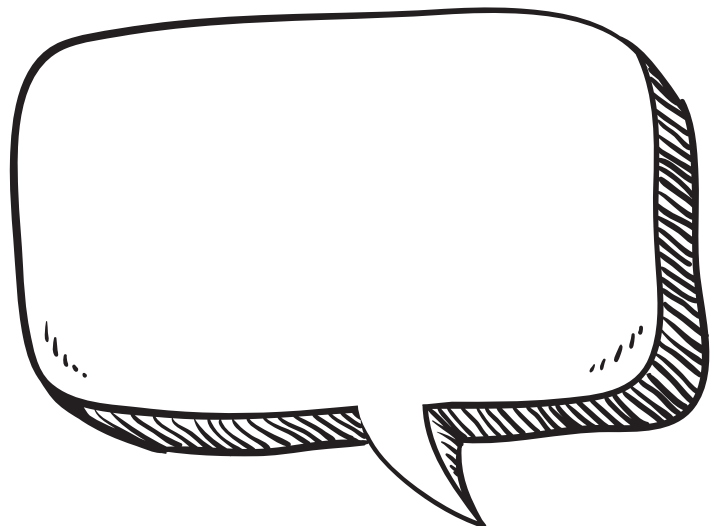
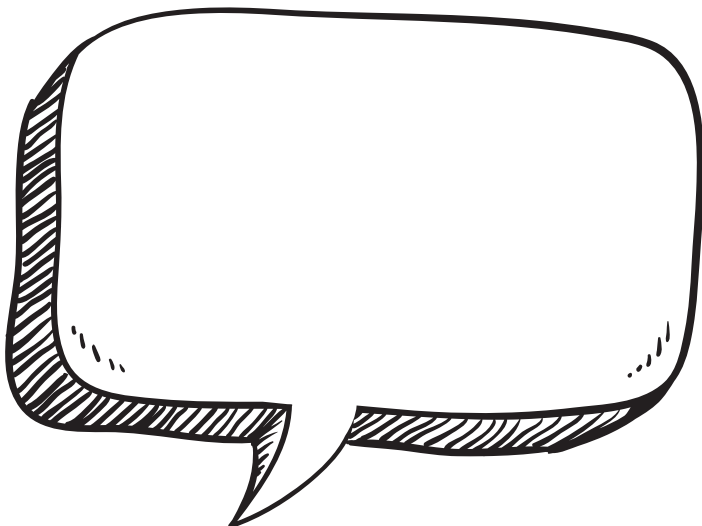
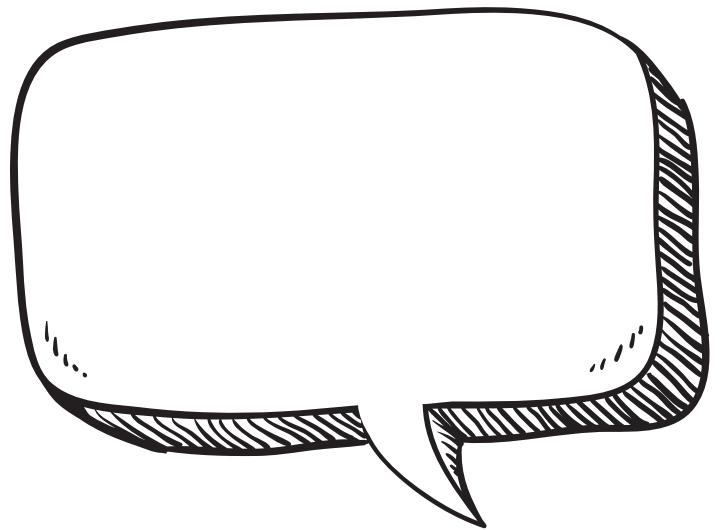
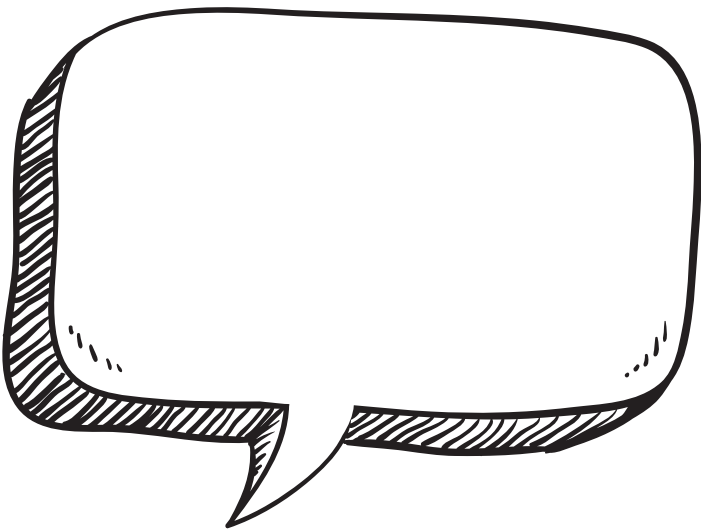
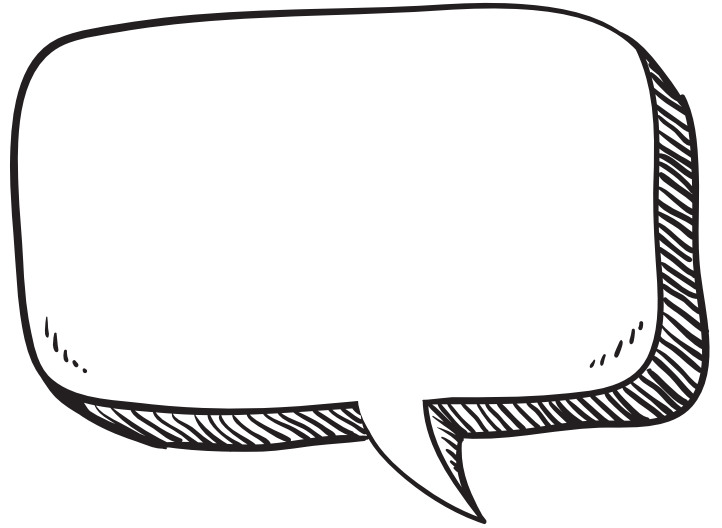
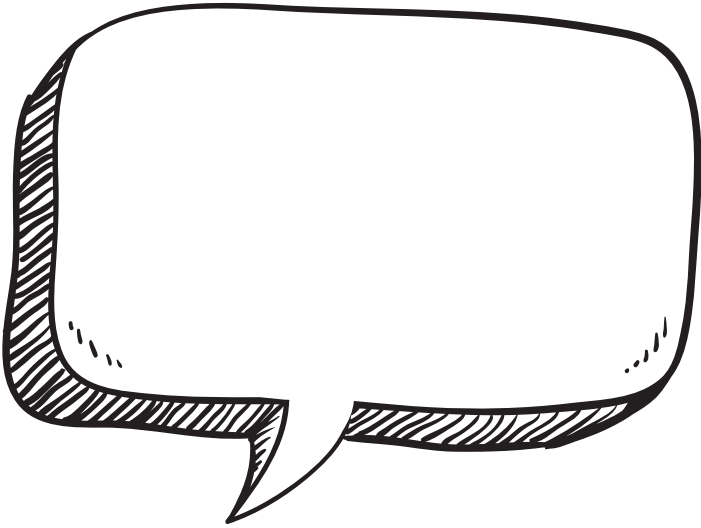


Nice things other people say about me



When my ED says...

I can fight back with...



Today ___/___/_____

I AM

I FEEL

I HOPE

I WISH

anything else...

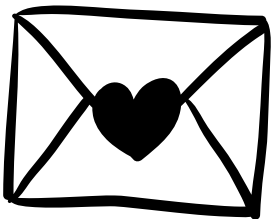
- Things I HATE about my Eating Disorder -



Break up Letter

Write a letter breaking up with your eating disorder

A large, empty rectangular box with a black border, intended for writing a letter.



- Ten Foods I'd like to Try -

1 -

2 -

3 -

4 -

5 -

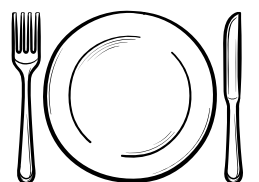
6 -

7 -

8 -

9 -

10 -



Happy Songs

These songs help to pick me up when I feel down

1-

2-

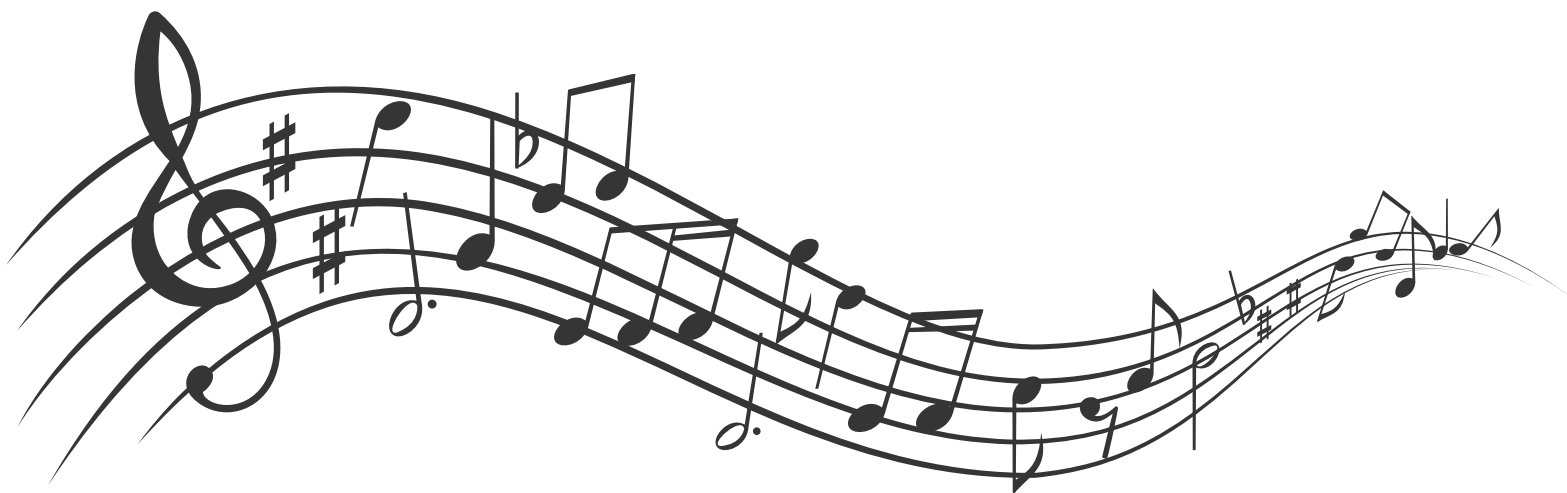
3-

4-

5-

6-

7-



Calm Tunes

Songs to help me find inner peace and calm

1-

2-

3-

4-

5-

6-

7-

8-

9-



Sad Songs

These songs help me work through feelings of sadness or anger

1-

2-

3-

4-

5-

6-

7-

8-

9-



Things I wish I could change

Rate each statement, 1 to 10 where 1 is not at all and 10 is absolutely

Statements to Rank & Explore

I feel well supported

I have good coping strategies

I have a lot of worries

I have adults I can trust

There are places I feel safe

Sometimes I feel calm and/or happy

I am often angry

No one understands me

I have kind friends

I have things to look forward to

- Ten Things I Like About Me -

1 -

2 -

3 -

4 -

5 -

6 -

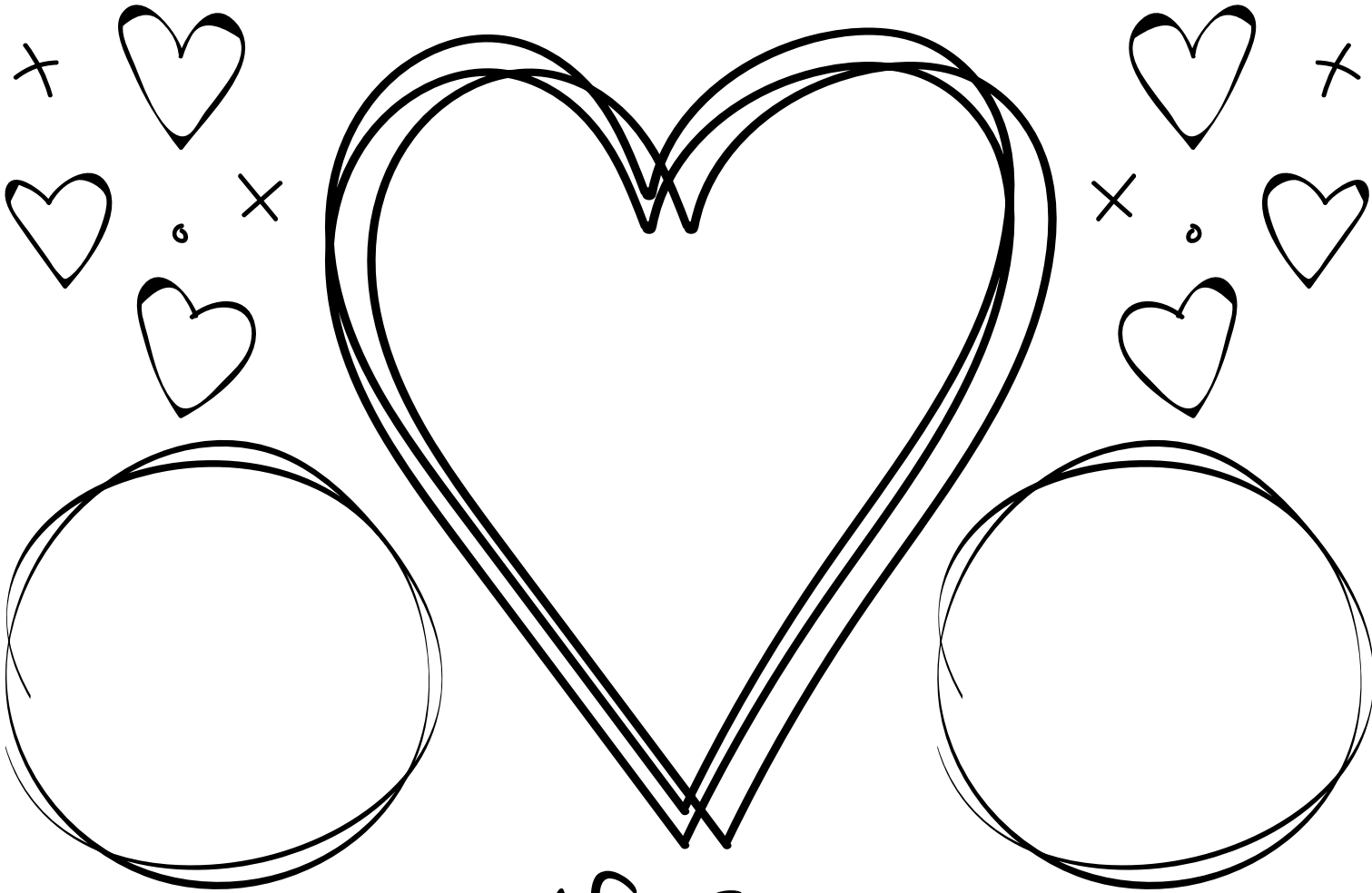
7 -

8 -

9 -

10 -





Self-Care
Ideas



Helping
you to help
your child

- Thank You! -

I've been able to produce this, thanks to the community who support my work on Patreon.

If you already support me on Patreon, THANK YOU. If you don't, please consider supporting me at patreon.com/pookyh - you'll get instant access to a wide range of guides and videos to help you to help your child and you'll help to fund my future work for you and others like you.



Pooky x

