

Food Body Image and Recovery Support Workbook

For adolescents ages 13 to 17

Name: _____ Date started: _____

Trusted person or care team: _____

You deserve support at any body size. This book helps you name feelings, ask for support, and practice recovery choices with your treatment team.

This workbook is for reflection and support. It is not a meal plan or a substitute for evaluation or treatment. Do not use it to record calories, weight, body measurements, food amounts, compensatory behaviors, or exercise.

When to get help now

Seek urgent medical care for fainting, chest pain, an irregular or racing heartbeat, severe weakness, confusion, dehydration, vomiting blood, severe abdominal pain, or inability to keep fluids down. If you cannot stay safe or have thoughts of suicide or self-harm, tell a trusted person and seek immediate help. In the United States, call or text 988; call 911 for immediate danger.



My support circle

You can choose whom to tell, while involving a trusted adult and care team when safety or treatment requires it.

Person or role	How they can help	How to reach them
Trusted adult		
Medical clinician		
Therapist		
Dietitian or school support		

Words I can use

Food and body worries are taking up a lot of space. Can you sit with me and help me contact support?



Feelings and early signs

Thoughts or feelings that tell me I need support

Situations that make comparison or food distress harder

Signs I am pulling away from people or care

What I can do when I notice these signs



Respecting my body

Body neutrality can mean choosing care and respect without needing to feel positive about your appearance.

Something my body lets me experience

An appearance-focused message I want to question

A body-neutral response I can use



Support around difficult moments

When body or food distress rises I can

A person I can contact

A grounding or non-body-focused activity I can use

Supports I may need at school, sports, or activities

Ask your care team to guide activity during recovery, particularly if there are concerns about medical stability.



My personalized plan

What I notice first

What I can say to myself

One coping action

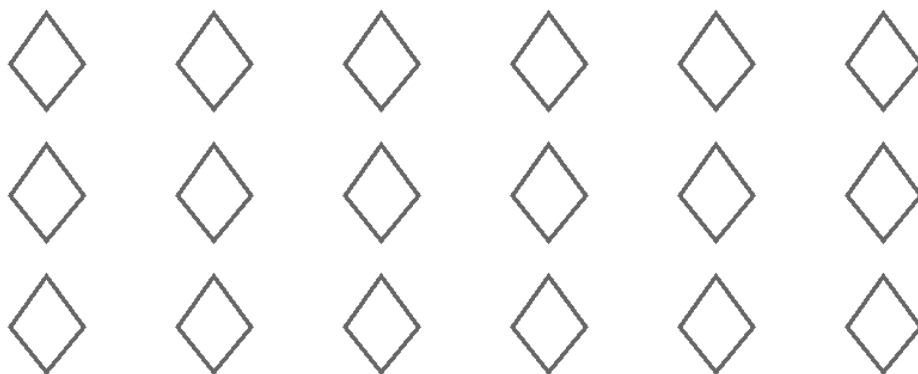
Who I will contact

How I will reconnect with my care team



Color and pause

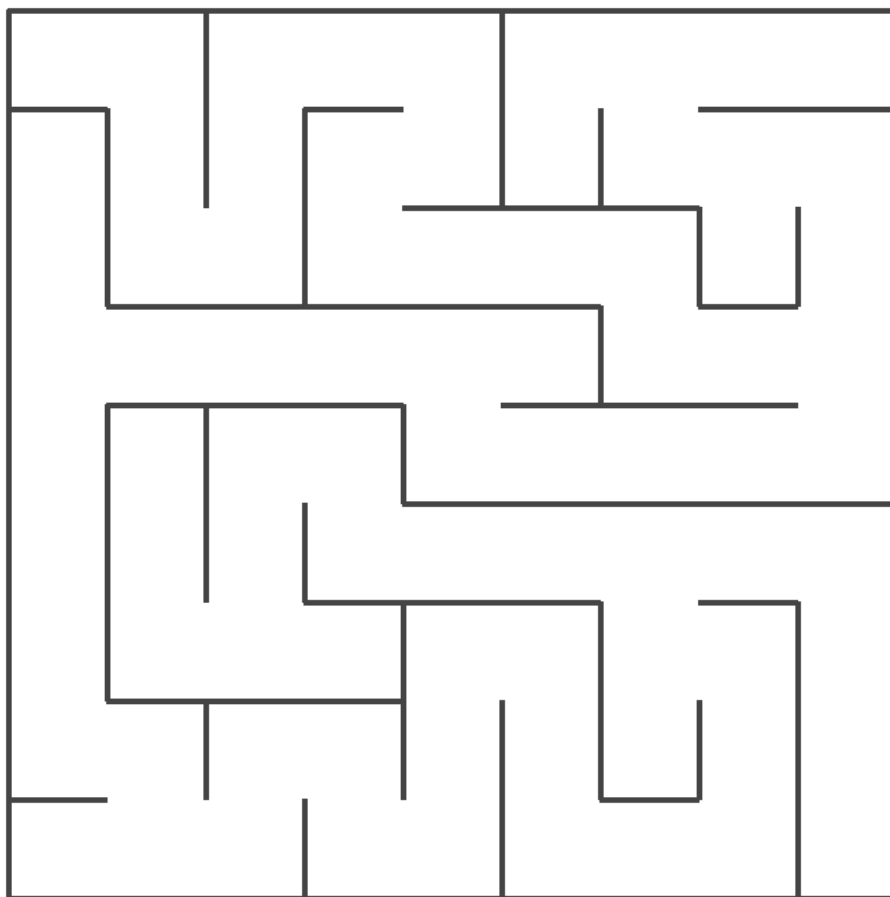
Color this page while you notice how your hand moves. It is fine to stop whenever you like.



A path through a hard moment

Trace the maze from START to FINISH. You can pause and try another path.

START



FINISH



Optional writing and drawing prompts

Days 1 to 3. Use these in any order. Skip a prompt that does not feel useful.

Day 1 What do you want your life to include beyond food and body worries?

Day 2 Describe one quality you value in yourself that has nothing to do with appearance.

Day 3 What does support feel like to you?



Optional writing and drawing prompts

Days 4 to 6. Use these in any order. Skip a prompt that does not feel useful.

Day 4 What is one recovery thought you want to practice?

Day 5 What situations make body comparison harder?

Day 6 What social-media boundary could protect your recovery?



Optional writing and drawing prompts

Days 7 to 9. Use these in any order. Skip a prompt that does not feel useful.

Day 7 What does your body help you do?

Day 8 What would you say to a friend who was struggling with body image?

Day 9 Write those words to yourself.



Optional writing and drawing prompts

Days 10 to 12. Use these in any order. Skip a prompt that does not feel useful.

Day 10 What emotion tends to show up before food or body distress?

Day 11 What safe coping skill could help with that emotion?

Day 12 What makes it hard to ask for help?



Optional writing and drawing prompts

Days 13 to 15. Use these in any order. Skip a prompt that does not feel useful.

Day 13 What would make reaching out easier?

Day 14 What is one way a trusted adult can support you?

Day 15 What is a non-appearance-based compliment you appreciate?



Optional writing and drawing prompts

Days 16 to 18. Use these in any order. Skip a prompt that does not feel useful.

Day 16 What is one activity that helps you feel connected to yourself?

Day 17 What body-related message would you like to unlearn?

Day 18 What is a more compassionate response to that message?



Optional writing and drawing prompts

Days 19 to 21. Use these in any order. Skip a prompt that does not feel useful.

Day 19 What relationship supports your recovery?

Day 20 What boundary could protect your energy?

Day 21 What has disordered eating taken from you?



Optional writing and drawing prompts

Days 22 to 24. Use these in any order. Skip a prompt that does not feel useful.

Day 22 What do you hope recovery can give back?

Day 23 What does courage look like today?

Day 24 What small recovery-supporting choice can you make today?



Optional writing and drawing prompts

Days 25 to 27. Use these in any order. Skip a prompt that does not feel useful.

Day 25 How can you respond when your inner critic is loud?

Day 26 What is one thing you enjoy that is unrelated to food, exercise, or appearance?

Day 27 What does a safe, supportive day look like?



Optional writing and drawing prompts

Days 28 to 30. Use these in any order. Skip a prompt that does not feel useful.

Day 28 Who can you contact during a difficult moment?

Day 29 What did you learn about yourself this month?

Day 30 Finish this sentence: "I am more than my body, my food thoughts, or my symptoms because _____."



30 day support tracker

Record feelings and support without listing food, weight, body measurements, or behaviors. Blank days are okay.

Day	Mood	Distress low medium high	Support or coping used	Recovery value or win
1				
2				
3				
4				
5				
6				

What support might help next?



30 day support tracker continued

Day	Mood	Distress low medium high	Support or coping used	Recovery value or win
7				
8				
9				
10				
11				
12				

What support might help next?



30 day support tracker continued

Day	Mood	Distress low medium high	Support or coping used	Recovery value or win
13				
14				
15				
16				
17				
18				

What support might help next?



30 day support tracker continued

Day	Mood	Distress low medium high	Support or coping used	Recovery value or win
19				
20				
21				
22				
23				
24				

What support might help next?



30 day support tracker continued

Day	Mood	Distress low medium high	Support or coping used	Recovery value or win
25				
26				
27				
28				
29				
30				

What support might help next?



Looking ahead

What helped me feel less alone

A supportive practice to keep

A question for my care team

A compassionate message to remember

Adapted from Disordered Eating Support Workbooks. General guidance checked against National Institute of Mental Health and American Academy of Pediatrics resources. This workbook does not diagnose or prescribe treatment.

