

Disordered Eating Recovery Support Workbook

For adults

Name: _____ Date started: _____

Trusted person or care team: _____

This book helps you notice patterns without judgment and build a practical support plan alongside medical, nutritional, and mental-health care.

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

Write down people who can offer medical care, emotional support, or practical help.

Person or role	How they can help	How to reach them
Medical clinician		
Therapist		
Registered dietitian		
Friend, family member, or peer support		

Words I can use

I am struggling with eating or body distress. I would like help arranging an evaluation or reconnecting with my treatment plan.



Feelings and early signs

Situations that increase distress

Early signs I need more support

Ways I become rigid or isolated

What helps me reconnect with care



Respecting my body

Body respect means offering care without waiting to feel satisfied with your appearance.

A function or experience I value

One way I can show body respect

An appearance rule I want to question



Support around difficult moments

The feeling or need under this moment

A recovery-supporting action for the next ten minutes

A person I can contact

A boundary for diet or body talk

Examples: ask someone to sit with you, use a grounding skill, follow your care plan, or shift to an absorbing activity.



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



Values beyond eating and appearance

Choose a value you want to make more room for and identify one small action.

What matters to me	One action that fits	Support I may need

A pleasure or interest I want to reclaim



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 does recovery mean to you beyond the absence of symptoms?

Day 2 What has disordered eating taken from your life?

Day 3 What do you hope recovery will make possible?



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 value matters most to you right now?

Day 5 How can you take one small action aligned with that value?

Day 6 What thought from the eating disorder voice is most persistent?



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 is a compassionate, recovery-oriented response?

Day 8 What does body respect mean to you?

Day 9 What is one thing your body helps you experience?



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 situation tends to increase eating-related distress?

Day 11 What support could help before, during, or after that situation?

Day 12 What emotion is difficult for you to sit with?



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 safe coping skill might help you make space for that emotion?

Day 14 What does your inner critic say?

Day 15 What would a compassionate inner voice say instead?



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 does diet culture ask you to believe?

Day 17 What do you choose to believe instead?

Day 18 What relationship helps you feel less alone?



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 boundary would protect your recovery?

Day 20 What does a recovery-supportive day look like?

Day 21 What support do you need from your treatment team?



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 activity connects you with meaning or enjoyment?

Day 23 What is one strength you have used in recovery?

Day 24 What is one way you can care for yourself without earning it?



Optional writing and drawing prompts

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

Day 25 What does flexibility look like in your life?

Day 26 What is a difficult thought you can allow without acting on?

Day 27 What would you tell someone else who feels ashamed about eating struggles?



Optional writing and drawing prompts

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

Day 28 Write those words to yourself.

Day 29 What has helped you stay connected to recovery this month?

Day 30 Finish this sentence: "I am building a life that is bigger than disordered eating by _____."



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.

