



# Eating Disorders

& Other Shadowy Companions

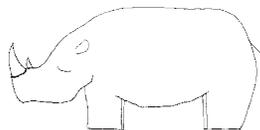


Ed

*The Eating  
Disorder Monster*



Bird

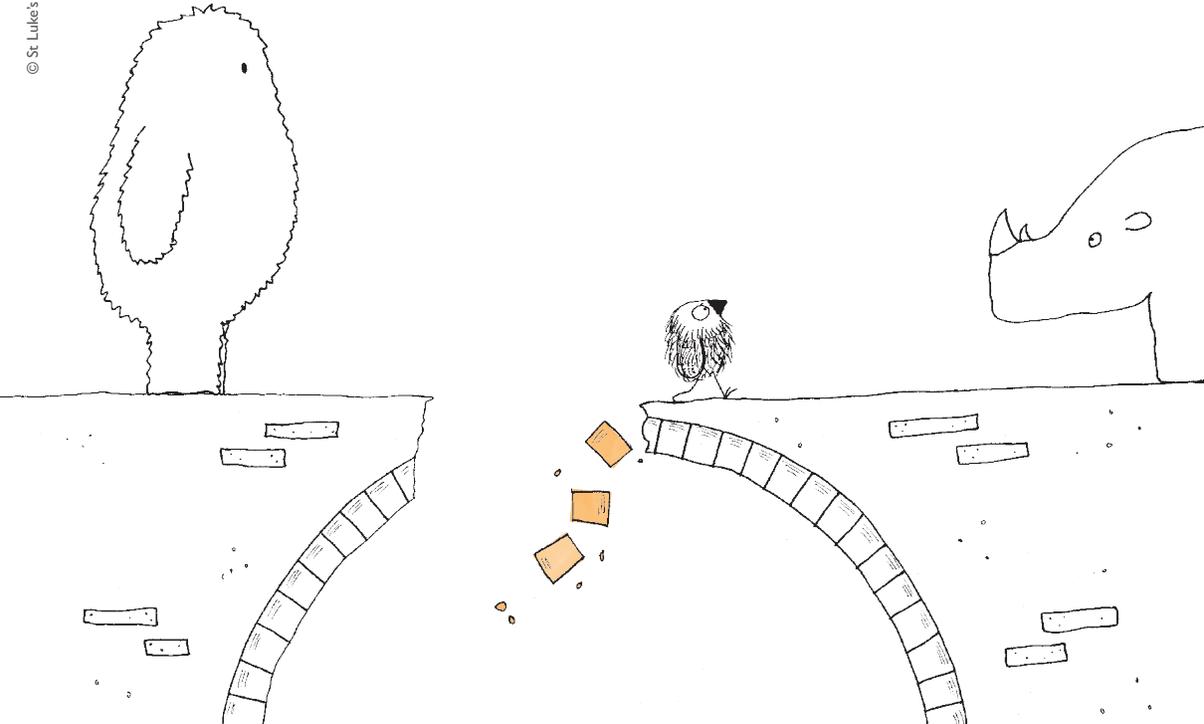


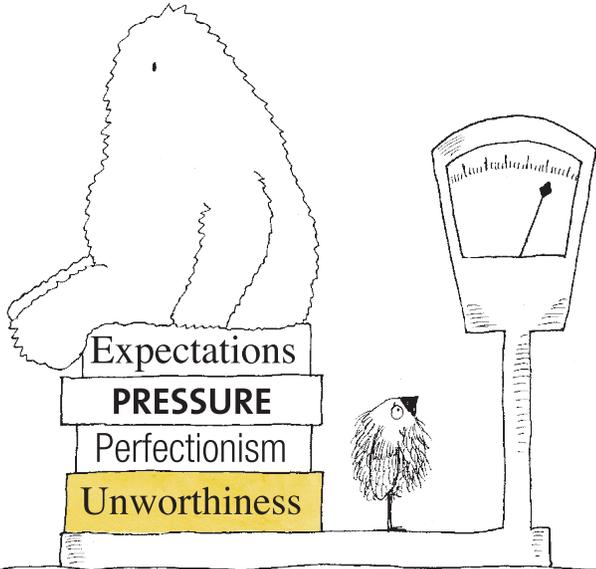
Reggie

*The Recovery  
Rhino*

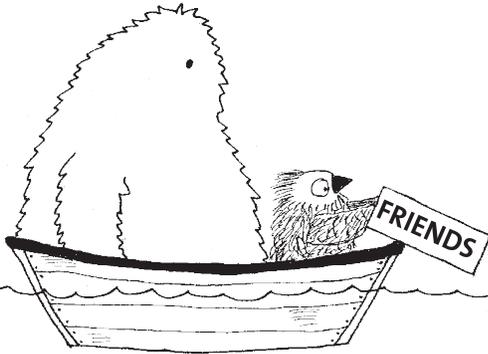


Can you stay focussed on recovery, even when it's scary?





What else is on the scales?



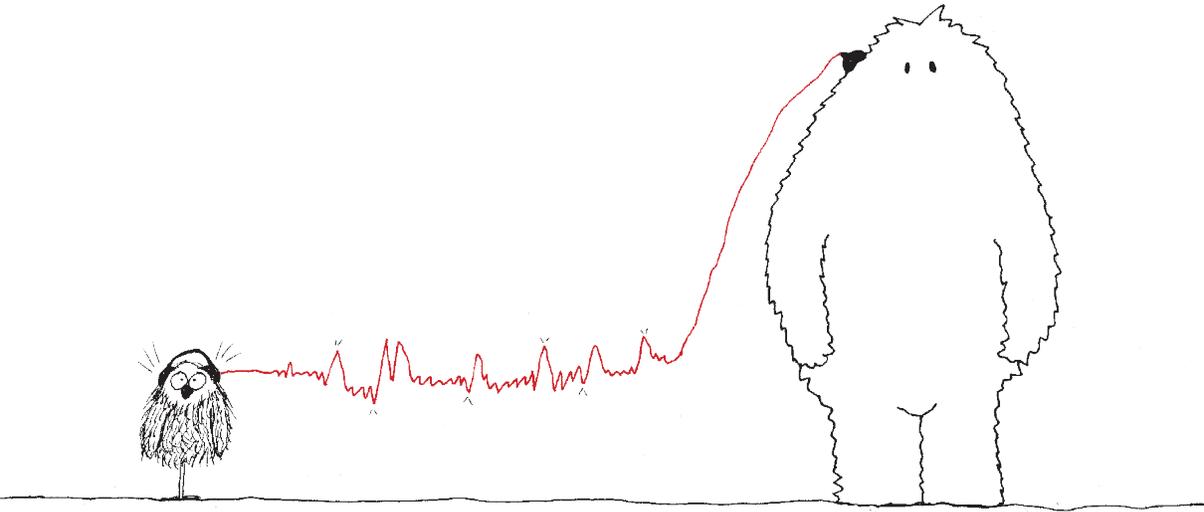
Love

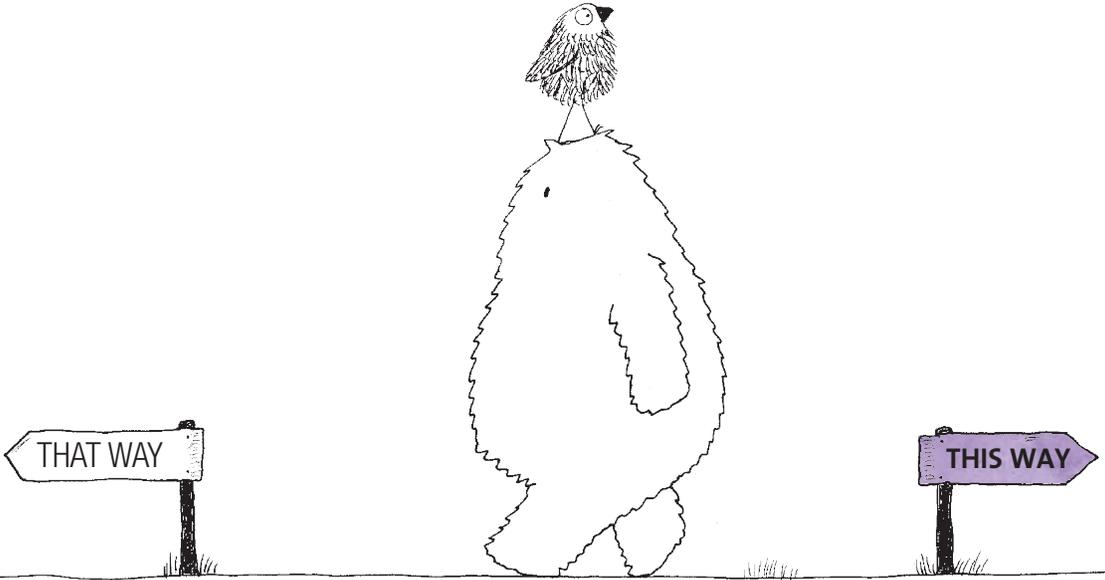
FUN

Connection

What is worth keeping?

What does the eating disorder voice say?



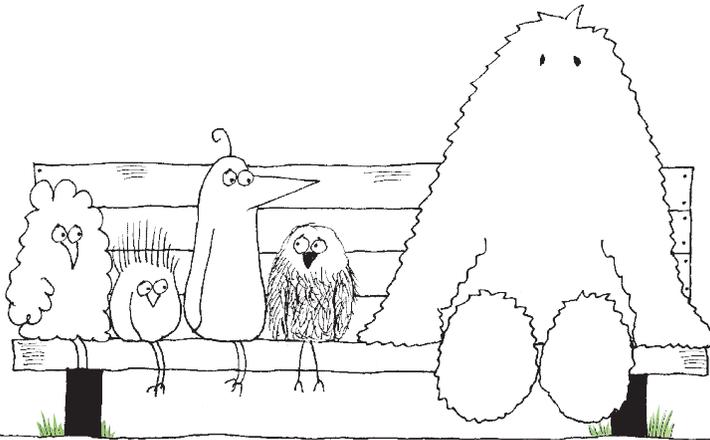


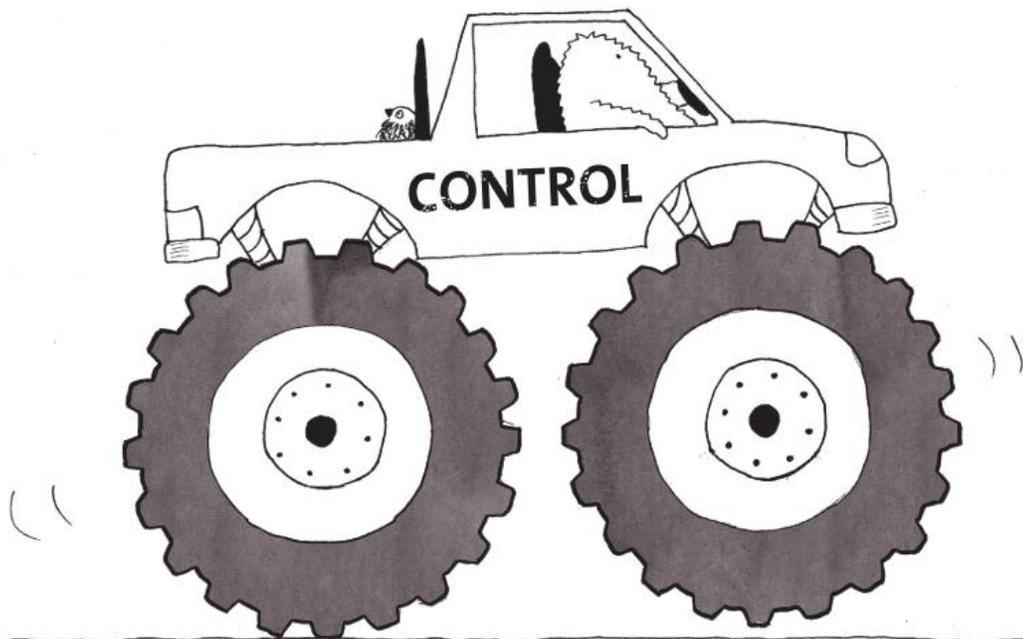
How could you turn it around?



Where will it lead?

Who else is sitting with a shadowy companion?



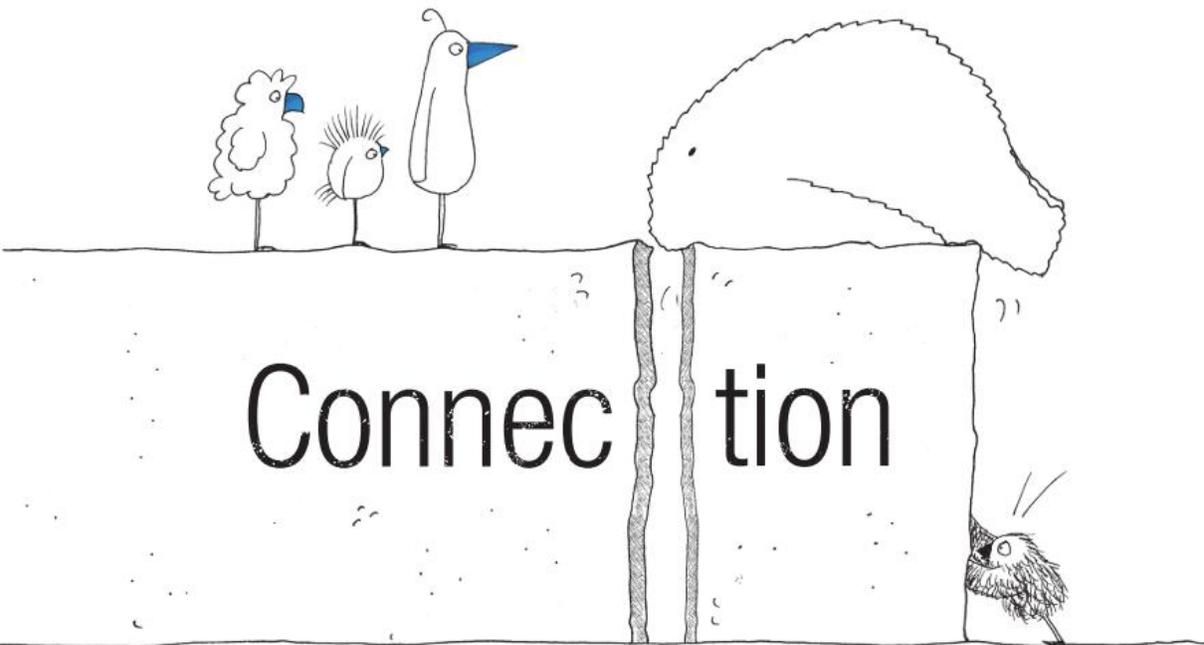


Who is in the driver's seat?

How do you know when things are going well?

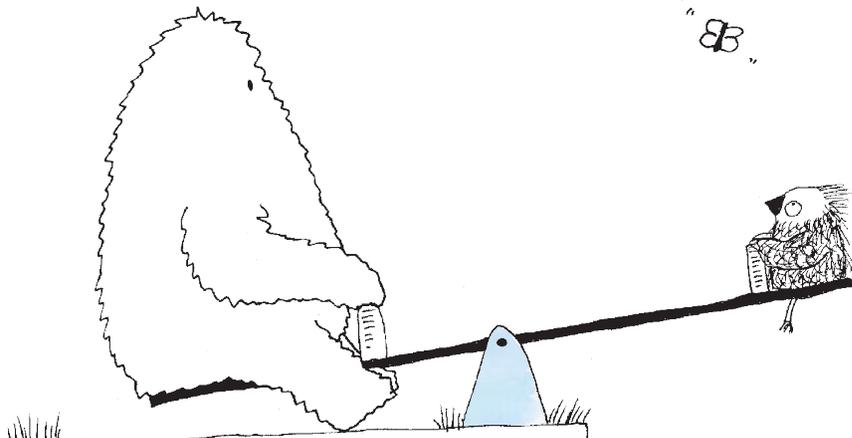


What gives you the strength to connect?





What happens when eating disorders compete?

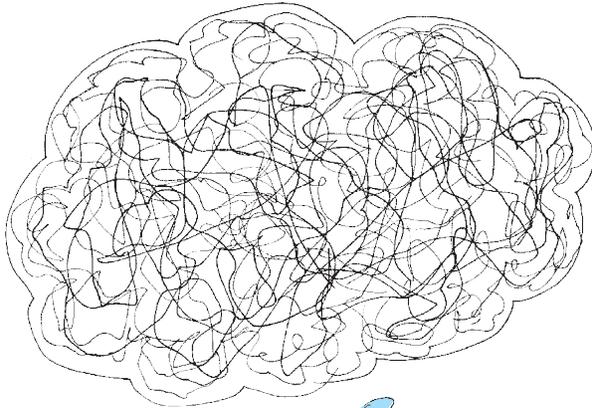


What really brings you balance?

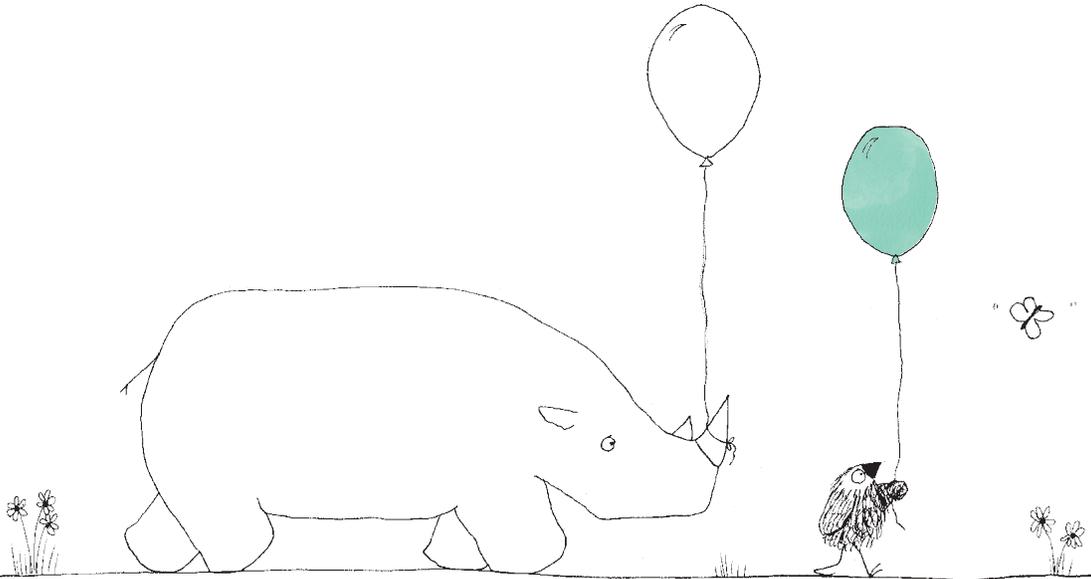
What helps ease the pain?



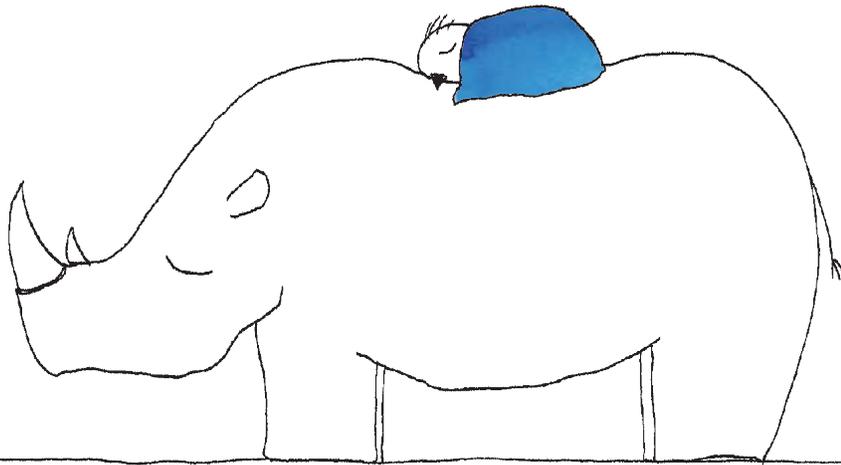
What helps you think clearly?



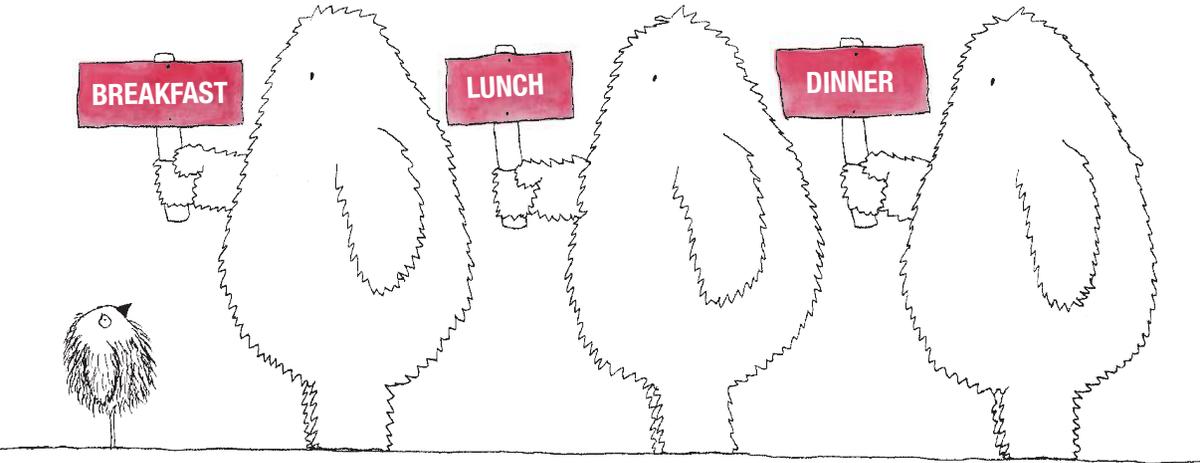
What makes a good day?

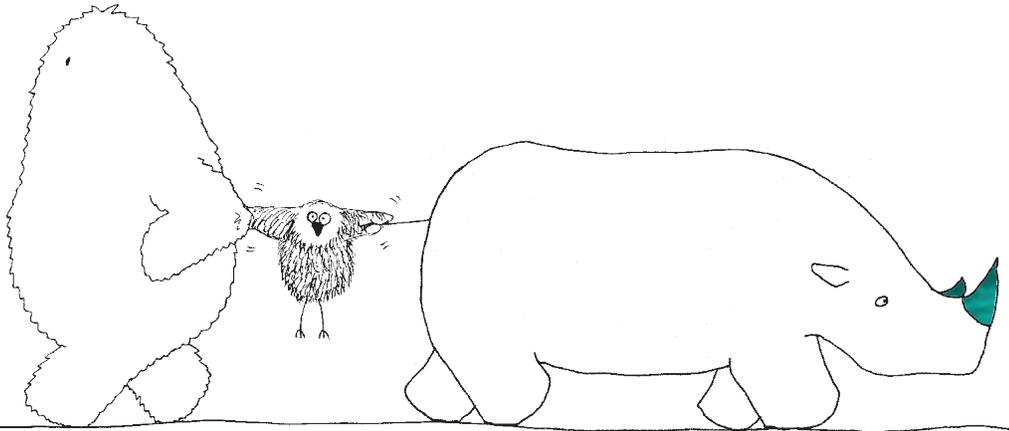


How can you rest, even for a moment?



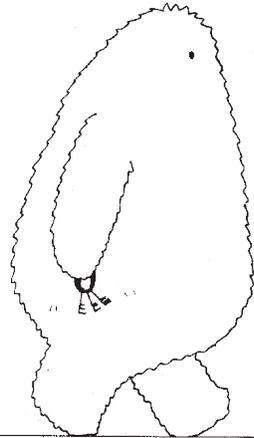
What helps you face everyday challenges?



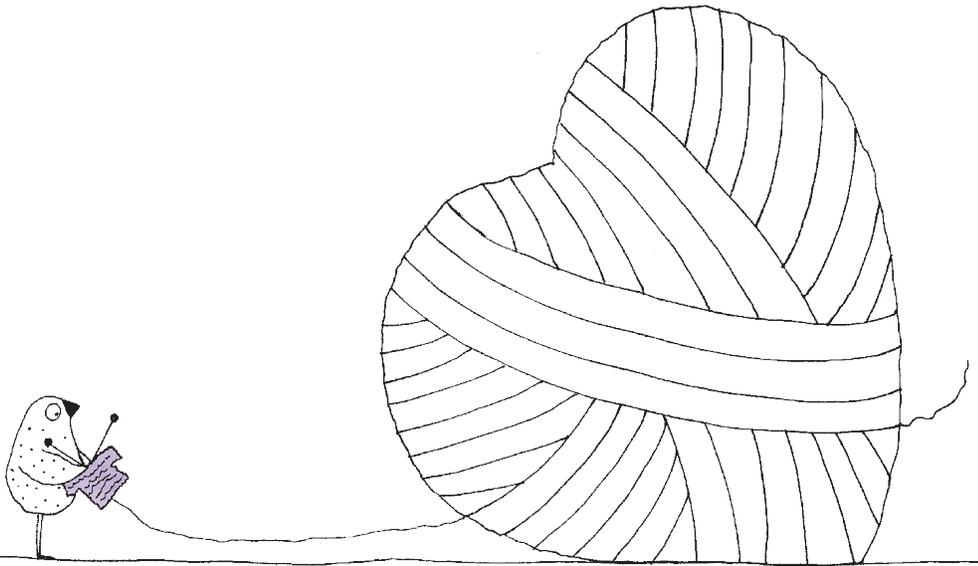


Is it really possible to hold onto both?

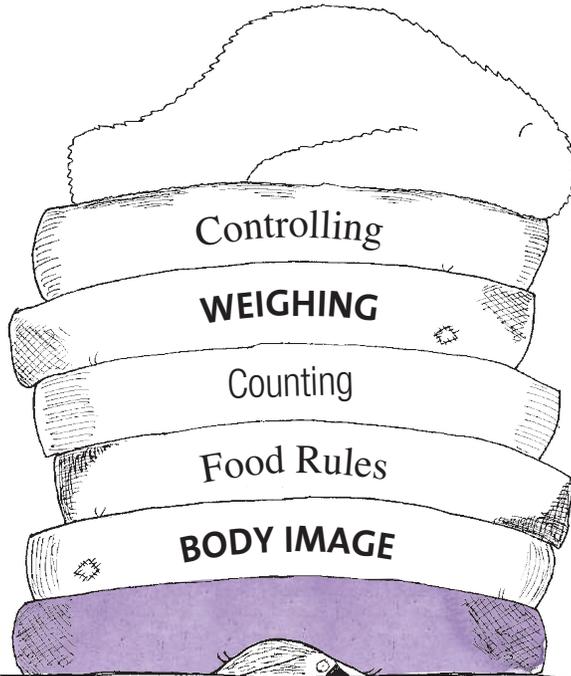
What is freedom to you?

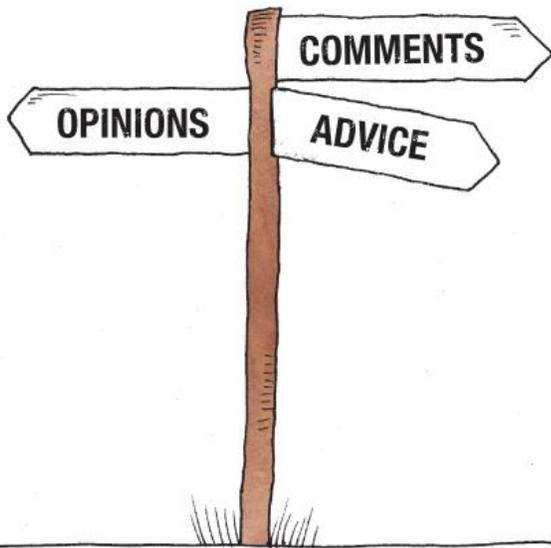


What can you do to take care of yourself today?



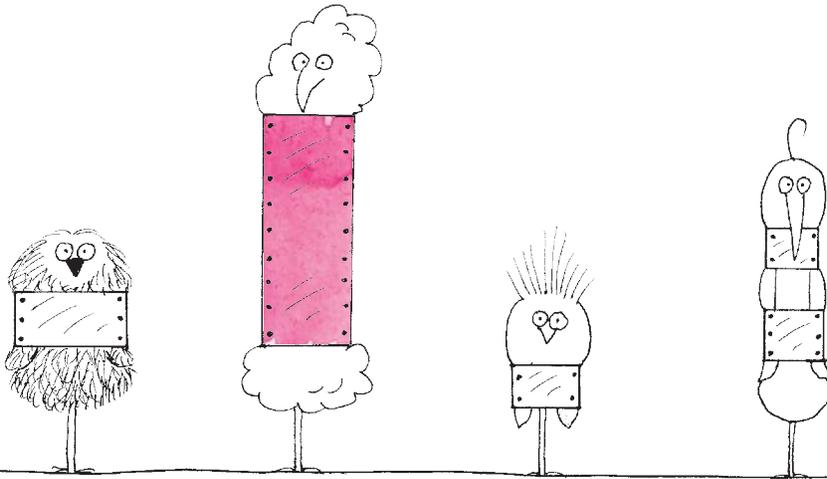
What's weighing you down?

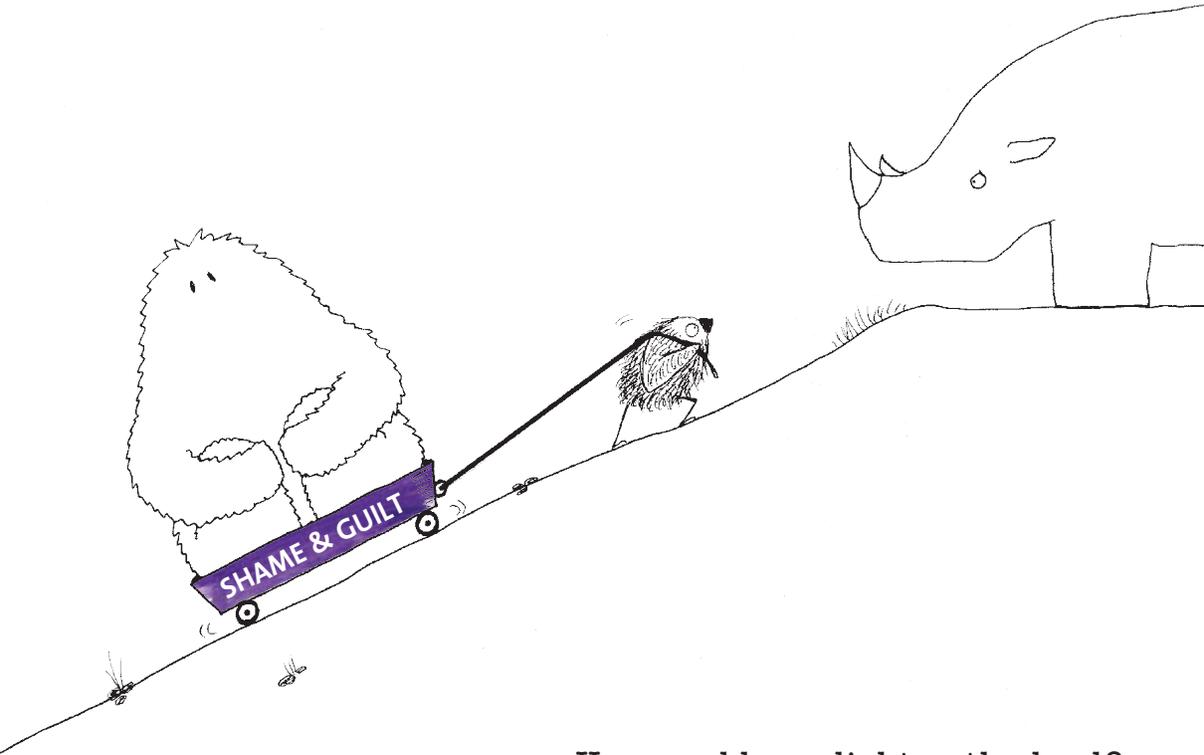




How do you know what's worth listening to?

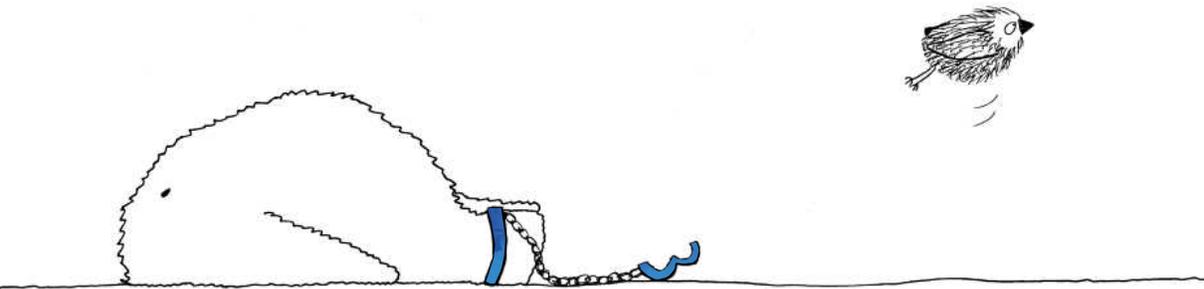
Who decides what looks good?

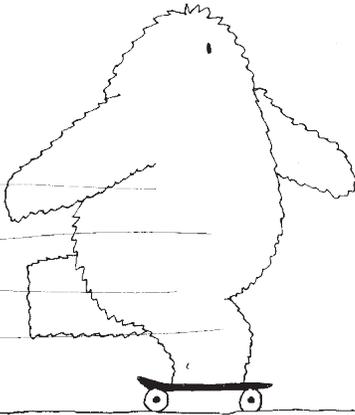




How could you lighten the load?

Can you imagine?

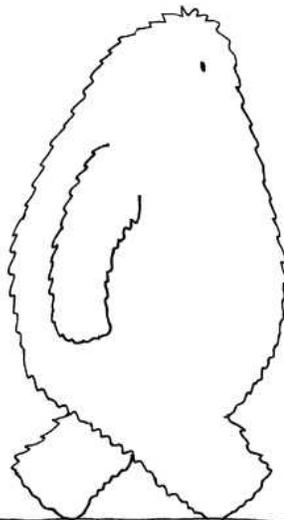




PERFECTION

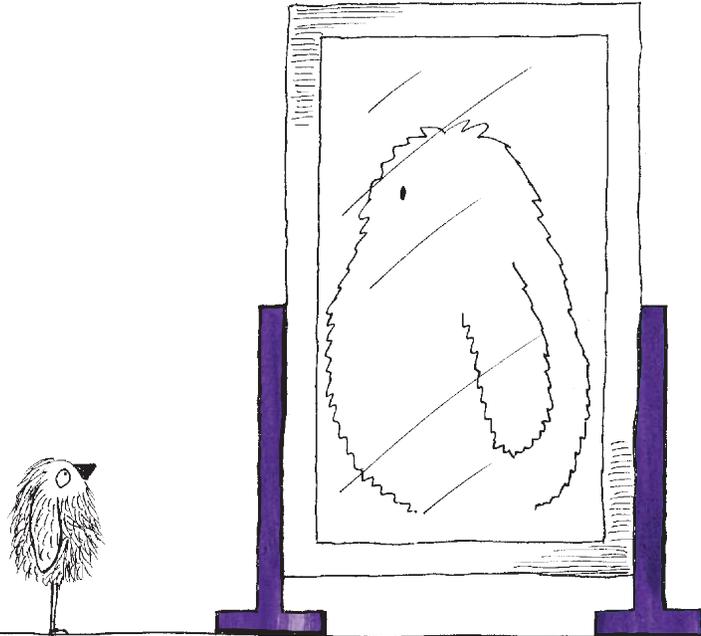


Can perfection ever be reached?



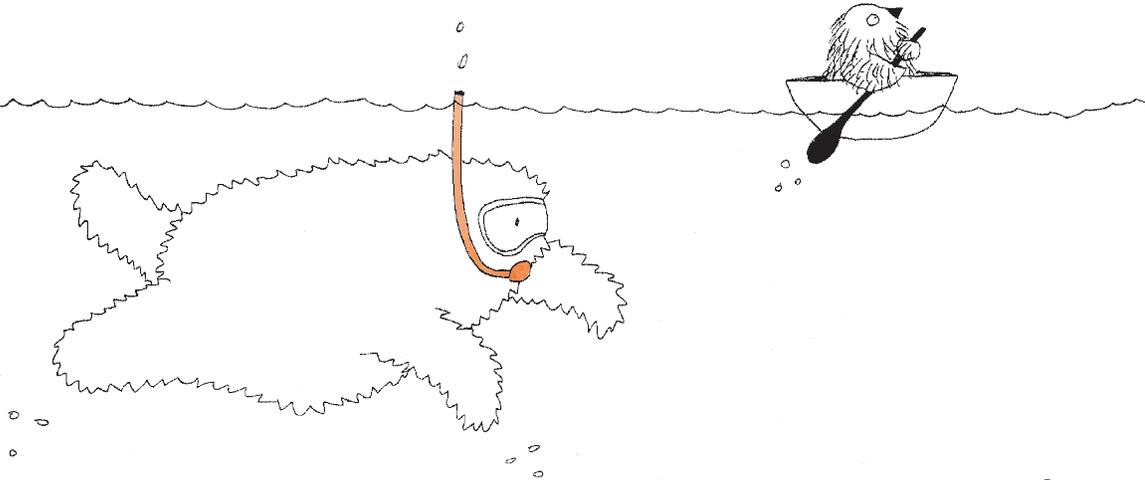
How do eating disorders affect the body?

What do you see when you look in the mirror?



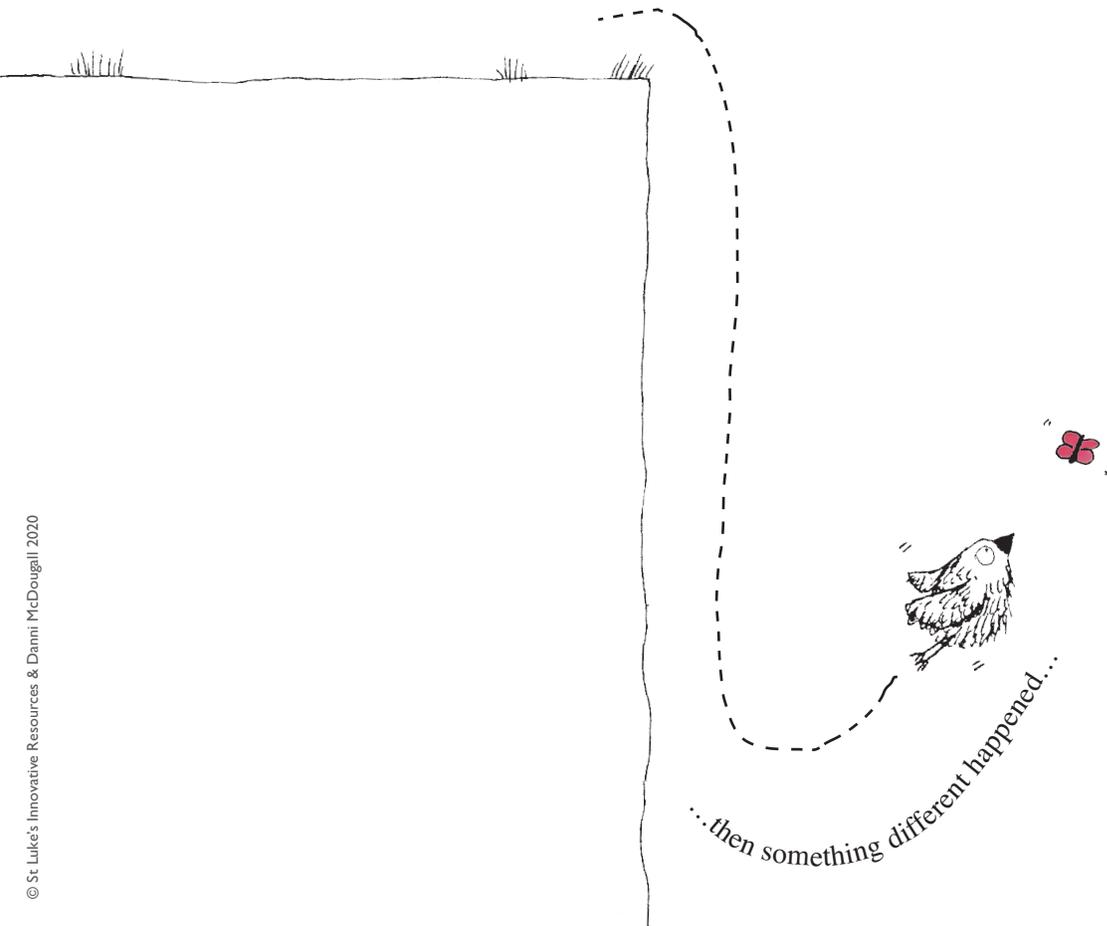


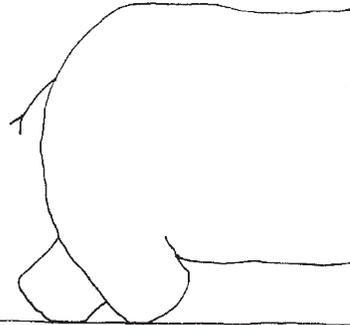
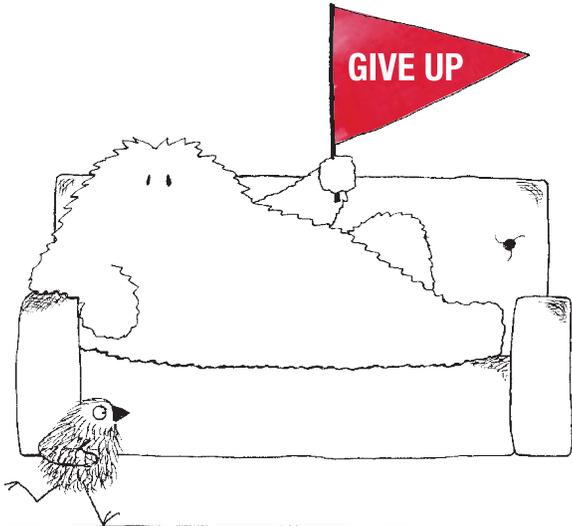
*Who are you beyond the problem?*



How do you know you are moving into dangerous waters?

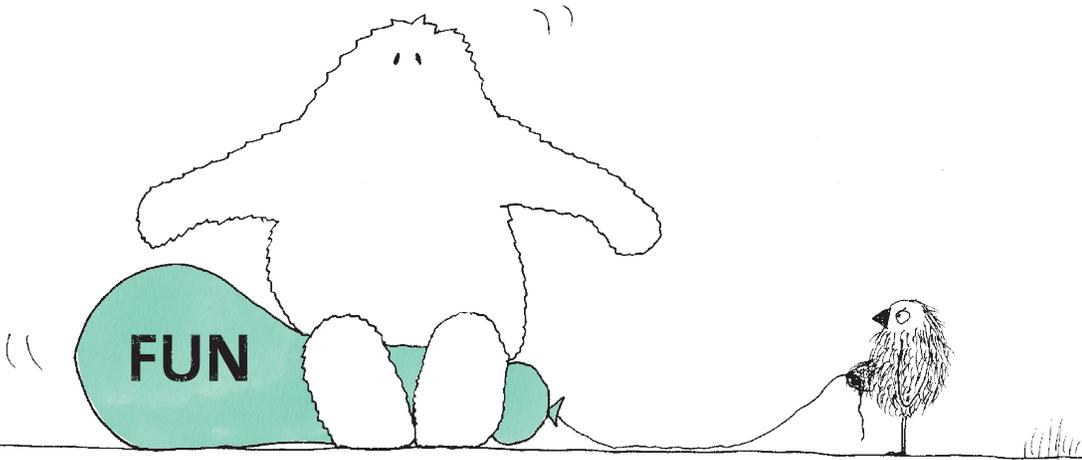
What if you surprised yourself?

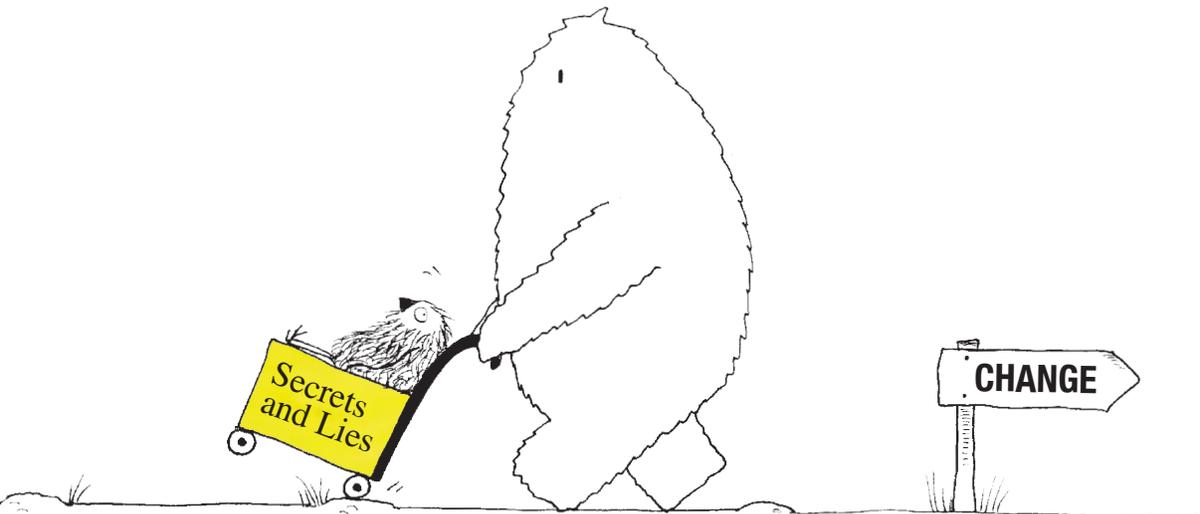




What keeps you going?

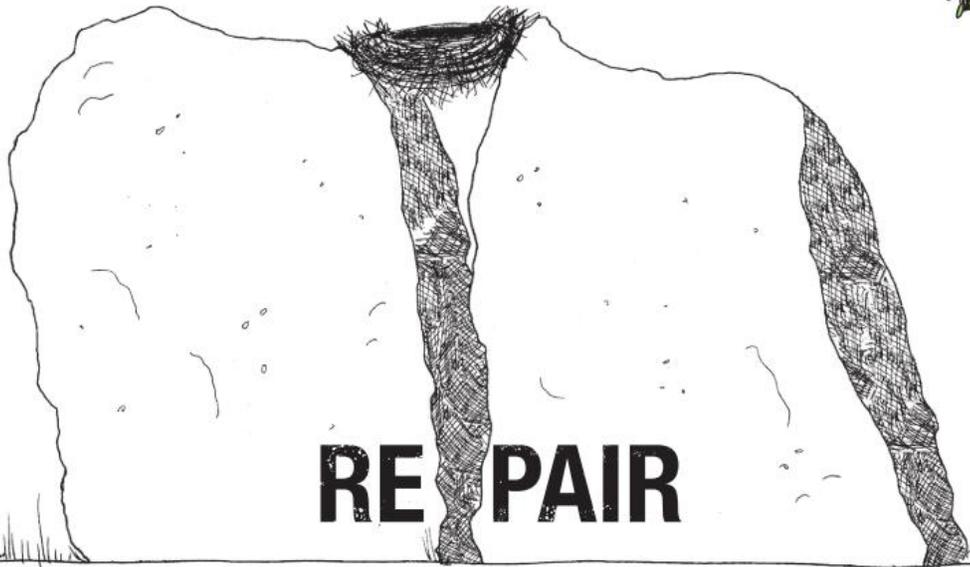
How can you reclaim some fun?





Where do secrets and lies lead?

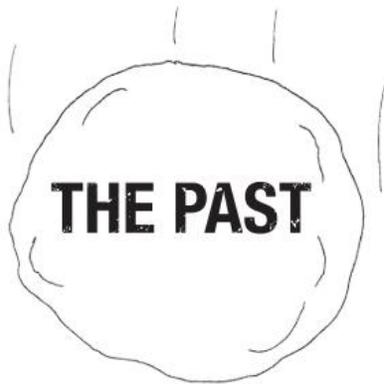
What are the little things that help?



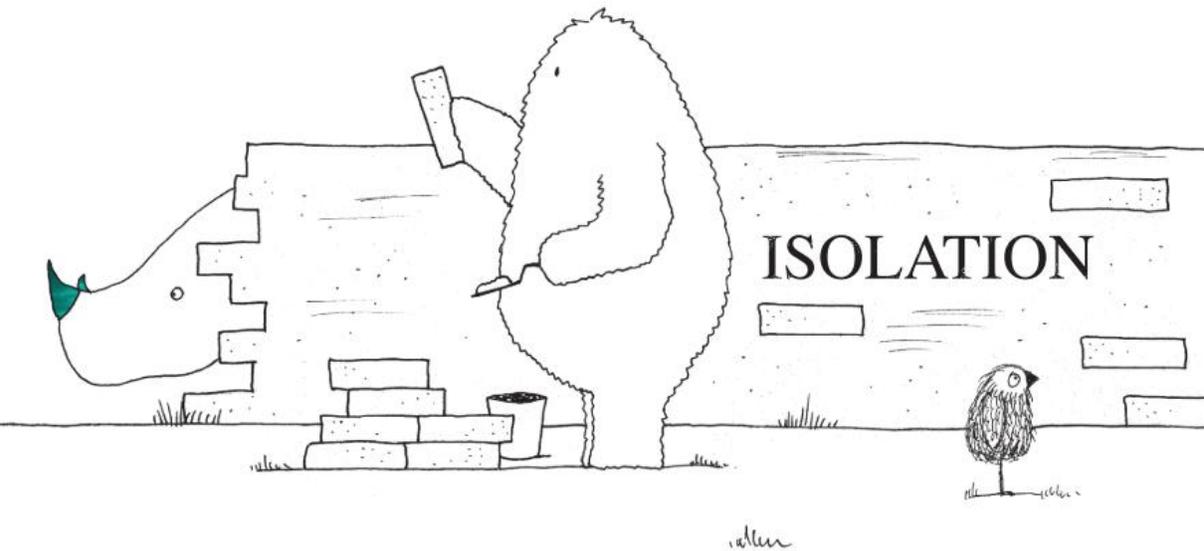
**REPAIR**

What are your building blocks towards recovery?



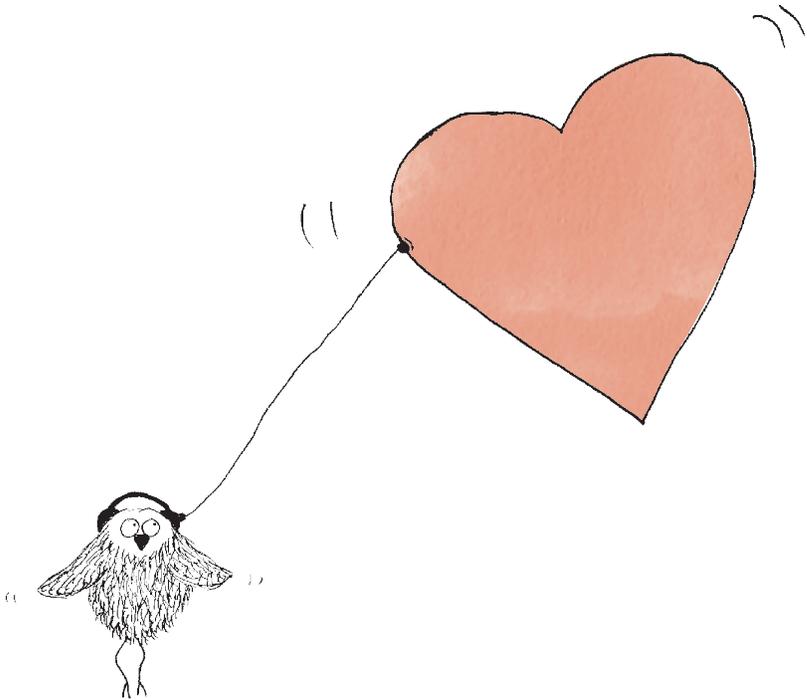


What helps you step away from the past?



When do you feel most alone?

What does your heart say?



What are you most afraid of?

