

## Making the Decision to Overcome your Eating Disorder

### Your Weight History

Regardless of which eating disorder that you currently suffer from, it has brought you to a common point. You are contemplating life without your eating disorder. As scary as it may be, even more worrisome is the thought of continuing down your path of self destruction.

*You may ask yourself, I am ready to give up my eating disorder?*

Strangely enough, your eating disorder has served a purpose for you. Have you yet begun to understand what that purpose is?

A good place to start is to make to recreate your eating disorder history.

1. How old were you when you began to have thoughts of dieting or that you needed to lose weight?

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2. Where did you learn this from? (Magazines, family, friends, television, medical professionals, etc.)

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3. How old were you when you were last happy with your body shape?

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4. What convinced you otherwise?

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5. How old were you when you first dieted?

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6. What attempts did you make at dieting? (commercial plans, medically supervised, fad diets or your own creation)

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7. What was the outcome of these attempts?

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8. If you gained or lost weight, did anyone notice? Did they make comments? How did this make you feel?

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9. At what point did your dieting get out of control? (Or if binge eating, when did this get out of control?)

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10. Are you ready to make an attempt at putting an end to your eating disorder?

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11. If not, why?

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12. If you do feel ready, are you doing it because you feel that it is a good thing, or are you being pressured?

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