

Express Your Self

Coping #2: Interventions



ED behaviors typically build in a sequence, starting with the initial trigger followed by specific thoughts, feelings, and actions which ultimately lead up to engaging in the full ED behavior (I=initial trigger, 10=full behavior). Identifying your specific sequence allows for you to find specific interventions at each step. With practice, you can catch your sequence building, and implement effective interventions. You can replace ED with IT!

ED Behavior Sequence

IT Intervention Strategies

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

How can you enhance your Intervention Strategies? Ask your EDIT™ Certified practitioner for help!