

Love Your Self

Self-Image #1: ED-IT Dialogue



Are you aware of a critical thought you've had recently – maybe one you're thinking *right now*? That's the voice of your Eating Disorder (ED), which is like an "inner critic." You also have an "inner guide" which speaks with compassion – that's the voice of your Intuitive Therapist (IT). It might seem like ED is the only voice you can hear in your mind, but as recovery progresses, you'll be able to turn up the volume of IT. Your EDIT™ Certified practitioner can model the voice of IT for you until you can hear IT clearly within your Self!

ED's critical thought (exactly as you say it to yourself):

IT's compassionate reply ("another possibility is..."):

ED's argument (what you'd say back to IT):

IT's nonjudgmental observation ("that's interesting..."):

ED's retort (what you think about this "other voice"):

IT's curious query ("what would happen if..."):

If you "get stuck," ask a friend or your EDIT™ Certified practitioner for help!