

Hungry Wolves:

False Self and True Self in Eating Disorder Recovery

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Positive
Pathways
OF RECOVERY

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About “Dr. Dorie”

- PhD – Biomedical Engineering (University of Michigan)
- MEd – Clinical Counseling (University of Akron)
- LPC – Licensed Professional Counselor (State of CO)
- LAC – Licensed Addition Counselor (State of CO)
- CEDS – Certified Eating Disorder Specialist (iaedp)
- Owner & Clinical Director – Positive Pathways, PLLC
- Creator & Trainer – Eating Disorder Intuitive Therapy (EDIT)™
- Author – Dr. Dorie’s *Don’t Diet Book, How Much Does Your Soul Weigh*



Presentation Concepts

The screenshot shows the website header for 'Gürze - Salvoore EATING DISORDERS Resource Catalogue'. The main content area features the article title 'Hungry Wolves: False Self and True Self in Eating Disorder Recovery' by Dorie McCubbrey, PhD, MEd, LPC, LAC, CEDS. A small portrait of Dr. Dorie is visible on the right side of the article preview.

<https://www.edcatalogue.com/hungry-wolves-false-self-true-self-eating-disorder-recovery/>

Cherokee Legend



The wolf that wins is the one we feed!

“False Self” & “True Self”



Terms Coined by Psychoanalyst D.W. Winnicott (1960's)

Hungry Wolves



Stephen Cope: *Yoga and the Quest for the True Self*

Hungry Wolves Presentation Learning Objectives

1. List the five transpersonal psychology principles which comprise Eating Disorder Intuitive Therapy (EDIT)[™]
2. Describe the concepts of “false self” and “True Self” from the perspective of the EDIT[™] approach
3. Discuss five techniques from the EDIT[™] method, how these techniques facilitate a shift from false self to True Self, and why this transformation enhances eating disorder recovery

Causes of Eating Disorders

- Psychological (*trauma, negative affect*)
- Cognitive-Behavioral (*diets, negative body image*)
- Hormonal (*ghrelin, leptin, insulin, cortisol*)
- Digestive (*PYY, GLP-1, intestinal microbiota*)
- Neurobiological (*dopamine, opioids*)
- Genetic (*history of ED in families*)

Source: DSM-5 (2013), Da Silva et. al. (2013), Ionut et. al (2013), Lin et. al. (2000)

Transpersonal Psychology

- The word “transpersonal” can be defined as:
“experiences in which the sense of identity or self extends beyond (trans) the individual or personal to encompass wider aspects of humankind, life, psyche or cosmos” – Walsh et. al. (1993)
- Key themes in “transpersonal” definitions include:
“states of consciousness; higher or ultimate potential; beyond the ego or personal self; transcendence; the spiritual” – Lajoie et. al. (1992)
- Spiritual Psychology, Integrative Psychology, Holistic Psychology

What Is Intuition?

Immediate knowledge
without rational thought

A gut feeling

A thing one knows from
instinctive feeling rather
than conscious reasoning

One's sixth sense

Intuitive Messages in Recovery

Internal Messages

- “inner knowing”

External Messages

- “sign” or “coincidence”
- trusted “messenger”
- ... a parakeet?



Eating Disorder Intuitive Therapy (EDIT)™



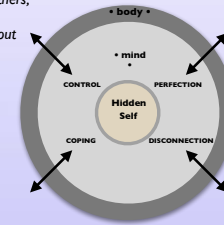
false self (ED) – True Self (IT)



Eating Disorders (ED) arise from the “false self”

The ED mind looks to society's standards and opinions of others, then attempts to control the body with rigid demands about eating, exercise and weight

The ED body is like a shell, which is molded and shaped in attempts to achieve worldly ideals, while criticized by the ED mind, “not good enough!!!”



ED behaviors are used as a means of coping with perceived imperfection, possible past traumas, and false-self incongruence

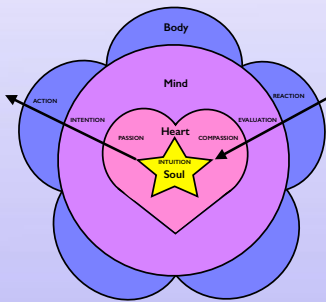
The ED mind ignores feedback from the body, avoids awareness of emotions, and imposes ED behaviors which create social isolation



The Intuitive Therapist (IT) recovers the “True Self”

The INTUITIVETHERAPIST (IT) offers “Self-Help” to facilitate full expression of the TRUE SELF, based on the Inner Wisdom of the “Soul-Heart-Mind” to guide the Body in the world

To interact in the world, the True Self is inner-guided, from Soul (INTUITION) to Heart (PASSION) to Mind (INTENTION) to Body (ACTION)



In response to world events, the True Self “goes within,” from Body (REACTION) to Mind (EVALUATION) to Heart (COMPASSION) to Soul (INTUITION)



EDIT™ theory:

CBT/DBT/ACT
Transpersonal
Voice Dialogue
Jungian
Intuitive Eating

EDIT™ principles:

Love Your Self
Be True To Your Self
Express Your Self
Give To Your Self
Believe In Your Self

EDIT™ outcomes:

Holistic Self-Image
“Normal” Eating/Exercise
Emotion Regulation
Self-Care Practices
Relapse Prevention



from ED... (false self)

“feeling fat”
general self-criticism
outer-directed/people-pleasing
diets/weight loss focus
disconnected from feelings
using food to change mood
self-sacrificing/selfless
minimal self-care

Love Your Self
Be True To Your Self
Express Your Self
Give To Your Self
Believe In Your Self

... to IT (True Self)

Nurturing Body Image
Self-Compassion
Inner-Guided/Intuitive
Intuitive Eating/Exercise
Aware of Feelings/Needs
Healthy Coping Strategies
Giving to Enhance Self
Intuitive Self-Care



The Appetizer...



Love Your Self

Self-Image #1:
ED-IT Dialogue

Are you aware of a critical thought you've had recently - make one you're thinking right now? Think the voice of your Eating Disorder (ED) which is like an "inner critic". You can 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 tune up the voices 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 (recently or you say it to yourself)



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



ED's engagement (what could you do about it?)



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



ED's request (what do 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!

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The Entree...





Be True To Your Self

Intuitive Eating #1:
The Three Reasons WHY We Eat



The reasons why we eat can be categorized into three main areas. Let's explore each:

- HUNGER** – this is your body's PHYSICAL NEED for food (to satisfy energy requirements, support nutritional needs, sustain the body's life). What are ways you recognize hunger in your body?

An **INDIGIBLE HUNGER** (need for large amounts of food or need to eat when often can be triggered after periods of fasting, being in ANOREXIA, etc.) is known to you? Describe the details.
- APPETITE** – this is a PHYSICAL DESIRE for food based on TASTE or SENSORY level of food, using an advertisement for food etc). Describe your appetite for food and how this differs from hunger?

An **INDIGIBLE APPETITE** (desire for large amounts of food, or to eat very often) can occur in response to eating specific foods, especially with trigger foods. The desire to eat the "signature smores" of the kitchen is stimulated by these "trigger foods," unlike in what occurs in people with "normalizing" appetites. Hence, the term **FOOD ADDICTION** is often used to describe the extreme craving. Do you want to have some "trigger foods"? List them here, and what typically happens when you eat these.
- COMFORT** – this is an EMOTIONAL DESIRE for food based on MOOD (depression, anxiety, etc). Eating creates various biochemical changes in the body, which can have an effect on emotions. Do you "eat comfort food," which you occasionally eat as a means of self-soothing? Describe.

An **INDIGIBLE COMFORT CRAVING** (desire for large amounts of food, or to eat very often) can occur when an individual cannot find the right "comfort" food. This often results in "right mood, wrong food" as a result of coping with your trauma. The type of behavior is linked to **EMOTIONAL DISORDERS** and **BURNOUT** (do you eat food as a means of coping)? How often? What are your emotional triggers?

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Side Dish...



EDIT™ Principle #3
Express Your Self



Express Your Self

Healing #3:
The Mask



Have you ever noticed that you wear a "mask" sometimes -- projecting who you think you should be or act the part, while hiding who you don't want others to see on the inside? Use the diagram to illustrate your mask:

"Ideal self"
(qualifies I want others to see about me)

"Shadow self"
(qualifies I try to keep hidden)

REFLECTION #1: What aspects of your "ideal self" are actually your "like self" -- qualities that you with you desire, how to try to show and/or desire being to display? Circle these out in the diagram above.

REFLECTION #2: What aspects of your "shadow self" are actually your "like self" -- qualities that you with you don't like to hide and/or like being able to display? Circle these in the diagram above.

REFLECTION #3: What happens when you wear your mask? What would it be like to be seen without your mask?

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Beverage...



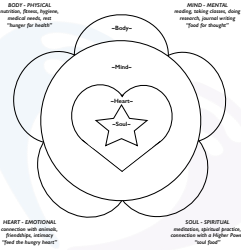
EDIT™ Principle #4
Give To Your Self



Give To Your Self

Self-Care Routine #3:
Ways to Care for My Self

Consider your "The Self" in its four main categories - Body, Mind, Heart, Soul.
List Self-Care ideas for each:



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Dessert...



Believe In Your Self

Recovery #1:
Winning the War-Within

Sometimes it can seem like you have a "war within" between the positive and negative of recovery. Sometimes you might feel torn between the recovery while other times you may not do so. It's important to honor all of your thoughts and feelings about recovery without judgment. Make notes on the "War-Within" illustration below.

<p>NEGATIVES of ED (Disruptive to lasting recovery)</p>	<p>POSITIVES of ED (Beneficial to lasting recovery)</p>
<p>POSITIVES of ED (Beneficial to lasting recovery)</p>	<p>NEGATIVES of ED (Disruptive to lasting recovery)</p>

In which corner of the grid did you write the most? Which corner has been most compelling? What is causing you "war within" and how can recovery win? Use your EDIT™ Carded postcards to help to enhance the evidence represented on the top half of the grid and to address any concerns revealed in the bottom half of the grid from your observations and inner voice.

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So... Which Wolf Wins?



ED surrenders, and joins the winning side!

In The Mirror



Peppy's Message

"In The Mirror"—a Poem by Dr. Dorie



I wrote this poem at the end stages of my eating disorder recovery. At that time, I had a particular mirror Peppy took the night before to be used by Frank around my apartment, but he preferred to sit on the edge and gaze at his reflection in the mirror. He would pinch his nose at the image, as if he were being himself. He'd scoot and sing to his reflection, and would usually say these words: "I Love You!" Over and over and over and over. "I Love You! I Love You! I Love You!"

Meanwhile, I hated the image I saw in the mirror in fact, I tried to avoid looking in the mirror at all. There's a legend to remember - "When I Peppy has a message for me that's not to look in the mirror and see what I see?" So I began this during lunch. At first, I focused on parts of my body that I could feel. There's a way to take in my entire reflection, seeing exactly what I look and feel "peppy good" about myself.

Finally, as I was getting out of the shower one day I stepped and looked at my entire naked body in the mirror. I aghast gasped, and regarded my reflection with... love. I looked in the mirror and said out loud "I Love You!" There's a moment where my face as I reached this place of peace with my body and unconditional love for my entire being.

The day after I reached this place of peace, Peppy died. It was as if his purpose in my life was complete, to deliver the message "I Love You!" to me. For my peace after this, I read Peppy's message in my own. After becoming a comedian, I realized that Peppy's message is for all of my clients too...

And Peppy's message is for YOU.

When I look in the mirror

what do I see?

It is my own reflection

looking back at me!

Do I see someone

I don't love me?

Do I focus on things

I don't feel good

Or can I see compassion

and give it a smile or nod?

Can I look on myself

and say "I Love You!"

For it is with this Self

trust for the day

And I know self-compassion

is the only way

I can live the moment

to get to the next

And I realize to see my life

is not to see me

So when I look in the mirror

what do I see?

I see a vision of my Self

being.

All that I can be

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