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Freedom from Eating Disorders, LLC

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Journaling Page
Journaling Questions
Note Cards
Coloring Page - SNAP
Quiz
Answer Key for Quiz
Worksheet
Journaling Page

Verses and Quotes for Recovery

Verses and quotes for when you’re tempted to give in to eating disorder behaviors

______________________________________________________________________________
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______________________________________________________________________________
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Verses and quotes for when you need encouragement to stay on track in your recovery

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Verses and quotes for when you’re tempted to give up on your recovery

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Verses and quotes to help you recover from a relapse

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______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
Journaling Questions

1. What does food represent to you and why? For example, does it represent fear, comfort, control, or an emotional anesthesia?

2. When you think of eating an appropriate amount of food, how does that make you feel and why?

3. Do you get some kind of a high from the way you eat? If so, in what way?

4. Is food your friend or your enemy and why?

5. Can you identify some emotions that either drive you to or away from food? What else can you do with these feelings instead of turning to food-related behaviors?
Food is just food. It has only the power you give it.

_Laurie Glass_

Invite God to your table. Imagine him with you. Let his presence strengthen and comfort you.

_Laurie Glass_

Think of how good you're going to feel after meeting your dietary goals. Imagine that feeling of accomplishment and satisfaction.

_Laurie Glass_

Maintain a list of reasons why you want to recover. Refer to it when you're tempted to engage in food-related behaviors.

_Laurie Glass_

Use the opportunity when you're tempted to go off your meal plan, or otherwise engage in food-related behaviors, to invite God's power into your recovery.

_Laurie Glass_

"God is our refuge and strength, an ever-present help in trouble."

Ps. 46:1

"...For the Lord comforts his people and will have compassion on his afflicted ones." Isa. 49:13b

Do your best to view a meal plan as a plan for health and freedom.

_Laurie Glass_
Stop

Now

And

Pray
Quiz

1. Food doesn’t have to be your __________________ nor does it have to be your __________________.

2. Food can give you comfort. True or False? ______________

3. Denying yourself food puts you in control. True or False? ______________

4. Food is vital for your ________________. The ________________ of it is vital for your health.

5. Concentrate on preparing your body for ________________.

6. Invite ___________________ to your table.

7. Maintain a list of ____________________ why you want to ____________________.

8. It’s okay to do prescriptive eating until you have reliable hunger signals and emotional freedom and are able to do intuitive eating. True or False? ______________

9. Food is just ________________ and has no ________________ in and of itself.

10. A meal plan is about more than weight gain or loss. It’s a plan for ________________ and ________________.
Answer Key for Quiz

1. friend, enemy
2. False
3. False
4. survival, balance
5. service
6. God
7. reasons, recover
8. True
9. food, power
10. health, freedom
Christian Eating Disorder Recovery Course

By Laurie Glass

Lesson name

Checklist (check which portions you have read, printed, or completed)

____ Teaching

____ Inspirational piece

____ Homework assignment

____ Journaling page

____ Journaling questions

____ Note cards

____ Coloring page

____ Quiz

Take-aways - Which points or verses in the lesson were new to you or resonated with you?

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______________________________________________________________________________

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Application - How will you apply what you've learned in this lesson to your recovery?

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