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Freedom from Eating Disorders, LLC

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Christian Eating Disorder Recovery Course

Change Your Thoughts

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Journaling Questions

1. What is the most prominent negative thought you have about yourself as a person? Where did it originate? What can you use to replace it?

2. What is the most prominent negative belief you have about your body? Where did it originate? What can you use to replace it?

3. Have others played a role in the lies you believe about yourself? How have you let their opinions affect you? How can you change your mindset so their comments don't hurt you?

4. How might your recovery change if you replace your negative perceptions about your chances of recovering with positive, hopeful conclusions based on God's promises?

5. What are your beliefs about your recovery? Are they enhancing or hindering your recovery efforts?

Changing your thoughts is a process that will take patience, persistence, and perseverance, so please be gentle with yourself.

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Satan is the enemy. The eating disorder is the enemy. You are NOT the enemy, so don't treat yourself as if you are.

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"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will." Rom. 12:2

Stand up to the lies and "truth them to death."

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The eating disorder may win some battles along the way, but don't let it win the war. That victory belongs to you.

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"We demolish arguments and every pretention that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." 2 Cor. 10:5

If you believe the truth instead of lies, imagine how your life might be different.

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Respect yourself as God's child and work to change your thoughts and feed the healthy voice.

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Cleansing power

Healing power

Restoring power

Identifying power

Strengthening power

Transforming power

Quiz

1. Your thoughts affect your emotions and _____.
2. Emotions are irrelevant to recovery. True or False? _____
3. There's a constant battle for your thoughts -- eating disorder voice v. _____ voice.
4. " _____ the devil, and he will flee from you" (James 4:7).
5. Satan is the father of _____.
6. Renewing the mind brings transformation. True or False? _____
7. Paul instructed the Philippians to think of whatever was _____, _____, _____, _____, _____, _____, or _____. (Phil. 4:8)
8. Just determine not to think negative thoughts, and that will be enough. True or False? _____
9. Changing your thoughts is a process that will take _____, _____, and _____.
10. Stand up to lies and " _____ them to death."

Answer Key for Quiz

1. behaviors
2. False
3. healthy
4. Resist
5. lies
6. True
7. true, noble, right, pure, lovely, admirable, excellent, praiseworthy
8. False
9. patience, persistence, perseverance
10. truth

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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?

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