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Freedom from Eating Disorders, LLC

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Christian Eating Disorder Recovery Course

Deal with Relapses

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Journaling Page

Examine the Relapse and Move Forward

What was on your mind and what emotions did you feel prior to engaging in the food-related behavior? _____

Why did you feel that way? _____

Looking back, is there something else you could have done – a way you could have changed your thoughts or processed your emotions that would have prevented you from engaging in the food-related behavior? _____

Looking forward, what can you do to redirect your thoughts and process your emotions so you won't resort to the eating disorder? _____

What will you do to put your slip behind you? _____

Journaling Questions

1. When you consider what triggered the relapse, what was it about that trigger that led you to slip? What thoughts and feelings did that trigger provoke?

2. How do you feel about the relapse? Are you beating yourself up or are you able to offer yourself some grace? Explain.

3. What have you learned from your relapse?

4. Is there something you can do to prevent a future relapse? If so, what?

5. Can you see relapses as stepping stones? Why or why not?

"But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Phil. 3:13b-14

"But when you are tempted, he will also provide a way out so that you can stand up under it."
1 Cor. 10:13b

Think of a trigger as a prompt to turn to the Lord instead of the eating disorder.
Laurie Glass

Use a relapse as a stepping stone to a stronger you.
Laurie Glass

Give yourself credit for the positive and healthy steps you've taken. They count.
Laurie Glass

Just because you struggled for a time in the day doesn't mean you can't get back on track for the rest of the day. Each minute is a new one.
Laurie Glass

Imagine placing your relapse in God's hands, a place where you no longer have to ruminate on it.
Laurie Glass

You don't need to keep dragging the relapse around with you. Carry what you learned from it, but leave the rest behind.
Laurie Glass

First

Attempt

In

Learning

Quiz

1. Relapses are common in recovery. It's normal to struggle, and even _____ sometimes.
2. Recovering from your eating disorder is one of the most _____ things you'll ever do. Give yourself _____ for the _____ to try.
3. A setback doesn't _____ your recovery. It doesn't mean you won't recover, you've lost ground, or that you've failed.
4. You can get back on track at any time. Each _____ is a _____ one.
5. Change your perspective on _____. Think of them as prompts to turn to the Lord instead of the eating disorder.
6. Imagine placing your relapse in _____ . Carry what you've learned from it, but leave the rest behind.

Answer Key for Quiz

1. fall
2. difficult, credit, courage
3. define
4. minute, new
5. relapses
6. God's hands

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?

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