Christian Eating Disorder Recovery Course
By Laurie Glass

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Freedom from Eating Disorders, LLC

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Christian Eating Disorder Recovery Course

Face Your Fears

Journaling Page
Journaling Questions
Note Cards
Coloring Page - FEAR
Quiz
Answer Key for Quiz
Worksheet
### How You Will Face Your Fears

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<th>Surface or underlying fear</th>
<th>A plan to face that fear</th>
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Journaling Questions

1. What area of your recovery are you most afraid to address and why?

2. Which one of your fears seems most manageable to face and how will you face it?

3. How would your life be different if you were able to conquer even some of your fears?

4. Are you afraid to recover? If so, why?

5. Can you see any of your fears as irrational? If so, which ones and why?
Peel fear off you and toss it away any chance you get.
Laurie Glass

Fear can be stubborn, but you can be stubborn, too. Leave your fears with the Lord: time and time again if that's what it takes.
Laurie Glass

Stare down fear as you consume and enjoy healthy foods in healthy amounts.
Laurie Glass

"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."
1 John 4:18

Bask in God's love. It's the greatest antidote to fear.
Laurie Glass

Celebrate each time you face a fear and build on that experience.
Laurie Glass

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."
Phil. 4:6-7

Let fear know that you aren't going to live under its control, that it has no place in your heart. God has better things in mind to fill that space.
Laurie Glass
Face

Everything

And

Rise
Quiz

1. ____________________  ____________________ is the greatest antidote to fear.

2. Accept that ____________________ is going to happen and consider how you can handle it when it does.

3. Realize that some of your fears are probably ____________________. Be honest with yourself and ask for help to discern this about your fears.

4. There's no need to fear ____________________. It will bring wonderful benefits that will add to your life.

5. Instead of using your energy to criticize yourself over your fears, use it to ____________________ about them.

6. Fear can be ____________________, but you can be ____________________, too. Leave your fears with the Lord: time and time again, if that's what it takes.
Answer Key for Quiz

1. God’s love
2. failure
3. irrational
4. recovery
5. pray
6. stubborn, stubborn
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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?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________