

Journaling Questions to Help You Face Your Fears

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[Journaling in Eating Disorder Recovery](#).

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When I look beyond the food-related behaviors, deep down, what is it that I really fear and why?

Do I believe I can break free of my fears? Is there any reason this may be difficult for me to believe?

Which fear am I willing to face first, and how can I do that?

From [Journaling in Eating Disorder Recovery](#) by Laurie Glass, Freedom from Eating Disorders