

Practical Exercise 2

In your notebook, jot down what you think some of the advantages of *changing* your eating disorder would be. Think about what you'd like to change and the most important reasons why you'd like to make those changes.

The next step is to jot down the disadvantages of making changes. What would concern you the most? What do you fear might happen?

Complete the two columns, then take some time to think about what you've learned from this exercise.

And on this worksheet, there's a 0 to 10 scale so that you can measure how you're feeling about it all. How much do you want to change right now? How ready do you feel for change? How willing are you to change?

Again, Samantha's worksheet is included as an example.



Samantha's Worksheet 2: Advantages and Disadvantages of Changing

Advantages	Disadvantages
<ul style="list-style-type: none">• I will feel better physically – I'll have more energy, and won't have any more sore, hoarse throats. My hair will become thicker because it'll stop falling out• I'd probably feel less anxious and depressed• If I weren't so concerned about eating alone so that I could binge alone I'd be more comfortable with other people and would probably have more friends than I do now• I'd have more time to think about my work and music• I'd be able to spend money on other things than food	<ul style="list-style-type: none">• I'll gain weight and get fat• I'll have difficulty restraining myself and will lose control over eating• I'll end up substituting one eating disorder behaviour for another• My anxiety attacks won't go away if I don't binge and I'll come across to others as barking mad• My boyfriend will dump me

Summary



What have I learned from doing this exercise?

Seeing the pros and cons of changing has helped me recognise there are more advantages to changing than not. The fact is that my fears about what might happen if I stop may or may not be true but I'll never know unless I try and give it a go.



Ask yourself the following three questions and circle the number that reflects how you feel right now.

1. How much do I want to change?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Convinced

2. How ready do I feel?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Convinced

3. How able do I feel?

0 1 2 3 4 5 6 7 8 9 10

Not at all

Convinced