



# DISORDERED EATING JOURNAL

## STEP ONE: ADMIT:

**What was the situation?** Summarize the “who, what, before-after, where” of your temptation to disordered eating.

**How did I react?** Summarize the content of your thoughts and the choices you made. Use the four quadrant tool to identify both your actual reaction and other possible options.

## STEPS TWO & FIVE: ACKNOWLEDGE & CONFESS:

**What forms of thinking under-girded your disordered thinking?** Circle all that apply

All-Or-Nothing Thinking  
Mind Reading

Over-Generalization  
Personalizing and Blaming  
Should Statements

Discounting the Positive  
Magnification or Minimization  
Labeling

Emotional Reasoning  
Mental Filtering

**What are the consequences?** Physically and emotionally for you? As well as, how did your actions affect others?

## STEP THREE UNDERSTAND:

**What are my motives?** Circle or write in your motive/trigger.

Relaxation  
Protection

Reward  
Companionship  
Achieving

Control  
Numbing  
Punishing

Appearance  
Compensating

## STEP FOUR REPENT:

**How would God have me run to him in this experience?** What do repentance and faith look like now?

## STEPS SIX & SEVEN: RESTRUCTURE LIFE & IMPLEMENT:

**How did I leave myself susceptible to this struggle? What change is needed to prevent this?**

**What strategies to managing my disordered eating would be most effective in this situation?**

**What aspects of this struggle do I need to share with a friend, pastor, or counselor?**

	Obey	Disobey
Agree	<p>Most Dangerous: We believe what our flesh nature tells us about ourselves and obey what it tells us to do to make the situation "better."</p>	<p>Reality of Growth Step: There will still be times we are prone to agree with our flesh nature about ourselves, but even in these moments of weakness we are able to resist the "remedies" our flesh offers.</p>
Disagree	<p>First Growth Step: We disagree with what our flesh nature tells us about ourselves but still obey what it tells us to do to make the situation "better."</p>	<p>Ultimate Goal: We consistently disagree and disobey our flesh because our confidence in what God says and what God offers is the strongest voice guiding our life.</p>

	Obey	Disobey
Agree		
Disagree		