

Journal Prompts for Disordered Eating

Understanding the Relationship with Food

1. How do I feel when I think about food? Are there certain foods or eating situations that make me anxious or trigger negative emotions?
2. What does food represent to me—nourishment, control, comfort, guilt, or something else? How has this perception shaped my eating habits?
3. What emotions tend to drive my eating behaviors? How do I feel before, during, and after eating?
4. How does my body feel when I'm hungry or full? What signals or sensations do I notice in my body when I need food or when I've had enough?
5. What messages about food, weight, and body image did I receive growing up, and how have these messages impacted my relationship with food today?

Body Image & Self-Perception

6. How do I feel about my body right now? What positive qualities or things about my body do I appreciate, even if they are hard to recognize?
7. What are my biggest insecurities about my appearance? How can I challenge these negative thoughts and focus on my body's strength and function instead?
8. How do I define beauty, and whose standards am I trying to live up to? How can I cultivate my own definition of beauty that aligns with my true self?
9. How does my body change in response to eating or exercising? How can I learn to appreciate these changes instead of feeling ashamed or guilty?
10. When I look in the mirror, what is the first thing I notice about my body? How can I shift my focus to something I appreciate about my appearance?

Emotional Eating & Coping Mechanisms

11. What situations or emotions lead me to use food as a way to cope? How do I feel before I eat to numb or distract from emotions?
12. What do I turn to when I feel overwhelmed, stressed, or sad, besides food? How can I start practicing alternative ways to cope with emotions in a healthier manner?
13. What thoughts or beliefs arise when I eat certain foods? Are there foods I categorize as "good" or "bad," and how can I begin to release those labels?
14. When I feel the urge to binge or restrict, what emotions am I trying to avoid or control? How can I learn to face those emotions without using food?
15. How do I feel after eating when I've allowed myself to enjoy food without guilt or restriction? How can I practice more of these moments of self-compassion?

Restoring Healthy Eating Habits

16. What would it look like for me to trust my body's hunger and fullness cues? How can I tune into these signals more regularly?
17. What does a balanced meal look like for me? How can I create a more balanced relationship with food, focusing on nourishment rather than restriction or indulgence?

18. How do I feel about eating with others? What are some strategies I can use to feel more comfortable eating in social settings or family meals?
19. When I think about eating mindfully, what comes to mind? How can I practice being more present and focused during meals?
20. What barriers make it difficult for me to eat regularly or nourish myself adequately? How can I work to break down these barriers?

Challenging Unhealthy Thoughts

21. When I have negative thoughts about food or my body, what evidence do I have that challenges these thoughts? How can I reframe my thinking to be more compassionate and realistic?
22. How does my inner dialogue affect my eating habits and self-esteem? What affirmations or positive self-talk can I use to replace harmful thoughts?
23. When I think about dieting or restriction, what emotions come up for me? How can I cultivate a healthier mindset that encourages self-care and acceptance rather than punishment?
24. How do I handle situations where I feel judged by others for my appearance or eating habits? What boundaries can I set to protect my emotional well-being in these moments?
25. What steps can I take to let go of guilt around eating or my body image? How can I replace guilt with self-love and acceptance?

Support & Healing

26. Who in my life can I talk to about my struggles with food and body image? How can I reach out for support when I need it?
27. How can I create a supportive environment for myself to heal from my eating disorder? What people, places, or activities can I surround myself with to foster my recovery?
28. What professional support or therapy would be helpful for me on my journey to healing? How can I advocate for myself in seeking out the help I need?
29. How do I feel about my progress in healing from my eating disorder? What small victories can I celebrate in my journey to restore a healthier relationship with food and my body?
30. What does healing from my eating disorder look like to me? How can I begin to envision and move toward a life where I am at peace with food and my body?

Moving Forward & Building a Healthier Future

31. What are some goals I have for myself in terms of food, body image, and self-care? How can I break these goals down into small, achievable steps?
32. How can I practice self-compassion when I slip up or struggle with my eating disorder? How can I show myself kindness and patience throughout my healing journey?
33. What does a day in my life look like when I am at peace with food and my body? How can I work toward making that vision a reality, step by step?
34. How can I celebrate the moments when I feel empowered in my relationship with food? What actions can I take to reinforce that sense of strength and control?
35. How can I commit to treating my body with the respect and love it deserves, regardless of how I feel about it at any given moment?

