**Activity 5**

**Recognising your traps**

Read and respond to the questions below to recognise what might trap you in your eating disorder. Discuss it with your therapist / clinician.

**What would you miss if you gave up your eating disorder?** E.g., episodes of overeating / comfort eating, feeling empty, feeling the light-headedness of hunger.

**What type of feelings would you need to face if your eating normalised and you no longer used food to help?** Perhaps your eating disorder would not be there to help you to manage difficult feelings, such as loneliness, upset, or anger?

**How would others treat you if you gave up your eating disorder?** Perhaps your eating disorder would be angry that it would not be treated as “special”, would others demand or expect more from you?

**How would you feel about yourself if you started eating normally?** Perhaps your eating disorder would make you feel like a failure if you gave up strict dieting or didn’t stick to your exercise regime.