


RECOVROAD

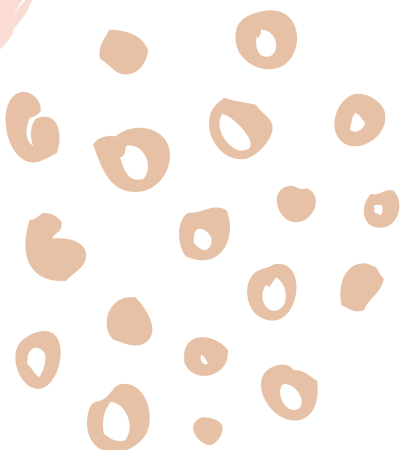



# Recovery Journal

## SEVEN DAYS



THANK YOU FOR DOWNLOADING THIS WEEK-LONG RECOVERY JOURNALING GUIDE. THESE PROMPTS AND EXERCISES HAVE HELPED ME THROUGH ME OWN JOURNEY, SO I HOPE YOU ENJOY AND GET SOMETHING OUT OF THEM. REMEMBER TO TAKE CARE OF YOURSELF AND TALK TO YOUR THERAPIST AND/OR SUPPORT SYSTEM AS NEEDED THROUGH THIS PROCESS. I AM NOT A PROFESSIONAL, SIMPLY SHARING MY HELPFUL TIPS AND TRICKS- SEE DISCLAIMER ON MY BLOG. SENDING LOVE YOUR WAY!



# *Beginning of the Week Check-in*

HOW ARE YOU FEELING TODAY?

WHAT THREE THINGS ARE YOU  
GRATEFUL FOR?

WHAT IS SOMETHING THAT IS  
BOTHERING YOU OR SOMETHING YOU  
CAN WORK ON THIS WEEK?

HOW ARE YOU TAKING CARE OF  
YOURSELF THIS WEEK? WRITE DOWN A  
SPECIFIC IDEA FOR SELF-CARE.

# My Reasons for Recovery

IN THIS SPACE, WRITE DOWN YOUR TOP 10 REASONS TO RECOVER/STAY IN RECOVERY. BE CREATIVE AND PERSONAL- ADD COLORS, ART, AND/OR STICKERS!

1.

2.

3.

4.

5.

6.

7.

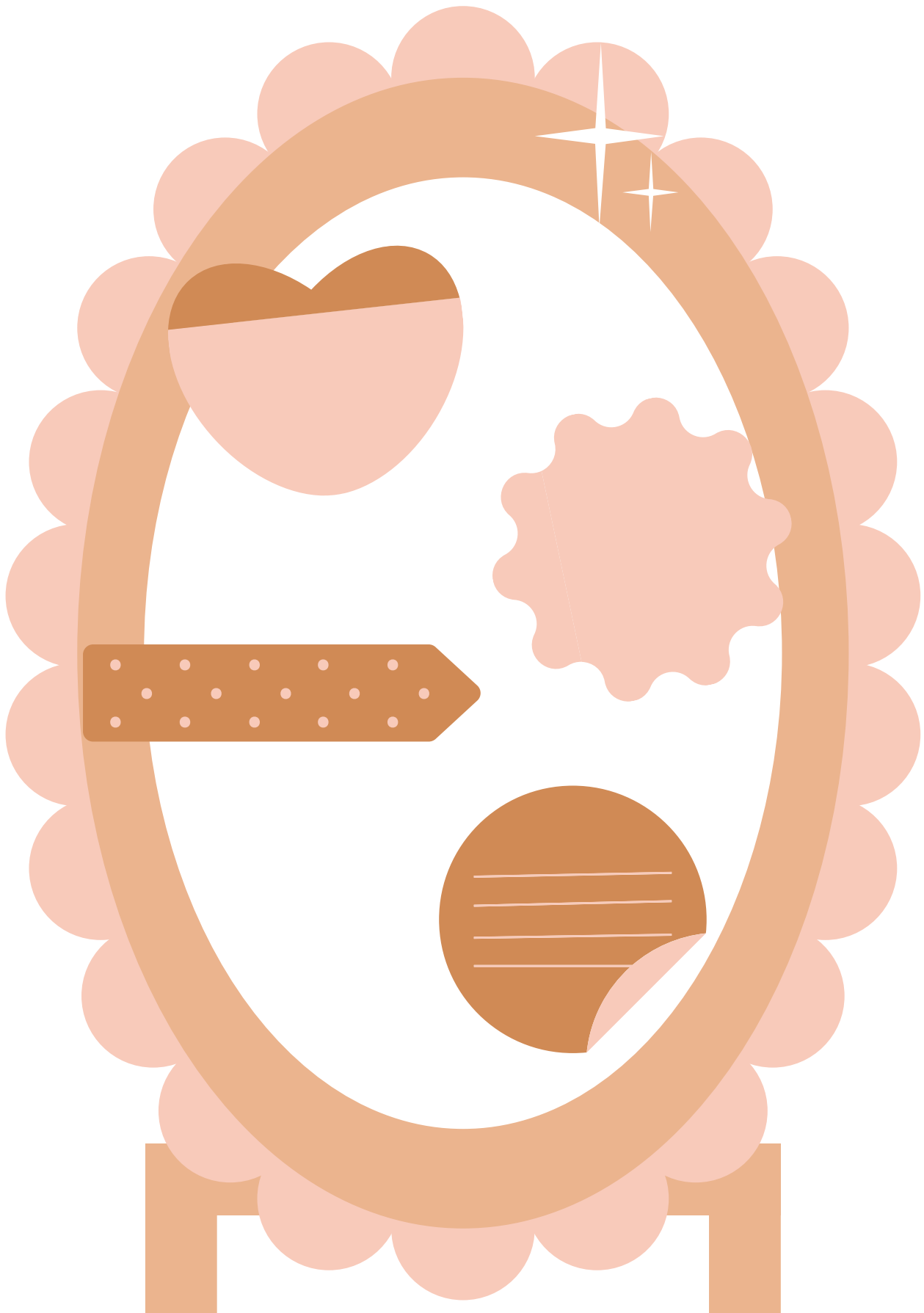
8.

9.

10.

# Mirror, Mirror

IN THIS SPACE, WRITE DOWN ENCOURAGING NOTES ON YOUR MIRROR TO LOOK BACK ON LATER!

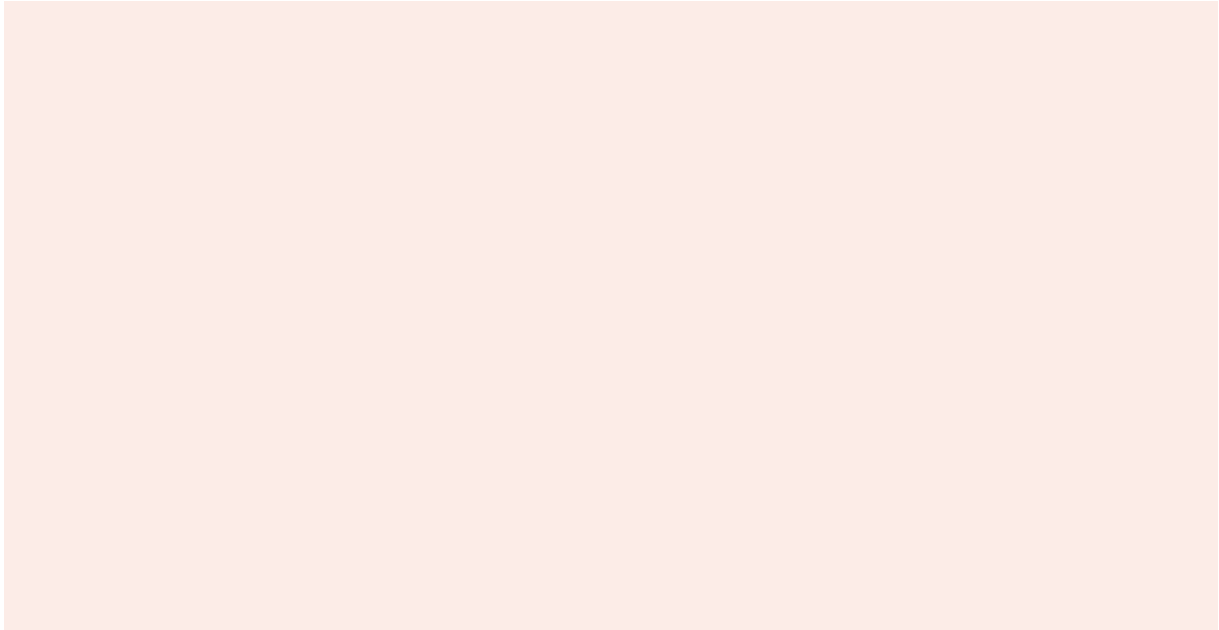




# Life with ED



Life with an eating disorder can be lonely, painful and confusing. Being able to see how your life is versus without your eating disorder can be really eye-opening. This exercise helped me a lot in my early recovery. **On this page, answer the questions based on your life WITH your eating disorder. In the blank space below, draw how you feel or how your life looks while ED is still in it.** When I did this, I drew an outline of myself with physical and emotional descriptions for each part of me. On the next page, you'll work on life WITHOUT your eating disorder.



\* Based on the images above, what do you think is the overall theme of your artwork?

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\* What rules does your ED have? How does ED make you feel?

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\* How has your life changed since having an eating disorder?

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\* What are some things that worry you when it comes to leaving ED behind?

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# \* \* Life without ED \*

Recovery isn't easy, but it is so rewarding to ditch ED and find yourself again. Nobody deserves to suffer from food rules, fear foods, restricting, bingeing, poor body image, and/or other behaviors. YOU deserve to live your life- and that can only be done WITHOUT ED. On this page, answer the questions based on how your life would look without ED and draw how this would look or how it'd make you feel in the space provided.

\* Based on the images above, what do you think is the overall theme of your artwork?

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\* What areas or things in your life would improve by not having an eating disorder?

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\* How would you feel physically and emotionally being free of ED?

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\* What is one recovery goal you can set right now?

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# COPING SKILLS

Fill in the boxes with coping skill ideas to try when you are feeling each emotion listed

Triggered

Anxious

Frustrated

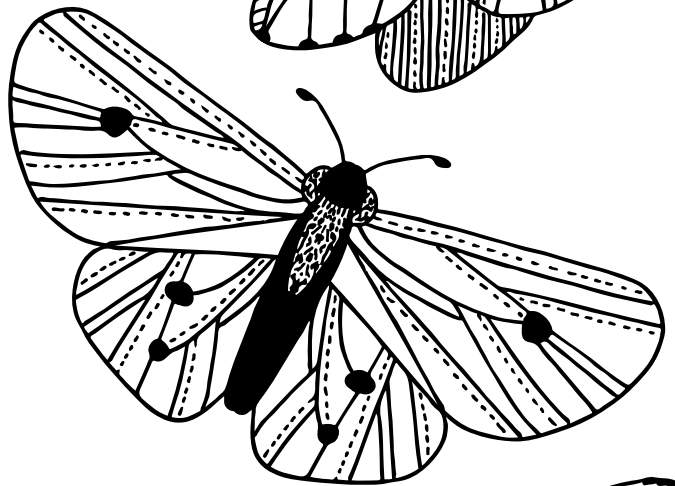
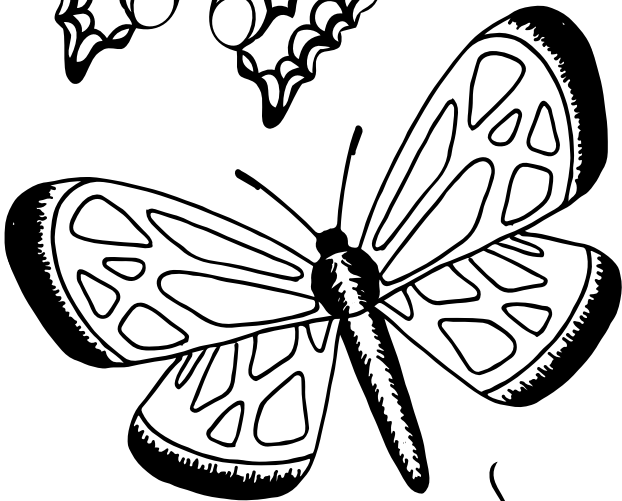
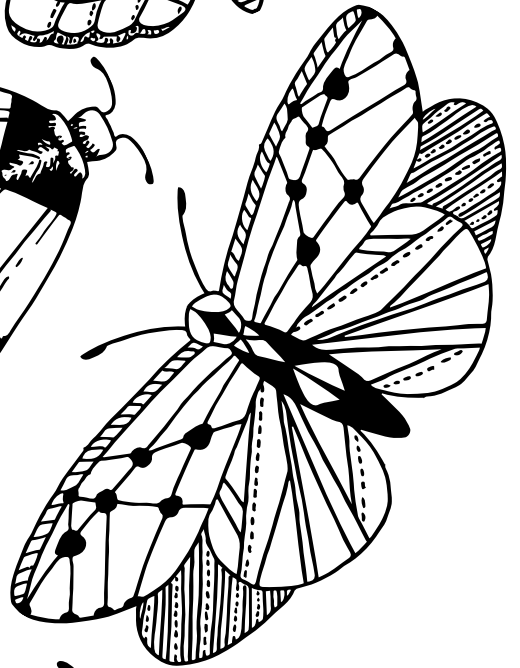
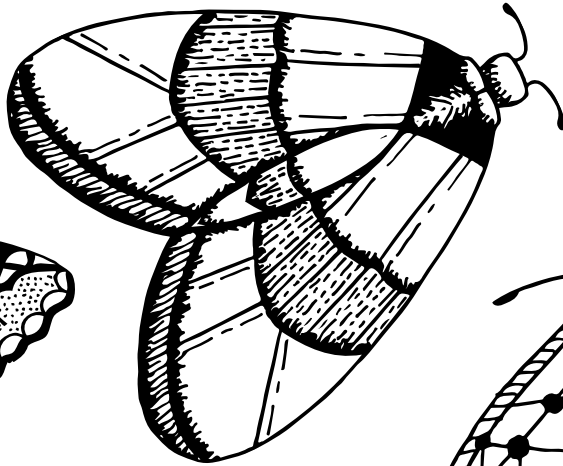
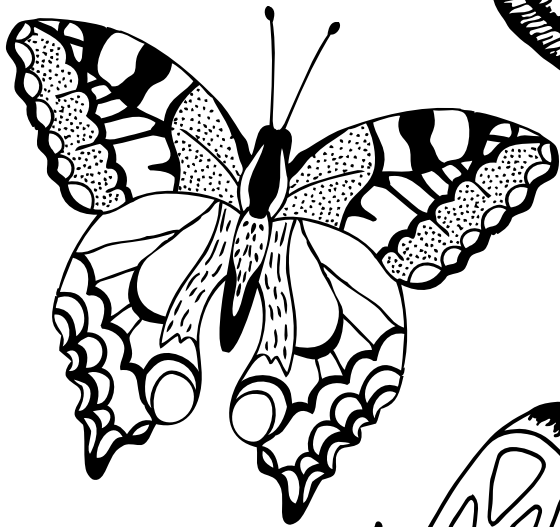
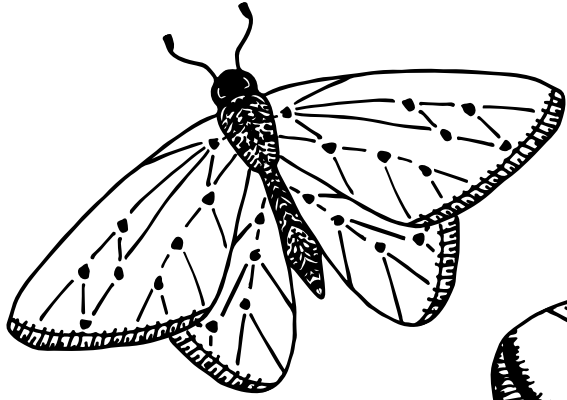
Sad

Overwhelmed

Lonely

COLORING ACTIVITY

# Beautiful Butterflies



*Without change there  
would be no butterflies*





# *End of the Week Check-in*

**HOW ARE YOU FEELING TODAY?**

**WHAT THREE THINGS ARE YOU  
GRATEFUL FOR?**

**WHICH PROMPT DO YOU THINK  
HELPED YOU THE MOST IN YOUR  
RECOVERY & WHY?**

**HOW ARE YOU GOING TO CONTINUE  
GROWING IN YOUR RECOVERY? WRITE  
DOWN A SPECIFIC IDEA FOR  
CONTINUING ON YOUR PATH.**