

Change Process Balance Sheet



Take a moment to think about your Eating Disorder...

List the negative consequences of experiencing your current problem. Think about the difficulties that you are currently experiencing because of your eating disorder. For example, perhaps you stay home a lot, think about food all the time, or have difficulty in your interpersonal relationships.

List the positive aspects of experiencing your current problem. There are positives and negatives about almost every situation. For example, perhaps you have been using eating disorder to manage painful feelings, or feel good about yourself when you restrict your eating.

List the personal benefits that you expect if you overcome your current problem. Think about the general goal that you have set and how your life will change in a positive way if you achieve it. For example, perhaps you will be able to enjoy eating out with friends, experience improved health, or have more money available in your budget.

List the personal costs that you expect if you change. What do you think you'll need to dedicate or give up in order to change? There are costs and benefits to most types of change. For example, perhaps you'll be expected to do things differently and get out of your comfort zone; this means you might need to tolerate distress or discomfort.