

Getting to Know You

1. Home Cooking

When was the last time you truly enjoyed a home-cooked meal, and explain why.

2. Taking Care of YOU

- What is something you could enjoy doing all day long?
- When is the last time you took the time for this?

3. Inspiration

- Can you remember a speech, a conversation, an e-mail or a post that inspired or motivated you?
- Briefly describe it and why you felt inspired or motivated...

4. All in the Family

- Name someone in your family who you also consider a friend, and explain why.
- If you don't consider anyone in your family a friend, why do you think that is?

5. High School/College

- Was/Is school about learning, getting the best grades or just getting through as fast and as painlessly as possible?
- Why do you think school means to you what it does... or why did it mean to you what it did?

6. Teen Challenge

- First, tell us your age
- Next, tell us if you have kids
- Answer this... if your own child came home and has a whole new radical look, a drastic change in their hair-style, clothing, way they wear makeup (or adding makeup if they normally don't wear it, or vice versa), etc., how would you respond and why would you respond this way?

If this has happened to you as a parent, explain to us what you did and why.

7. Women's Rights

- How has the women's right movement changed things in our society?
- How do you think the women's right movement has affected **your** life?

8. Giving Advice

What advice would you give to a friend or loved-one if they were going to hire:

- a doctor
- a therapist

9. Best Kind of Relationship

- The healthiest kind of relationships we can have with people are those based on love, honesty, freedom and respect.
- What people in your life do you feel the above is true for? What relationships in your life are based on these things?

10. Being Honest

- Who in your life do you feel you cannot be honest with about your feelings and why?
- Why do you think being dishonest about how you feel is not healthy for you?
- What can you do and/or remind yourself of to help you be more honest with the people around you?

11. Beliefs

What are your beliefs concerning the following:

- Reincarnation
- Karma
- Fate

12. Grrrrr

When you are angry or upset, what is the best way for a loved-one to approach you? How can they make an attempt to re-open the lines of communication?

13. Taking the Plunge

It can often be difficult to adventure into a setting alone, but it can also be a liberating experience.

Explain how you feel about going to the following places by yourself...

- a movie
- a restaurant
- bowling or roller-skating
- a party

If you can, either give an example of why it might be a **good** experience for you, or why it **has been** a good experience for you to try doing typically "group" activities by yourself!

14. Special Places

- What is your favorite you place (a park, a beach, the woods, the pier, driving in your car, etc.) that you like to go where you can be by yourself to think, write in your journal, or just relax?
- Think about a time when you went to your favorite you place -- why is it special to you? How can you, or do you, use this place in a positive way to learn more about yourself and your recovery?

15. Sticking Up for Yourself

- Often, when we have an eating disorder we feel like we don't have a voice. With that in mind answer the following...
 - How do you feel if someone butts in front of you when you're waiting in line? If someone interrupts you while you are trying to talk?
 - How can you react productively to express how you feel and stick up for your rightful place (in line or in a conversation or any other similar situation)?

16. Good Times

- recall an event where everyone, including you, seemed to have a wonderful time
- why do you think you had a good time?
- how can you learn to relax and have good times at gatherings, social events and parties in the future?

17. Surrounding Support

- As a child or teenager, name something that you were interested in and/or pursued (i.e., art, music, sports, volunteer work, etc.)
- How active were your parents and other family members in supporting your activities? Did you feel encouraged to reach for your goals?
- Who stands out as someone who was particularly negative about your pursuits? Who stands out as particularly positive?
- How do you think this affects you now?

18. Boundaries

Having **healthy** friendships and relationships with people is essential for recovery... but often we have a hard time defining what is healthy and what isn't.

- Which people in your life seem to give you energy and make you happy?
- Which people in your life seem to drain or steal you of energy or happiness?

- How can you better **take care of YOURSELF** when it comes to setting healthy boundaries with the people who drain you of energy, or who contribute to unhappiness in your life?

19. Self Discovery

While trying to recover from an Eating Disorder, it is important for us to discover who we are, what we like, what our dreams for the future are, our beliefs, our fears, etc. etc...

- Name two things you have realized or discovered about yourself within the last year
- Name two things you would like to work on realizing or discovering about yourself in the next year
- Name two ways (or more) that you can constructively work on realizing and discovering more about yourself!

20. Being Prepared

Thinking about how you cope with things, and how to cope with things in the healthiest way possible, answer these questions:

- What do you think you would do if tomorrow you suddenly...
 - Lost your job?
 - Lost your partner/lover?
 - Found out you had six months to live?
- How is it possible for these things to change your perspective on life for the positive?

21. Special ME Time

As we always stress, **taking care of YOU** is an imperative thing to learn to do as part of recovery. Part of taking care of yourself is learning to take "special me time" where you can think, be reflective, and sometimes just enjoy some time to yourself.

Recall a time when you truly enjoyed yourself being alone... how did you feel... what was it like...

First, recall a time when you were:

- collecting sea shells
- walking along the beach barefoot
- taking a long drive in the country or down to the shore
- taking a walk

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Now think of some other things you'd like to do... what will be your "special me time"... what will you do? Where will you go? What will you use the time for?

22. Beauty in Life

When things are stressful and depressing, or angering and frustrating, it's often difficult to see the beauty around us.

That in mind, answer these questions...

- Recall the last time you enjoyed something beautiful (either a beautiful thing like a sunset, or a beautiful action by another person), and what was it?
- Think about something beautiful in your life now, no matter how big or small, something you may be missing but is right there in front of you.
- Why is it important *for your personally* to notice beautiful surroundings, beautiful things or beautiful actions by others?

23. Who You Are

As children we absorb things like a sponge.

- What good qualities did you inherit from your parents?
- What bad qualities did you inherit from them?
- Name one person you can remember that was a positive role model or influence on your life as a child.
- What makes **you** unique and special as a person, separate and apart from your parents, family or any adult-figures from your childhood?

24. Responsibility

A theme around here as of late has been honesty.... being honest with ourselves. With that in mind:

- What is one decision you made that turned out to be a personal mistake.
- How did it hurt others around you?
- How did it hurt you?
- In thinking about this, what personal lesson is there to be learned?

There is a difference between beating yourself up for your mistakes, and taking responsibility. Explain what you think this means, and how it applies to **YOU**.

25. Taking Care of YOU

- When you're feeling overwhelmed and need an uplift for yourself, what productive and healthy things do you do?

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- When you're feeling depressed or lonely, name one person (in real life) that you reach out to for support and encouragement?

26. Helping the Injured

What would you do if you saw an injured animal or person on the side of the road?

- How do you relate to the injured animal or person? How do you need help?
- Why do you deserve the help as much as the injured animal or person?
- How have you, or how will you reach out and ask for the help and support you need?

27. Using Judgment

We all learn to use good judgment... like the first time we learn not to touch the stove because it's hot, or the first time we paid for something from a store with our own money (rather than stealing).

Answer these questions:

- Name a time recently when you questioned your judgment, and why you questioned it.
- Name a time recently you used good judgment, and why are you proud you did?
- Name three ways why resorting to ED behaviors is using poor/unhealthy/distorted judgment.

28. Light-Bulb Moments

- Did you ever have a light go on in your head, or the thought of "OH YEAH!" when you knew the exact decision to make, the exact path to take, or you figured something out about yourself?
- What was the decision, path or discovery? When did you have your most recent light-bulb moment?
- How did it make you feel?

29. Insults

- Recall a time when someone insulted you, picked on you, or said something that made you feel bad... a time when you didn't stick up for yourself.
- If this happened again what would you say to stick up for yourself? (Try not to stoop to their level by being equally mean.)

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- Why do you deserve to stick up for yourself?

30. Good Humor

Learning to like ourselves sometimes means learning to "lighten-up" about ourselves -- not to be so self-critical when we make mistakes. It's good to be able to laugh at yourself without having to feel "I'm a horrible person".

- Recall a simple embarrassing moment, or a moment when you made a mistake, that was also funny. (Do not recall a traumatic experience or something that couldn't be considered funny -- try to look at the experience from someone else's eyes and share a moment that, while it might have felt slightly embarrassing or awkward, was also funny).
- Did you laugh or beat yourself up about it?
- Instead of beating yourself up, what could you have said to yourself and how could you have looked at the situation with a little humor? If you laughed and didn't beat yourself up, share why it was good for you to have some humor at the situation.

31. Respect

- Recall a time you were respected by someone else, and why.
- Recall a time you respected yourself... share how you exhibited this self-respect.
- Express why it's important for *you* to learn to have more self-respect

32. Hide-n-Seek

Hiding things, especially our emotions, can be a deadly game we play -- most especially in those with eating disorders. It's important to yell "olly-olly-oxen-free" and get those things out of their hiding places...

- what have you hidden from others about your emotions?
- why did you hide it/them?
- what can you do to reveal these types of emotions in the future?
- why is it important not to hide?

33. Making Changes

- Name a big change in your life you'd like to or need to make
- Name a relationship with someone that you need to change or improve
- How can you take small steps towards making these changes?

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34. Enjoying Life

Through recovery it's important for us to discover things we enjoy doing in life... things that we enjoy spending time doing and that make us feel good.

- As a child, what was one of your favorite things to do, or places to go?
- When has something or some situation left you with a deep sense of satisfaction or pride, with a smile on your face? (It must be something healthy!)
- Share any childhood hopes and dreams that you had for the future.
- How can this information help you now? What hobbies or goals would you like to pursue in your life? What are your favorite things to do or places to go NOW? How can you spend more time doing things you truly enjoy?

35. Accomplishments

Recognizing your own accomplishment is so important. Throughout life and through recovery you need to be able to pat yourself on the back for a job well done!

- Remember a time you were able to see things with a new understanding.
- When did you succeed at something that you previously thought you wouldn't succeed at?
- Recall that most recent time you took a risk to try something new and realized it wasn't as scary to try as you thought.
- What do you feel proud of right this moment?

36. Meals

As we grow up, our environment helps to shape who we become. There are things we need to recognize about ourselves so we can be more equipped to change them.

- What was meal-time like in your home as a child? Was it an enjoyable experience, or a bad experience the majority of the time? Do you have any bad memories surrounding mealtime?
- Recall a time when you did enjoy a meal. Who were you with? What made you feel it was enjoyable (not the food, the atmosphere)?

- What would make for the best atmosphere for a meal? If you were to visualize sitting at the table eating with others, who would you surround yourself with? What would make the experience enjoyable?