**Activity 6**

Before moving on to the next chapter, spend time completing the questions below on the advantages of change.

Overcoming an eating disorder takes commitment and effort and this can be helped by being as clear as you can be about why you are doing it.

Write down the reasons to change that are really important to you in your life right now and keep this handy so that you can look at it at times when tackling your eating disorder seem particularly difficult.

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| **My reasons to give up the eating disorder -**  |
| **What I may gain from giving up the eating disorder -**  |
| **What has the eating disorder has given me, that I need to find other ways to achieve -**  |
| **What other ways are there to achieve what the eating disorder gives me -**  |