

# READY TO TALK ABOUT YOUR EATING CONCERNS?



Taking time to process and express your thoughts and behaviors about your relationship with food can help you open up to a trusted person in your life. Here are some prompts that can help you explain what you've been experiencing:

## **IDENTIFY YOUR THOUGHTS AND FEELINGS ABOUT FOOD, WEIGHT, AND/OR EXERCISE:**

---

---

---

## **WHAT KIND OF BEHAVIORS HAVE YOU BEEN DEALING WITH AND WHEN DID THEY START?**

---

---

---

## **WHAT MAY HAVE TRIGGERED THESE THOUGHTS AND BEHAVIORS?**

---

---

---

## **HOW HAVE THESE THOUGHTS AND BEHAVIORS IMPACTED YOUR PHYSICAL, SOCIAL, AND EMOTIONAL WELL-BEING?**

---

---

---

## **HOW WOULD YOU LIKE YOUR LOVED ONE TO SUPPORT YOU AND HOW OPEN ARE YOU TO MAKING CHANGES?**

---

---

---