

Replacing Disordered Thoughts with Nurturing Thoughts



Whether it's the "food police" in dieting or the ED voice in a diagnosed eating disorder, those voices are loud, mean and shaming. The good news is, the more you disobey the disordered thoughts and do the opposite of what they want you to do, the more power you take back. It will be incredibly hard at first, but with more and more practice, it will get easier and easier. And it's 100% worth your lifetime of freedom.

How the voices sound:

- *Disordered voice: Mean, demanding, intrusive, critical of self and others, unaligned with your values, limiting, anxious, black-and-white, judgmental, keeping you in your comfort zone, lacks trust*
- *Nurturing voice: Kind, understands life's gray areas, patient, examines evidence, encourages curiosity, grounded, unconditionally loving, supportive, encouraging, empowering, non-intrusive*

One helpful tool to challenging the disordered thoughts is to come up with comebacks and alternative thoughts that are kind, loving and nurturing.

Here are some examples to get you started:

- Disordered voice: You should only have peanut butter one time a day because it's fattening and unhealthy.
- Nurturing voice: You can have peanut butter as many times a day as you want – it tastes good, it's full of heart-healthy fats and protein to nourish you, and keep your energy sustained.

- Disordered voice: You should run instead of walk, even if it hurts and you don't enjoy it.
- Nurturing voice: You can choose to walk instead, since your body is telling you that's what it needs and it feels better.

- Disordered voice: You shouldn't eat pizza because it's unhealthy and it's going to make you gain weight.

- Nurturing voice: You are allowed to eat pizza because you're in the mood for it and that sounds good right now. You are honoring your desires and allowing yourself to have pleasurable food experiences. The pizza has carbs, fat and protein – all the macronutrients groups your body and brain need!
- Disordered voice: You ate way too much food at lunch and you're going to gain weight. You shouldn't eat for the rest of the day.
- Nurturing voice: You ate past comfortable fullness at lunch, but that's okay because your body will take care of it, and it will let you know when it's ready for food again later today.

Now, it's your turn. Try coming up with some responses to the disordered voice and write them below. Every time the disordered voice comes up, you can use your nurturing voice, and let that voice guide your actions and choices instead.

Disordered voice:

Nurturing voice:

Disordered voice:

Nurturing voice:

Disordered voice:

Nurturing voice:
