



## Change Process Balance Sheet

### Helping people to overcome Eating Disorders using Cognitive Behavioural Techniques

Take some time to think about your eating disorder...

<p>What are some of the negative consequences of your current problem? <i>For example, perhaps you are not spending as much time with your friends because it is difficult to eat around them.</i></p>	<p>What are some of the positive consequences of your current problem? There are positives and negatives about almost every situation. <i>For example, does not eating help you to manage stress?</i></p>
<p>List the benefits for yourself that you expect if you change things. Think about the general goals that you have set and how you will change in order to achieve them. <i>For example, you will be able to enjoy going out with friends more if you overcome your eating disorder.</i></p>	<p>List the costs for yourself that you expect if you change things. What do you think you will need to give up in order to change? There are costs and benefits to almost all types of change. <i>For example, you maybe in situations that make you feel uncomfortable, and you will need to learn how to cope with these new feelings.</i></p>