

RecoveryWorksheets

The printable worksheets on the pages that follow are designed to use in conjunction with *Eating Disorders for Dummies, Chapter 8, "Seeing What Recovery Looks Like."*

In this chapter I go over nine markers of healthy eating disorder recovery, such as healthy exercise, emotion management skills and positive self-image. Using information in the chapter, you can determine where you are now and what you'd like to work on next in relation to each of the recovery markers.

You may find it useful to coordinate personal goal-setting with issues or behaviors you're working on with your recovery team. These worksheets offer you a place to list your goals and track your progress.

(*Make sure you spend plenty of time on noticing what you've already achieved!)