

Handout for the Body Image Workshop

CEA-HOW Phonebridge Workshop, facilitated by Shelley H (shelh1@gmail.com)

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This handout is offered to help you in your recovery.

Be kind and gentle with yourself as you review this information!

12 STEP EXERCISE

Identify a situation in your personal or work life that is currently a source of resentment fear, sadness or anger. Write a brief statement describing the situation and indicate how it affects your recovery or concerns you in another way.

1: HONESTY: In what ways are you powerless over the situation, and how is it making your life unmanageable?

2: FAITH: What does sanity look like in this area?

3: COMMITMENT: How does turning your life over to the care of God help you in dealing with this?

4: COURAGE: What character traits are standing in the way of your recovery with this problem (e.g. fear of abandonment or authority figures, control, seeking approval, rescuing, taking inappropriate responsibility, not expressing feelings, etc.)?

5: TRUST: Admit your wrongs to God, yourself and to another human being.

6: WILLINGNESS: Look at your defects. Identify the benefit you are getting from having these defects.

7: HUMILITY: Why don't you need to have the defect(s) in your life today?

8: RESPONSIBILITY: Make a list of people being harmed.

9: COMPASSION: What amends are necessary? How and when will you make them?

10: INTEGRITY: Review the above steps to make sure nothing has been overlooked.

11: PATIENCE: Take a moment for prayer and meditation, asking for knowledge of God's will for you. What did you discover? (Put prayers together).

12: SERVICE: How can your understanding and spiritual guidance assist you in dealing with this problem? How can working with others help you with this problem?

WORKING WITH DIFFICULT EMOTIONS - RAIN:

- Recognize
- Allow
- Identify
- Not Identify and Nurture.

THE QUALITIES OF HUMANNESS

For 30 days, find the human attributes that make up who you are. Be gentle with yourself, and do it to the best of your ability. Even if you start it, you can always pick it up at a later time; the pace is up to you.

As for myself, I dug deep and did it straight for 30 days.

- On Day 1, say to yourself, *"I'm not perfect, but I am Abstinent and I'm kind."*
- On Day 2, say to yourself, *"I'm not perfect, but I am Abstinent, I'm kind and I'm beautiful."*
- On Day 3, say to your self, *"I'm not perfect, but I am Abstinent, I'm kind, I'm beautiful and I'm loving."*
- Say this to yourself for thirty days.

A PRAYER

I wish you well.

May you be safe and protected from danger.

May you be happy and peaceful.

May you be healthy and strong.

May you be at ease.

May you be free from stress and anxiety.

May you have joy and well-being.

Let's send out compassion, kindness, light and love to ourselves, to the world, and to the compulsive eater who is still suffering.

Thy will be done not mine.