**Eating Disorder Myths and Blocking Beliefs Worksheet**

(Eileen Freedland, 2003: in EMDR Solutions 11)

1. N.C: If I eat carbohydrates, I’ll get fat

P.C: Challenge: ---------------------------------------------------------------------------

1. N.C: I need to (binge, purge, starve, exercise, cut) to not think about my problems

P.C: Challenge: ---------------------------------------------------------------------------

1. N.C: I need to (binge, purge, starve, exercise, cut) to not feel (sad, anger, anxiety)

P.C: Challenge: -------------------------------------------------------------------------

1. N.C: I need to (binge, purge, starve, exercise, cut) to (calm, comfort) myself

P.C: Challenge: ---------------------------------------------------------------------------

1. N.C: I have to be thin to be accepted

P.C: Challenge: ---------------------------------------------------------------------------

1. N.C: I have to be thin to be (successful, special, admired)

P.C: Challenge: ---------------------------------------------------------------------------

1. N.C: I have to be thin to be loved

P.C: Challenge: ---------------------------------------------------------------------------

1. N.C: Eating fills up my emptiness

P.C: Challenge: ---------------------------------------------------------------------------

1. N.C: If I have my eating disorder people will take care of me

P.C: Challenge: --------------------------------------------------------------------------

1. N.C: I can get to my parents by having my eating disorder

P.C: Challenge: ---------------------------------------------------------------------------

1. N.C: I won’t have/be anything if I give up my eating disorder

P.C: Challenge: ---------------------------------------------------------------------------

1. N.C: I have to be thin to be happy

P.C: Challenge: -------------------------------------------------------------------------------

***Add on any others that are relevant for the client***