

EATING DISORDER PROMISES AND REALITY

Media:

- One 12 x 18 inch sheet of white paper
- Colored construction paper
- Familiar drawing media (pencils, crayons, markers)
- Collage images
- Scissors
- Glue stick

Directive:

- Fold the paper in half, crease it, and open it back up.
 - There will be two equal spaces on which to work
- On the left side of the paper, make a collage or drawing of the *promises* the you believed the eating disorder held in the beginning
 - Promises about coping and helping
 - Depict everything that you believed or hoped about the eating disorder with either a collage or a drawn image
- On the right side of the paper, depict the *reality* of the eating disorder and its functions.
 - Think about what the eating disorder current does to you and for you
 - Reflect upon whether or not the eating disorder fulfilled its promises
 - Think also about how your behavior changed over time; is it likely that there were positive aspects to the eating disorder behaviors in the beginning that became negative over time
- When you are finished with the image, think of a title and name for it