

EATING DISORDER PROMISES AND REALITY RESPONSE PIECE: CREATING THE REALITY YOU WANT

Media:

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

Directive:

- Please think about the previously created image: *Eating Disorder Promises and Reality*.
- Focus on the current reality of the eating disorder and whatever negative consequences you identified.
- Think about how you would like to transform these negative influences.
- Focus on the life you would prefer to live.
- In what positive ways can the promises of the eating disorder be answered?
- How can you make yourself strong, and less vulnerable to eating disorder triggers?
- Use this paper to create an image of the reality that you want in the future - a future where you are strong and the promises of the eating disorder are met in healthy ways

Homework:

- Journal about the themes occurring in the two *Promises and Reality* art experiences. You may use the words you came up with about the images to develop your journal entries.