

Response Piece: Needs Collage

Media:

- One sheet of white 12 x 18 drawing paper
- Colored construction paper
- Collage images
- Glue stick

Directive:

- Look through collage images to find pictures that illustrate the diverse needs that you have learned about. Represent as many needs as you can think of, including those that feel challenging or frightening.

Homework:

- Spend time paying close attention to your needs, especially when you feel the desire to act out or use your eating disordered behavior.