

Let's be honest.

How are you? Really?

Orri

Our bodies know how we are feeling. Sometimes, we have to allow ourselves to listen and be curious to what they are trying to tell us. This is called self-enquiry.

Am I finding it hard to question my point of view, or engage in self-enquiry? If yes or maybe, then what might this mean?

Write below your thoughts or exploration, to enhance your practice of radical openness. Remember, honesty doesn't have to be neat or tidy...

Radical Acceptance:

“The curious paradox is that when I accept myself just as I am, then I can change.”

Carl Rogers

Is it possible that my bodily tension means that I am not fully open to feedback? If yes or possibly, then what am I avoiding? Is there something here to learn?

You don't need to pretend or meet any expectations here. This is just between you, your body and this journal.

*Write below your thoughts or exploration, to enhance your practice of radical openness.
You are doing a great job so far!*

Consider:

- are you wanting to automatically dismiss or defend any feelings?
- if there is resistance, enquire - if so, go gently and think what this means

Am I resisting being open to this feedback because part of me believes that doing so will change an essential part of who I am? If yes or maybe, then what might this mean? What am I afraid of?

You deserve to live a life away from your eating disorder. When you choose a life of recovery, this will mean confronting why your eating disorder was needed in the first place.

Change is scary but so is staying where you are. It doesn't matter how slowly you go, as long as you keep trying.

Your recovery made possible.

Orri