

# *Narrative & Metaphor* EXPLORATION

*Listening to the Meaning Beneath the Symptoms*



## *Purpose*

Eating disorder behaviors often develop for a reason. This worksheet invites curiosity about the story the symptom is trying to tell, rather than treating it as an enemy.



## *Instructions (Client-Facing)*

There are no right or wrong answers. Take your time. Answer only what feels safe today.



## *Reflection Prompts*

1. If my eating disorder behavior had a job, its job would be:
  - To protect me from:
  - To help me feel:
  - To prevent:
2. If this behavior could speak, it might say:
  - “I exist because...”
3. When did this behavior first become necessary?
  - How old was I?
  - What was happening in my life at that time?
4. What feelings, needs, or truths might this behavior be holding for me?



## *Integration*

What might it be like to thank this behavior for how it tried to help—without letting it continue to lead?

### **Therapist Note:**

Use this worksheet to soften shame and open meaning-making. Avoid rushing toward change.