

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.