

Relational Mirror MAPPING

A structured interpersonal feedback group



Warm-up: Individual Journaling

Clients journal:

- How do I believe others experience me?
- How do my eating disorder behaviors affect how I show up relationally?
- When do I feel most visible? Least visible?



Group Feedback Exchange

Each member receives feedback using prompts:

- “When you share, I experience you as...”
- “One strength I see in you is...”
- “One way I feel closer to you is when...”



Comparing Outcomes

Clients reflect:

- How does my ED influence connection?
- Does it protect me from rejection or vulnerability?