

# Love Your Self

## Self-Image #2: Thought ED-IT



Call your attention to the “critical chatter” that the voice of your Eating Disorder (ED) commonly says. These might be judgments about your eating, exercise, or other behaviors and life choices. These “false self” statements are weighing you down! See if you can “lighten up” with a True Self perspective from your Intuitive Therapist (IT):

### *ED's critical thoughts ("false self")*

### *IT's compassionate thoughts ("True Self")*

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

*If you “get stuck,” ask a friend or your EDIT™ Certified practitioner for help!*