



SURVIVING AN URGE

TIPS TO HELP YOU MAKE IT THROUGH
KEEP THIS ON YOUR MIRROR OR FRIDGE

Are you overcome by urges? Is it difficult, or even impossible, to ignore them? Use these suggestions to help you. This is not an exhaustive list and it may take practice before it works. Find the skill(s) that works for you.



Get out of the house. With fresh air your eating disorder thoughts may not sound so legitimate.



Self-care. Whether it's reading, a massage, or listening to your favorite music. Do something safe that feels good.



Human connection. The eating disorder thrives on isolation. Reach out to someone safe.



Focus on your achievements or things you are proud of. Write them all down.



Get creative. Channel your fears, rage and frustration into art. Listen to music and color what you hear!



“Shame cannot survive being spoken” – Brené Brown. Talk about your urges to someone safe and ask for support.

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