

Exercise II: The ED Voice and You

Using your thoughts from the previous step, let's now start to uncover how you desire to move.

Begin to visualize yourself as your most *healthy, happy and vibrant self*.

What does this person do with her time?
How do they interact with others?
What does (s)he hear, feel, taste in the environment?
How does (s)he *move*?

Imagining this well version of yourself can help to shape the life that you want to lead in the future, even, and especially if, that version feels far away right now. If you can imagine it, you can create it.

Those with eating disorders are often very driven and committed individuals. After all, we committed to our sickness wholeheartedly. Are we able to commit to this healthy, happy, healed version of ourselves with the same passion and intensity??

I have no doubts that you can do so. I did.

Once you have a clear vision of yourself at your most healthy,



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List 3 words or phrases that explain your authentic version of movement:

*****Look out for Part 2 that focuses on how to incorporate your movement style into your life in a sustainable (and fun) way, and how/where to reach out for support if needed.*****