

Eating Disorder Job Description

Job Function	Cost	Failing	Getting the Need Met

For this exercise, you will be describing the “job function” of your eating disorder- ie how it helps you. (Weird, I know-just go with it for a second).

Please list out every way that you eating disorder helps you under the “job function” column. Examples could be:

- 1) It helps me numb emotions
- 2) It helps me feel in control

THEN, write out the “cost” of this job function in the “cost” column. In other words, your eating disorder may effectively help you numb emotions, but at what cost? Why might numbing emotions be working against you?

NEXT, write out how your eating disorder is “failing” you in the “failing” column. How might your eating disorder be failing at helping you with those functions? An example might be:

- 1) My eating disorder helps me to feel numb, but it has started failing at this because I now feel depressed more days than not.

FINALLY: In the “getting the need met” column, please write another way that you could get that specific need met. For example:

- 1) In order to address the need to feel numb, I’ll have to learn how to sit with and tolerate emotions.