



# 10 STAGES OF CHANGE IN EATING DISORDER RECOVERY: WHAT PHASE FITS YOUR RECOVERY TODAY



In their book, *8 Keys to Recovery From an Eating Disorder*, Carolyn Costin and Gwen Grabb identify several phases people go through in their recovery from an eating disorder. Knowing what the process looks like and what to expect can be very helpful.

- I DON'T THINK I HAVE A PROBLEM.

It's my body so leave me alone.  
There are people who think my behaviors are worse than they actually are.

- I MIGHT HAVE A PROBLEM BUT IT'S NOT THAT BAD.

I only throw up once in a while.  
My physical didn't show anything wrong so I am OK.

- I HAVE A PROBLEM BUT I DON'T CARE.

I know throwing up isn't good for me, but it's working for me so I don't care.  
I could change if I wanted to, but I don't.

- I HAVE A PROBLEM BUT I DON'T CARE.

I know throwing up isn't good for me, but it's working for me so I don't care.  
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- **I WANT TO CHANGE BUT I DON'T KNOW HOW AND I'M SCARED**

I want to eat normally, but I am afraid my body will change.  
I want to stop bingeing, but I can't figure out where to star

- **I TRIED TO CHANGE BUT I COULDN'T**

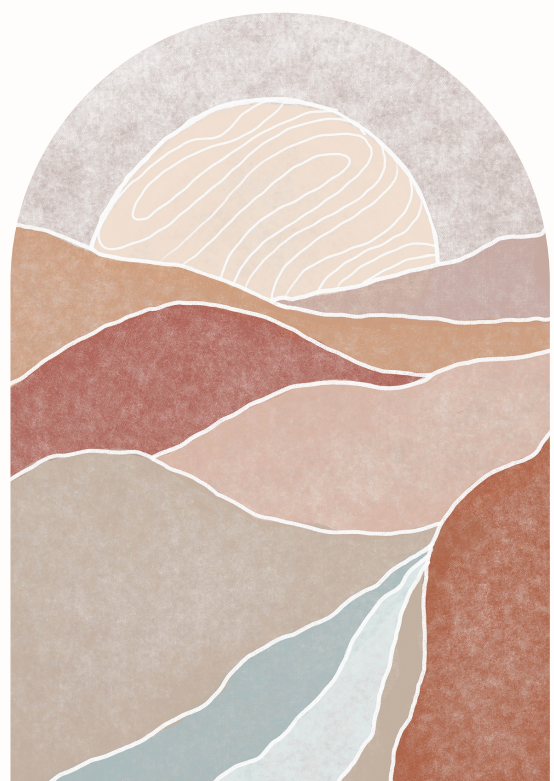
I told myself that I would not (fill in the blank) but I found myself doing it again.  
I don't feel like I can really ever (change) get well, so why keep trying?

- **I CAN STOP SOME OF THE BEHAVIORS BUT NOT ALL OF THEM**

I could stop purging, but I will not be able to eat more.  
My eating has gotten better, but my exercise is out of control.

- **I CAN STOP THE BEHAVIORS, BUT NOT MY THOUGHTS.**

I can't stop thinking about food and bingeing all the time.  
I keep counting calories over and over in my head and still want to lose weight.



- **I AM OFTEN FREE FROM BEHAVIORS AND THOUGHTS, BUT NOT ALL THE TIME.**

I feel fine all day, but under stress, I revert back to my unhealthy behaviors. I was fine, but wearing a bathing suit triggered my eating disorder thoughts, and with it some related behaviors.

- **I AM FREE FROM BEHAVIORS AND THOUGHTS**

I feel mostly OK in my body and am able to eat things I want and not feel guilty or anxious afterwards.

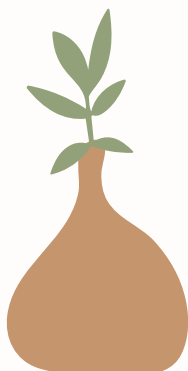
Once I had stopped the behaviors for a period of time, at some point I realized that I was no longer having the thoughts or urges.

- **I AM RECOVERED**

For a long time now, I no longer have thoughts, feelings, or behaviors related to my eating disorder.

My eating disorder is a thing of the past.

Remember: Try not to judge your process. Whatever phase you identify with, it is okay. There is Hope! YOU. CAN. RECOVER.





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Where do you currently feel you may be on your journey? Why?

How can you move forward and what is holding you back?

Oftentimes, we may be in different phases in our recovery with different concepts and parts of recovery.

For example, we may be at the 8th phase of recovery for our motivation to stop behaviors but at a 4 for our motivation to allow our body to change. How do you feel about your motivation for the different parts of recovery?

