



Eating Disorder CBT Worksheet

CBT is an effective therapeutic plan to treat an eating disorder. The following are the methods that can be used to counter negative thoughts and behavior.

1. Changing of thoughts and feelings

For most people, binge eating is the way to calm your racing thoughts and feelings. When you stop binge eating, the behaviors and thoughts may likely stop.

Record your thoughts and understand that excessive eating or restricted eating can not make your emotions disappear. Recording thoughts can help you to analyze your negative behavior and thought patterns. Providing healthy responses to your thoughts will create a positive impact on your overall well-being.

2. What you are grateful for

Write down the things you like about yourself and are grateful for. It will help in increasing self-love and self-worth. Note down that nobody is perfect and write what you find beautiful about yourself.

3. Draw comparison

Why should stop bad eating habits

Why should I carry them on

What can I do instead of binge eating? Write down the activities

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- _____
- _____
- _____
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References

[Atwood, M. E., & Friedman, A. \(2020\). A systematic review of enhanced cognitive behavioral therapy \(CBT-E\) for eating disorders. *International Journal of Eating Disorders*, 53\(3\), 311-330.](#)

[Linardon, J., Wade, T. D., De la Piedad Garcia, X., & Brennan, L. \(2017\). The efficacy of cognitive-behavioral therapy for eating disorders: A systematic review and meta-analysis. *Journal of consulting and clinical psychology*, 85\(11\), 1080.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.