

***Why am I feeling stuck?* – A checklist**

*I am sure that…*

* I am definitely eating different and varied foods everyday.
* The quantity of the various components of my meals is recovery- wise, prioritizing fats and carbohydrates.
* My breakfast is energy dense.
* My breakfast is varied and rotating.
* My snacks are energy dense.
* My snacks are rotating.
* My lunch is energy dense.
* My lunch is rotating.
* My dinner is energy dense.
* My dinner is rotating.
* I am definitely working on specific, realistic goals each week.
* I am definitely resting as much as I should.
* I am using the abundance mindset every time I portion.
* I am honoring as much mental hunger as I notice.
* I am doing my best to eat to physical satiation, and not stopping short in order to avoid the discomfort of fullness.
* I am definitely reaching 10/10 discomfort levels on a frequent basis.
* I am consciously not having the foods that I relied on during the heavily restrictive phase of my ED.
* My recovery effort happening in a circumspect manner, from the moment I wake up to the moment I go to sleep.
* I am doing recovery to the best of my ability behind closed doors, even when I am alone.
* I am *not* rationalizing use of disordered behaviors with the justification that where I am now is *better than before.*
* I am not being consistent with implemented changes and giving up before seeing results.
* I am changing my eating environment, frequently.
* I am allowing others to prepare my food for me, frequently.
* I am reflecting, frequently.
* I am doing my best to remove obvious triggers from my environment (e.g., clothes that do not fit)