

## Recovery-Oriented Self-Assessment Worksheet

Answer the questions on this worksheet as honestly as possible. Do your best not to make value judgments about your answers. This is intended to be a tool for helping you to see where you are doing well, and what areas you might want to focus on a bit more. You may want to repeat this worksheet at regular intervals as a way to chart your progress.

**Complete the following sentences, focusing on what you have done over the past 1-2 weeks:**

**I have managed to break the following ED rules:**

**I have learned and practiced the following non-ED'd coping skills:**

**I have actively engaged in the following 'normal life' activities in an effort to expand my non-ED'd life:**

**I have attempted to add the following 'unsafe' foods into my diet:**

**Rate how often you have used the following skills during the past 1-2 weeks on a scale of 1 to 10 (1= never, 10=always)**

**1. When I have 'slip-ups' where I engage in behaviors after planning not to, I look back over my day and the events and activities leading up to that moment so I can recognize patterns and triggers.**

1      2      3      4      5      6      7      8      9      10

**2. I have made use of external sources of support available to me, such as: Therapists, dieticians, support groups, social activities, distractions, etc.**

1      2      3      4      5      6      7      8      9      10

**3. I have consciously made an effort to break ED 'rules' and to avoid using behaviors.**

1      2      3      4      5      6      7      8      9      10

**4. On multiple occasions over the past 1-2 weeks, I have practiced sitting through an episode of experiencing negative emotions WITHOUT using unhealthy coping mechanisms.**

1      2      3      4      5      6      7      8      9      10

**5. I have applied what I have learned in therapy to real-life situations- ESPECIALLY situations where I am tempted to use ED behaviors.**

1      2      3      4      5      6      7      8      9      10

**6. I have avoided making excuses to justify using ED behaviors.**

1      2      3      4      5      6      7      8      9      10

**7. I have actively engaged in activities and tasks that will lead me closer to my REAL goals in life. Or, if I have not yet identified my alternative (non-ED'd) goals, I at least spent time thinking about what those goals might be.**

1      2      3      4      5      6      7      8      9      10

**8. I was honest with myself in times where I was turning to my eating disordered behavior because it was 'easier' than fighting it.**

1      2      3      4      5      6      7      8      9      10

**9. I have made efforts to expand my social circle.**

1      2      3      4      5      6      7      8      9      10

**10. I have sought out tasks and/or responsibilities that will help me to increase my confidence and self-esteem.**

1      2      3      4      5      6      7      8      9      10

**11. I have made attempts to avoid situations that I know will be triggering, or at least to have created a plan to fight the triggers for a situation I could not avoid.**

1      2      3      4      5      6      7      8      9      10

**12. I have taken full responsibility for my own choices and avoided blaming others for times when I have engaged in ED'd behaviors.**

1      2      3      4      5      6      7      8      9      10

**13. I have chosen my actions based on what gets me closer to my goals and what doesn't, as opposed to choosing what's 'comfortable' at the time.**

1      2      3      4      5      6      7      8      9      10

**14. I have avoided using self-destructive behaviors as a way to manipulate people around me.**

1      2      3      4      5      6      7      8      9      10

**15. I have asked for help when I needed it.**

1      2      3      4      5      6      7      8      9      10