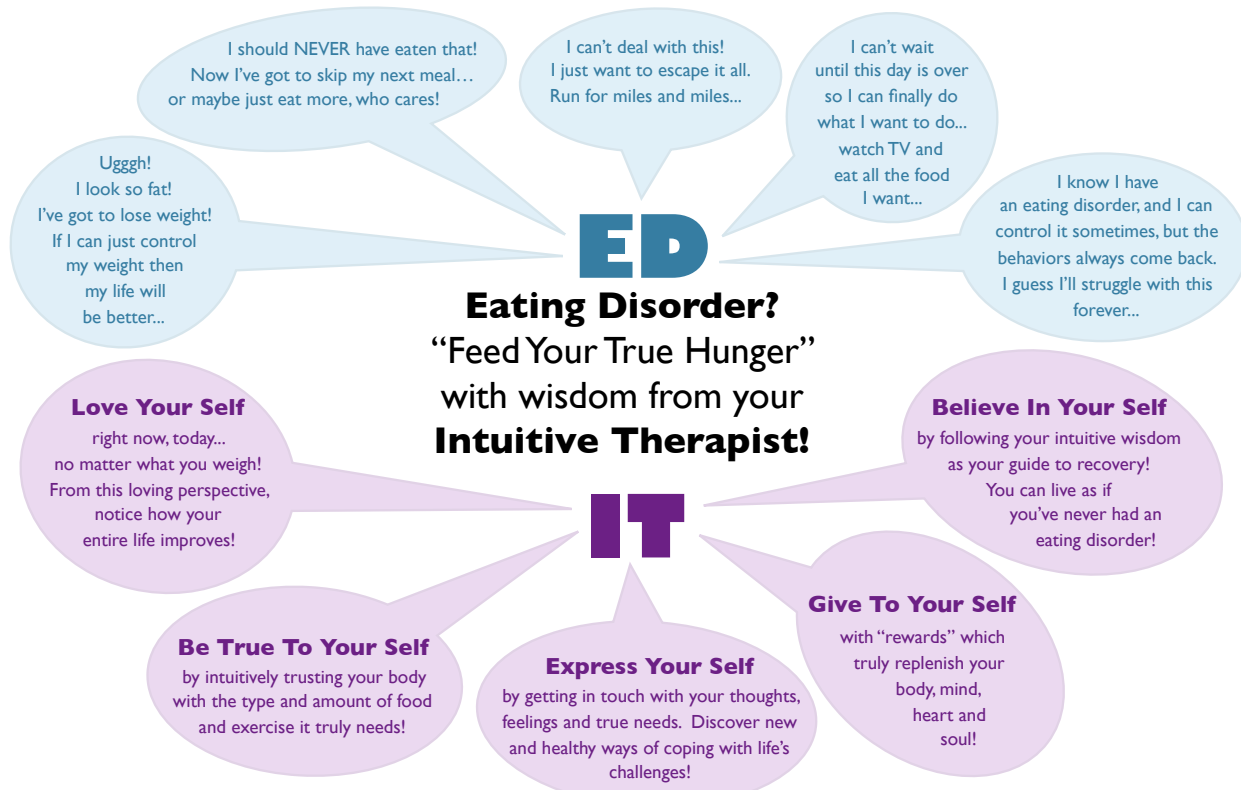


Don't Diet – EDIT™!

Complete Recovery from Eating Disorders is Possible
 “Dr. Dorie” McCubbrey, MEd, PhD, LPC, CEDS



Eating Disorder Intuitive Therapy (EDIT)™ was developed by “Dr. Dorie” McCubbrey, MEd, PhD, LPC, CEDS as a result of her own recovery from anorexia, bulimia, binge eating disorder and obesity. Diets can lead to eating disorders and weight problems – the EDIT™ solution can lead to complete recovery and an ongoing journey of freedom! EDIT™ is an exploration of five principles, which can be illustrated as a dialogue between the voice of the Eating Disorder (ED) and the healing wisdom of the Intuitive Therapist (IT) within us all. Initially, you may only hear the voice of ED. Your EDIT™ Certified practitioner models the voice of the IT until you can hear IT within yourself:



The blue text bubbles show what the voice of ED might sound like. What does your voice of ED say?
 The purple text bubbles give examples of the voice of IT. Notice the specific examples for each of the five principles of EDIT™.
 What is your voice of IT saying? Is your voice of ED “talking back” to IT? What does the dialogue sound like?

EDIT™ Treatment Goals: the Five Principles of EDIT™

from ED...

- “feeling fat”
- general self-criticism
- outer-directed/people-pleasing
- diets/weight loss focus
- disconnected from feelings
- using food to change mood
- self-sacrificing/selfless
- minimal self-care
- attempts to control ED
- tendency to relapse

Love Your Self
Be True To Your Self
Express Your Self
Give To Your Self
Believe In Your Self

...to IT

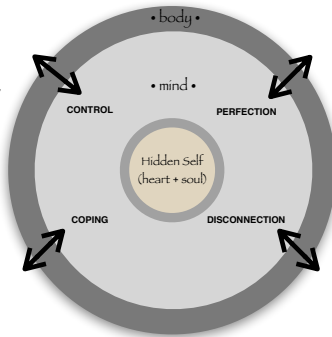
- Nurturing Body Image
- Self-Compassion
- Inner-Guided/Intuitive
- Intuitive Eating/Exercise
- Aware of Feelings/Needs
- Healthy Coping Strategies
- Giving to Enhance Self
- Intuitive Self-Care
- Freedom from ED Behaviors
- Complete Recovery

EDIT™ Treatment Process: from false self to True Self

Eating Disorders (ED) arise from the "false self"

Although eating disorders are complex issues, this model of the "false self" explains a basic premise about how eating disorders can originate. In this model, the "false self" perceives the body as its identity – and the mind looks to other's opinions and society's standards to determine how the body should look, and what the body should do. Key elements of the personality ("heart & soul") are hidden deep within, as the mind of "false self" judges these as unacceptable to the outside world. Eating Disorders (ED) arise when excessive emphasis is placed on controlling eating, exercise and weight, with elusive attempts to achieve perfection. There is a sense of disconnection (physical, emotional, social) – the ED mind overrides any painful messages from the body, while also avoiding emotions (heartfelt feelings are hidden within), and the individual becomes isolated. ED behaviors also become a way of coping – with the inability to achieve outer-imposed ideals, with past traumas (painful emotions are buried deep within), and with the overall incongruence of being a "false self" (heartfelt passions and soulful yearnings are also hidden within). Thus, the core issues of ED are CONTROL, PERFECTION, DISCONNECTION, COPING.

The ED mind looks to society's standards and opinions of others, then attempts to control the body with rigid demands about eating, exercise and weight



The ED body is like a shell, which is molded and shaped in attempts to achieve worldly ideals, while criticized by the ED mind, "not good enough!!!"

ED behaviors are used as a means of coping with perceived imperfection, possible past traumas, and false-self incongruence

The ED mind ignores feedback from the body, avoids awareness of emotions, and imposes ED behaviors which create social isolation

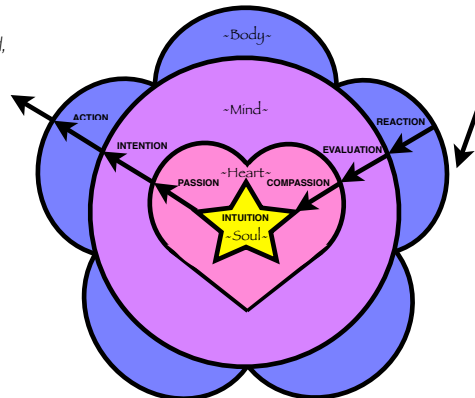
What do you relate to about the "false self" and ED? Based on this model, how can you be free of ED?

The Intuitive Therapist (IT) recovers the "True Self"

This model illustrates the concept of the INTUITIVETHERAPIST (IT), which guides the process of remembering, reclaiming and revealing the TRUE SELF. This process is also called RECOVERY, defined as "a return to a normal state of mind and health." This "normal" state is the TRUE SELF – an interconnected "Soul-Heart-Mind-Body" – which interacts in the world but is not driven by it. The SOUL is one's "core essence," and is the source of INTUITION – one's "sixth sense," an "inner knowing," a "gut feeling." The HEART links emotions with intuition, and relays this to the MIND, which sets "soulful-heartfelt" intentions for the BODY. The INTUITIVE THERAPIST (IT) is the inner-guided "Soul-Heart-Mind," which facilitates actions of the Body, to create full expression of the TRUE SELF from the inside-out. IT compassionately guides the restoration of the holistic integrity of the True Self, by healing the separation from formerly hidden parts, while honoring all parts as valuable and essential. In this process of recovery of the True Self, the "false self" (and the voice of ED) fade into the "nothingness from which they came." In this way, complete recovery from eating disorders is possible!

The INTUITIVE THERAPIST (IT) offers "Self-Help" to facilitate full expression of the TRUE SELF, based on the Inner Wisdom of the "Soul-Heart-Mind" to guide the Body in the world

To interact in the world, the True Self is inner-guided, from Soul (INTUITION) to Heart (PASSION) to Mind (INTENTION) to Body (ACTION)



In response to world events, the True Self "goes within," from Body (REACTION) to Mind (EVALUATION) to Heart (COMPASSION) to Soul (INTUITION)

What are your reflections about this model of the TRUE SELF and how RECOVERY occurs?

Love Your Self

Self-Image #1: ED-IT Dialogue



Are you aware of a critical thought you've had recently – maybe one you're thinking *right now*? That's the voice of your Eating Disorder (ED), which is like an "inner critic." You also have an "inner guide" which speaks with compassion – that's the voice of your Intuitive Therapist (IT). It might seem like ED is the only voice you can hear in your mind, but as recovery progresses, you'll be able to turn up the volume of IT. Your EDIT™ Certified practitioner can model the voice of IT for you until you can hear IT clearly within your Self!

ED's critical thought (exactly as you say it to yourself):

IT's compassionate reply ("another possibility is..."):

ED's argument (what you'd say back to IT):

IT's nonjudgmental observation ("that's interesting..."):

ED's retort (what you think about this "other voice"):

IT's curious query ("what would happen if..."):

If you "get stuck," ask a friend or your EDIT™ Certified practitioner for help!

Believe In Your Self

Recovery #1: Winning the War Within



Sometimes it can seem like you have a “war within” – between the positives and negatives of recovery. Sometimes you might feel committed to recovery, while other times you’re not so sure. It’s important to honor all of your thoughts and feelings about recovery, without judgment. Make notes on the “4-Corner Grid” illustration below:

<p>NEGATIVES of ED (consequences of quitting recovery)</p>	<p>POSITIVES of IT (benefits of staying in recovery)</p>
<p>POSITIVES of ED (benefits of quitting recovery)</p>	<p>NEGATIVES of IT (consequences of staying in recovery)</p>

In which corners of the grid did you write the most? Which corners seem most compelling? What is causing your “war within,” and how can recovery win? Ask your EDIT™ Certified practitioner for help to enhance the wisdom expressed on the top half of the grid, and to address any concerns revealed in the bottom half of the grid. Note your observations and action steps: