



### What I can do with an ill body

- Always in hospital
- Always cold
- Feel low and helpless
- Mood swings
- Unable to work
- Be a social recluse
- Cause people to worry about me
- Push everyone away
- Constant urges to cause myself harm
- Be too weak to do any sports
- Unable to be the aunt, sister, friend I want to be.
- **DIE**

### What I can do with a well body

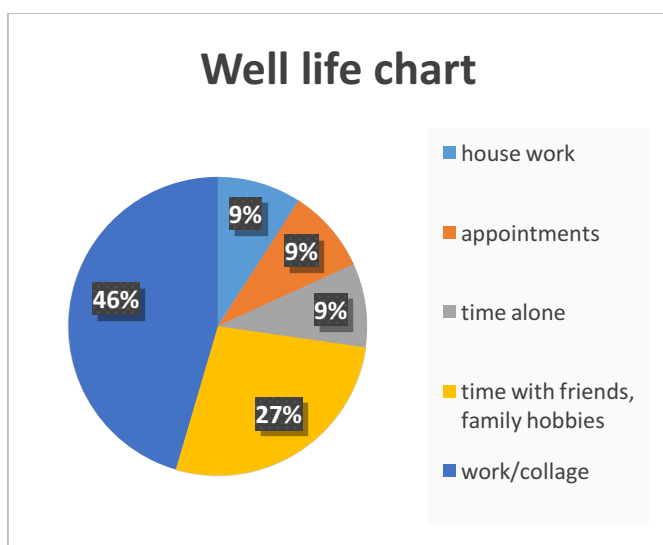
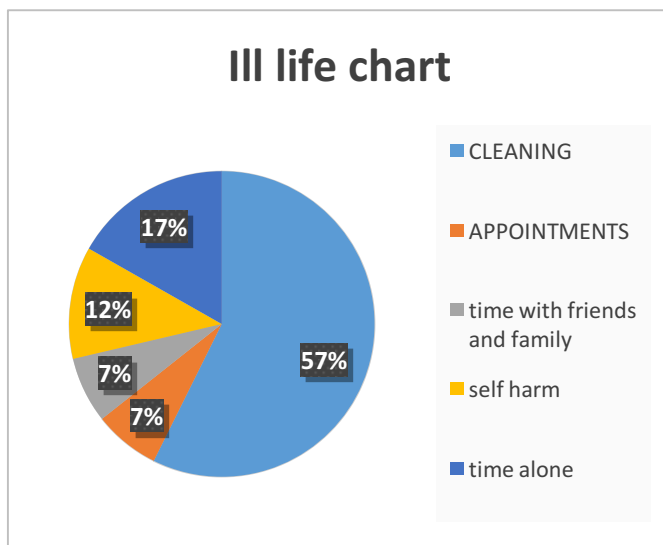
- Play sports
- Be there for when my family
- Take care of pet like she deserves
- Laugh and have fun
- Be the aunt, sister, friend I want to be
- Play with and care for my nieces and nephews
- Get a job
- Not in hospital
- Have energy
- Do things I like
- Not be so scared all the time
- Do the things I want to do
- **LIVE!!!**

### Why is it helpful to do ill body, well body lists?

Doing these lists is to try to take your focus away from what your body looks and feels like but to focus on what your body can do for you and the difference between what you can do with a healthy body as to what you can do with an ill body. In order to really see the difference, it might also be helpful to do a life balance chart.

### What is a life balance chart and why should we use them?

A life balance chart helps you to see how you actually spend your time and how you would like to spend your time. These charts will change the further you are into recovery. They can also act as a focus or goal of what you would like to achieve. They may also help you take your focus away from your body and help you think and really see what it can be like when you are living with a healthy body and in control.



**What I can do with a healthy body**



**What I can do with an ill body**

