

Countering the Common Reasons for Not Reaching Out

Exercise modified from the book, 8 Keys to Recovery From an Eating Disorder by Carolyn Costin and Gwen Grabb

Check the statements that apply to you and create a counter statement to challenge the reason.

- I don't want people to know how much I need help.

Counter Statement: _____

- I am ashamed.

Counter Statement: _____

- By the time I realize I am in trouble, it is too late.

Counter Statement: _____

- I would not know what to say.

Counter Statement: _____

- I don't see how talking helps.

Counter Statement: _____

- I don't have anyone to call.

Counter Statement: _____

- People won't know what to say.

Counter Statement: _____

- People have not been there for me in the past.

Counter Statement: _____

- I don't want to burden people.

Counter Statement: _____

- I am afraid to rely on others because they will not always be around.

Counter Statement: _____

- I am not sure I want to be stopped.

Counter Statement: _____

- I will feel worse if I try and it does not help.

Counter Statement: _____

- I tried it and it did not work.

Counter Statement: _____

- I should be able to handle things on my own.

Counter Statement: _____

Identify and challenge any other reasons you have for not reaching out:

Counter Statement: _____

Counter Statement: _____

Counter Statement: _____

Counter Statement: _____

Counter Statement: _____
