



[Healing The Diet/Riot Cycle](#)

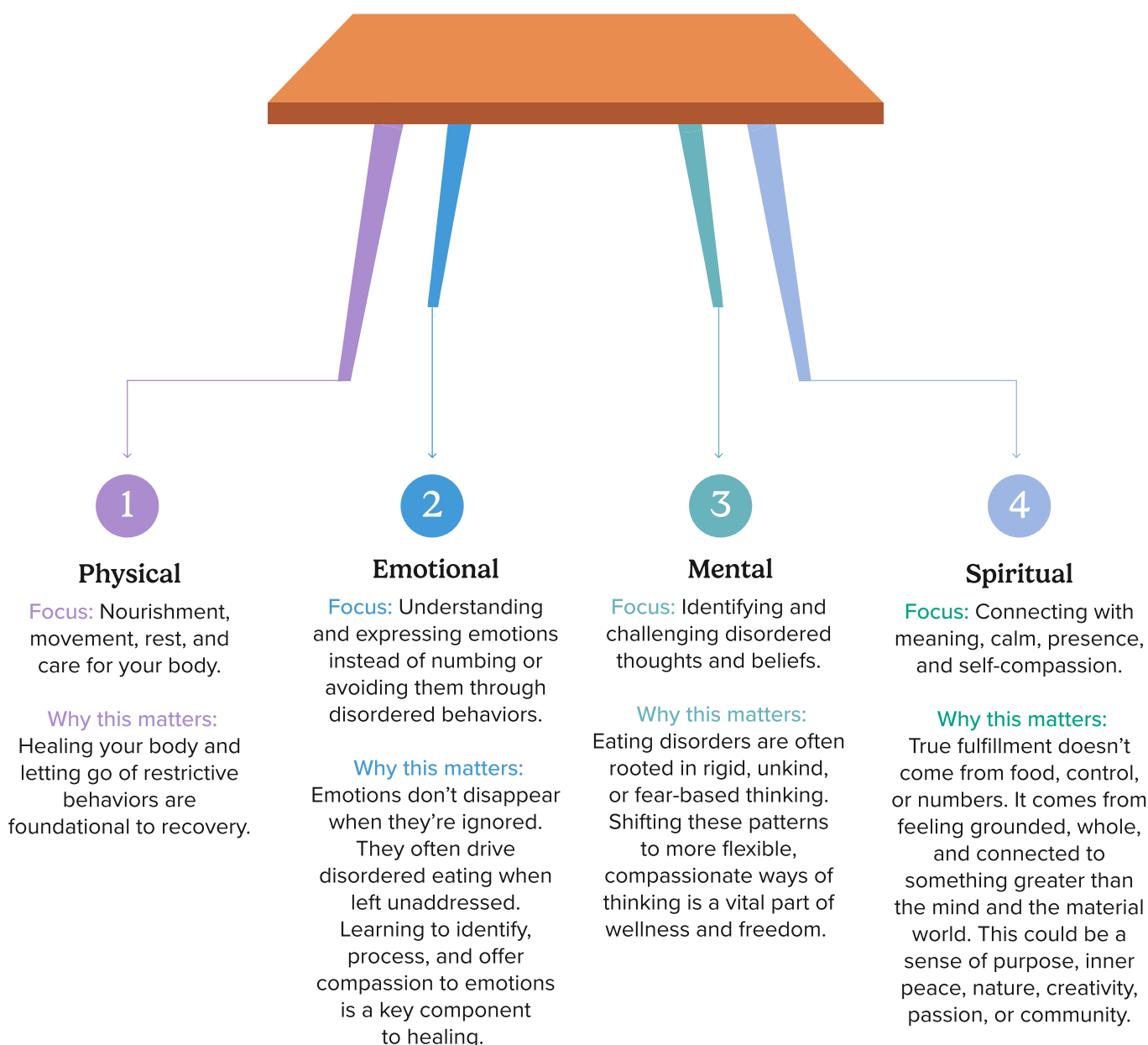


[Why Diets Don't Work, And What Does](#)

Recovering from an eating disorder involves more than just changing your eating habits. Many people think if they can just change their eating habits, everything else will fall into place, but eating disorders go much deeper than just food.

The Four-Legged Table Metaphor

Think of recovery like building a four-legged table. Each leg represents an essential part of healing. If one leg is weak or missing, the whole table becomes unstable. For recovery to be strong and lasting, all four legs need care and attention.



Reflection Exercise: How Stable Is Your Table?

Rate each area from 1 (very shaky) to 5 (very strong). Use the space beside each area to reflect on what's working well and what needs attention or support.

Table Leg	Rating	Reflection
Physical		
Emotional		
Mental		
Spiritual		

Examples of an Unstable Table

- Someone tries changing eating habits without addressing emotions leaves lasting peace with food out of reach.
- Someone challenges their thoughts but continues to restrict their food, keeping their body stressed and insufficiently nourished.
- Someone focuses on mindfulness or purpose but never addresses disordered behaviors, so their healing remains incomplete.

Gentle Reminder

Recovery isn't about doing everything (or anything!) perfectly. In fact, perfectionism is often part of disordered thinking. True healing is about gently challenging unhelpful thoughts and behaviors and strengthening the areas that need support, at your own pace.