

# DISCUSSION QUESTIONS

## **Stacey Prussman**

*Looking Through Broken Mirrors: Understanding Eating Disorders*

1. Have you ever not participated in an activity you enjoy because you felt badly about your body?(ie: swimming dancing, sports, dating)
2. Do you find yourself using food for comfort or control?
3. Do you find yourself putting food in 2 categories: good and bad?
4. Do you talk negatively about your own body? Do you judge others on their looks or body?
5. How often do you praise yourself for your accomplishments other than weight loss and/or gain?
6. Do your close friends praise you and each other for inner accomplishments or do they mainly focus their praise on looks weight or clothes?
7. Do you withhold food for long periods of time?
8. Do you find yourself having erratic eating patterns?
9. Does food and eating dominate your thoughts and actions?
10. Do you feel like you might need to talk to someone ?
11. Are you always on a “diet”?
12. Have you have used diets pills, laxatives?
13. Have you ever vomited to purge the meal you ate?
14. Write down 5 things you love about yourself everyday!!!