

Ten Questions to Consider if You Are Struggling with Symptoms of Diabulimia

1. How many times have you tried to stop, but instead started again? Can you list the last three times this has happened to you? How long did it take after you promised yourself it was the "last time" to get stuck back in the same vicious cycle?

a) _____

b) _____

c) _____

2. List the three most embarrassing or shameful things you've done that directly relate to your potential eating disorder:

a) _____

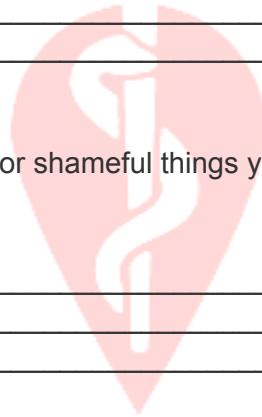
b) _____

c) _____

3. What types of physical problems do you have (or are afraid of having) as a result of your eating disorder symptoms?

a) _____

b) _____



**WE ARE
DIABETES**

c) _____

4. Do you believe that you can continue omitting your insulin without consequence?

a) _____

5. This disease affects every area of our lives. List two specific examples when your eating disorder caused damage in the following areas of your life.

a) Significant Other (e.g. boyfriend, girlfriend, spouse, partner)

- _____
- _____

b) Parents or Guardians

- _____
- _____

c) Children

- _____
- _____

d) Other Family Members

- _____
- _____

e) Friends

- _____
- _____

f) Work and Coworkers

- _____
- _____

g) Everyone and Everywhere Else

- _____
- _____



6. How has your potential eating disorder affected your ability to identify with and/or express your feelings with others?

a) _____

7. The following is a list of defense mechanisms. These are the ways that your mind made it okay to continue engaging in eating disordered behaviors. List specific thoughts or statements you have made relating to each of the following defense mechanisms.

a) Rationalization: trying to provide a reasonable explanation for irrational behavior.

- _____

b) Minimizing: making your eating disorder seem less severe than it is and therefore not a subject of concern.

- _____

c) Blaming: blaming some person, place or thing for your eating disordered behaviors.

- _____

d) The Nevers: to avoid talking about what has happened as a result of your eating disorder by focusing on what has NOT happened yet.

- _____

e) Changing Focus: to avoid confrontation by avoiding the topic.

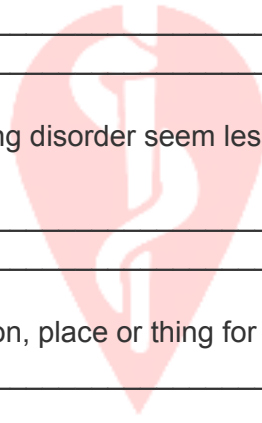
- _____

f) Making Enemies: to make bad guys out of those who confront and try to help.

- _____

g) Comparing Out: "I'm not as bad as others because..."

- _____



WE ARE
DIABETES

8. Are there any dreams or goals that your eating disorder has forced you to relinquish?

a) _____

9. Now that you are nearing the completion of this exercise, what feelings or emotions have you experienced during this?

a) _____

10. Finally, write out a statement explaining why/if you now believe you may have a chronic, progressive and potentially fatal disorder. What do you plan to do to treat this disorder?

a) _____



WE ARE
DIABETES

Before you go, it's best to not leave on what may be such a low note. Just because you're struggling doesn't mean there hasn't been some (if not a lot) of good in your life. Feel free to continue on and prove that seeking help will always be worth the effort.

1. List the three accomplishments in your life that you are most proud of:

a) _____

b) _____

c) _____

2. Try to list three dreams you may have for a life without your eating disorder:

a) _____

b) _____

c) _____



**WE ARE
DIABETES**