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) __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
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...”
   • __________________________________________________________________________
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) __________________________________________________________
       __________________________________________________________
       __________________________________________________________
       __________________________________________________________
       __________________________________________________________
       __________________________________________________________
       __________________________________________________________
       __________________________________________________________
       __________________________________________________________

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) __________________________________________
   __________________________________________
   __________________________________________