

*the RECOVERY Box*

# TRIGGER AWARENESS

WORKSHEET FOR SURVIVORS

## *Instructions*

This exercise is designed to challenge your ideals of “good foods” and “bad foods”. Use the left column to identify the “bad” foods you struggle with and use the right column to identify the positive qualities of those foods - for example positive qualities could be the nutrients your body receives from the food or the joy you experience when consuming it.

“BAD” FOOD

THE “GOOD” IN THE “BAD”
