



COST BENEFIT ANALYSIS

The Costs of Holding On (What I Lose If I Don't Heal) What is this cycle taking from you physically, emotionally, mentally, socially? Think about the energy it drains, the moments you miss, the parts of yourself that feel small or quiet because food takes up so much space. What's the true cost of staying where you are?	The Fears of Letting Go (What the Binge Protects Me From) If you didn't have the binge anymore what would feel exposed? What emotions, needs, or memories might surface if food wasn't there to help you cope? What feels scary (or intimidating) about actually being free?
The Safety in Staying Where I Am (What I Get from Staying the Same) What do you get out of keeping things how they are? Is it predictability, comfort, control, distraction? What does this pattern protect you from having to face or change?	The Freedom on the Other Side (What I Could Gain by Healing My Relationship with Food) How would your day feel different? How might you show up with your partner, your kids, your friends if food wasn't stealing your focus? How would it feel to move, dress, rest, or eat without overthinking every choice? What parts of you would come back online if you weren't constantly managing food thoughts?