

# Community Connections

An ACE in-house newsletter

## Toolbox: The Cognitive Game

Match the following statements to the Thinking Errors/Cognitive Distortions on page 2:

- a. "So what if I've lost a lot of weight? My boyfriend tells me that I need to lose more."
- b. "I'm such a freak, such a failure."
- c. "I used to be a normal weight and I wasn't happy. So I *know* gaining weight isn't going to make me happy."
- d. "I've gained some weight—now my life is over. I'll never be able to wear a swim suit."
- e. "If I start eating pasta, I just *know* it'll be transformed to fat."
- f. "Eating is the only thing over which I have control."
- g. "I should be able to stop binge eating and purging. Everyone else in the group has stopped."
- h. "If I gain 2 pounds, I'll gain 200 pounds."
- i. "Anyone could have done as well as I did."
- j. "I just know those people are talking about the size of my hips."
- k. "I got a C on my exam. I am stupid and suck at everything."

## Gentle Reminder for Smokers:

Please remember to clean up cigarette butts and to not smoke in front of the doors which lets smoke into the building. ACE requests that if you wish to smoke go off by yourself or smoke in your car as sub-grouping is not allowed.

Thank you

## Kitchen Pantry

### Carbohydrates

#### *Why do I need them?*

- They are the body's main source of energy and help maintain blood sugar
- They are stored in our muscles to be used as energy between meals and snacks
- They are an important source of fiber, B vitamins and iron
- They help us feel satisfied with our food

#### *What are some healthy sources of carbohydrates?*

- Whole wheat grains—breads, pastas, brown rice, bagels, muffins
- Starch vegetables—corn, peas, potatoes
- Legumes/beans—pinto, navy, black, black-eyed, etc.
- Pretzels, popcorn, wheat crackers

Adapted from Page Love, RD, LD. For more information, talk to your case manager or call Page Love, RD, LD at (770) 457-1457 or Molly McCollough, RD at (770) 458-8711 ext. 206.

## Toolbox: Thinking Errors/ Cognitive Distortions

1. Dichotomous or All-or-Nothing Thinking-thinking in extreme and absolute terms (black/white, right/wrong, good/bad).
2. Overgeneralizing-extracting a rule based on one event and applying it to other situations. Patterns of defeat are seen as never ending.
3. Mental Filter or Selective Abstraction-basing a conclusion on isolated details while ignoring contradictory and more salient evidence.
4. Disqualifying the Positive-positive experiences are rejected when one insists they "don't count" for various reasons. In this way, one can maintain a negative belief that is contradicted by everyday experiences.
5. Magnification (Catastrophizing)-overestimation of the importance of undesirable consequences. Stimuli are exaggerated with surplus meaning, not supported by an objective analysis.
6. Minimization-positive characteristics or experiences are treated as insignificant.
7. Emotional Reasoning-believing the cause-effect relationship of non-contingent events.
8. Should Statements-one's language is dominated with "should" and "shouldn't." "Must" and "ought to" are also offenders. The emotional consequence is guilt.
9. Labeling and Mislabeled-this is an extreme form of overgeneralization. Instead of describing an error, a negative label is attached; this results in language that is highly colored and emotional.
10. Mindreading/Personalization and Self-Reference-egocentric interpretations of impersonal events or over-interpretation of events relating to the self. You believe you know what others are thinking and failing to consider other, more likely possibilities.
11. Tunnel Vision-you only see the negative aspects of a situation.

Key:a)6 b)9 c)2 d)5 e)7 f)3 g)8 h)1 I)4 j)10 k)11

### Internet Sites of Interest

[www.something-fishy.org](http://www.something-fishy.org)

Offers general info. on eating disorders and links

[www.eatingdisorderinfo.org](http://www.eatingdisorderinfo.org)

The Alliance for Eating Disorder Awareness provides educational info. for parents, caregivers, success stories, and recommended reading

## 10 myths about fathers, daughters, and food

- Myth # 1: Eating disorders and body image are women's issues  
Myth # 2: Men can't understand  
Myth # 3: Eating disorders are caused by problems in the mother/daughter relationship  
Myth # 4: Distant, uninvolved fathers are the cause of eating disorders  
Myth # 5: Fathers play an inconsequential role in the development of their children  
Myth # 6: Father's role is to "provide" economically  
Myth # 7: Parenting isn't important to men  
Myth # 8: Fathers don't feel  
Myth # 9: Girls learn about femininity from their mothers  
Myth # 10: Girls need their mother, not their fathers, during adolescence

--From Dr. Margo Maine's book, *Father Hunger: Fathers, Daughters and Food* (1991)

## Journaling: Skills to Decrease Symptoms

Journaling is an important recovery tool. Journaling allows you to gain insight into your thoughts and feelings that keep your eating disorder going. You can learn to identify and meet your needs in a more healthy and constructive way.

During the period of time when you are thinking about restricting, binging, or purging, journal about the following questions instead. Be curious, and see where your mind takes you.

How am I feeling right now, both physically and emotionally?

-Has anything happened that contributed to me feeling this way?

-When I feel this way, what do I need?

-Have I felt this way in the past? When was the first time?

-Is there anything (other than using symptoms) that will help me to feel better?

-How will I feel if I use symptoms?

-How will I feel if I don't use symptoms?

-Make a list of things you could do to prevent or stop yourself from using symptoms

--Adapted from the ACE worksheet by Linda Buchanan, PhD