A PAUSE, A PRACTICE, A NEXT STEP

Bulimia Nervosa

Ask for help with a cycle that can feel hard to interrupt.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What feels hardest to say?

Write a short sentence to bring to a medical visit. Sharing it in writing is enough to start.

01 / Notice and reflect

What feels hardest to say?

02 / Notice and reflect

Who can help you make the appointment?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Arrange medical care promptly. Get urgent medical help for fainting, chest pain, or an irregular heartbeat.

Read more: National Institute of Mental Health · Eating disorders

More tools and immediate support: Our Healing Room / Crisis Support.