

# Trick or Treat!

Confronting your BFRB Monster  
& Empowering You  
to live your Best Life

Resource Packet

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of the BFRB Space in NYC

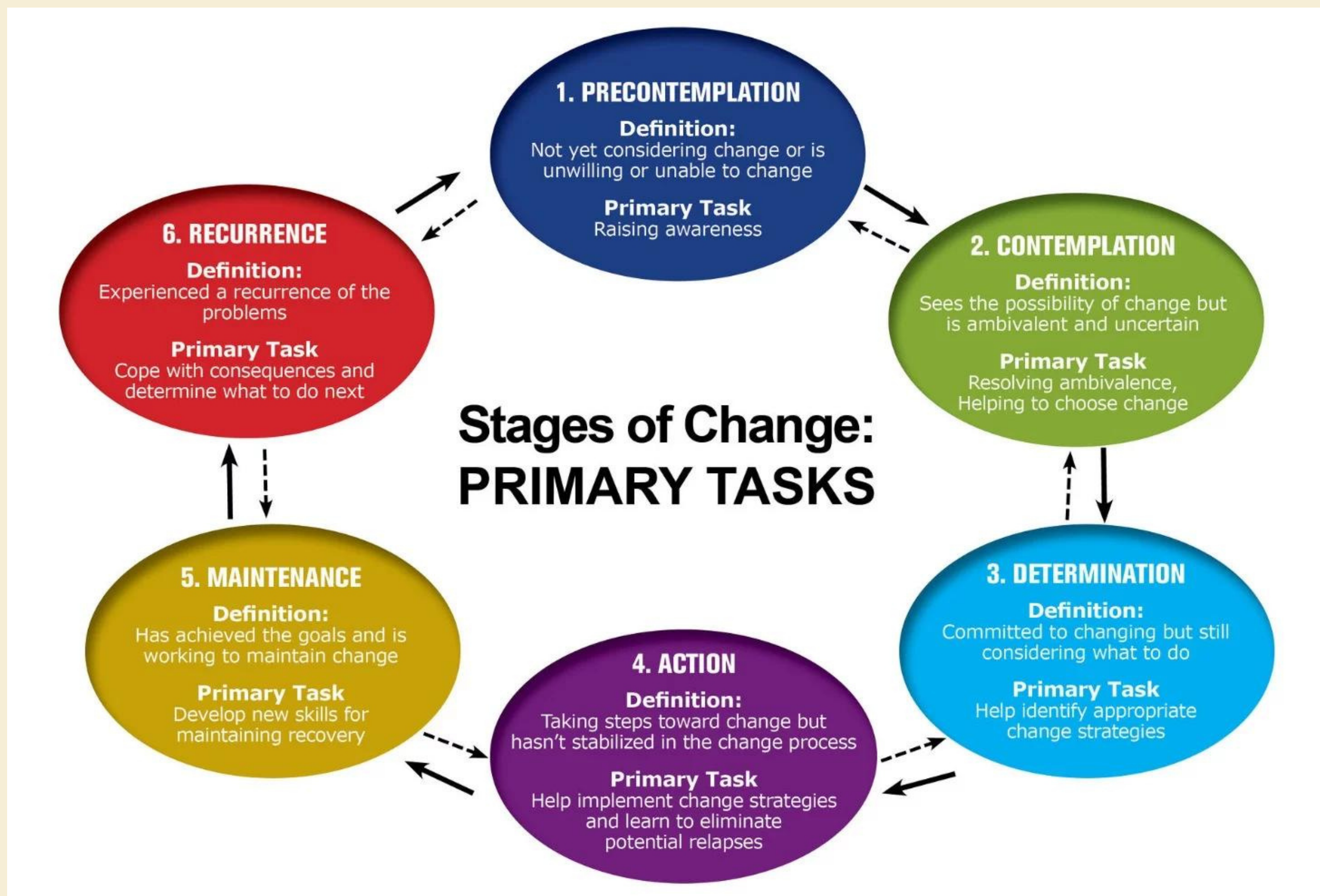
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# Why does our Motivation change?

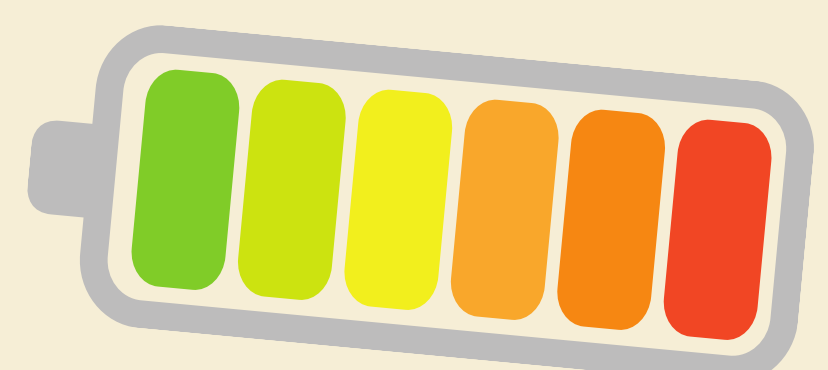


## What does help improve motivation

1. Awareness
2. Self Compassion
3. Acceptance
4. Remember: We are all ambivalent, our old behavior has somehow helped!
5. A belief that you are doing the best you can.
6. Acceptance
7. Loved ones: Try empathy to help you validate the challenges

## What does not help improve motivation

1. Ordering/directing
2. Warning, threatening
3. Giving advice
  - a. making suggestions
  - b. providing solutions
4. Arguing with logic
5. Preaching
6. Criticizing, blaming
7. Agreeing, praising



# Who's your monster? Draw here:



What's your Monster look like?

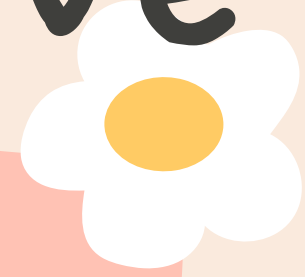
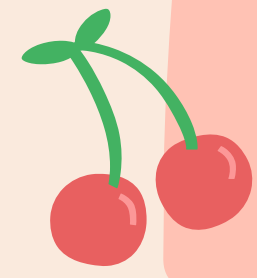
- Is it a character?
- Does it look real?
- What's its name?

What's its goal?

- Help you pick/pull?
- Help you chill out?
- Torture you?

# Reasons to not believe

## Your Monster



1. I want to see:

2. I want to feel:

3. I want to do:

4. I want to feel:

5. I want more time for:

6. I want:



# I'm Good At:



1. Creative



2. Physically:



3. Makes money



4. Others say:



5.



6.



**Strive for  
Progress!  
not Perfection**

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**Taking Care  
of Yourself  
is Productive!**





**You are doing  
your best**

**with what  
you have!**

@bfrbpace







# Treats for me!



1. Receive:



2. Create:



3. Guilty Pleasure:



4. With others:



5. Food, drink, nourish!



6.



# THINGS TO Remember

It's okay to  
take a break

Set Back Is Not  
Failure

It's okay to  
have a bad day

Small Steps Are  
Also Progress

Nothing Is  
Perfect

You're  
Strong



LIFE CAN BE TOUGH

**BUT YOU  
ARE TOUGHER.**

CARRY ON, FIGHTER.

# CONGRATULATIONS, YOU'VE INVESTED IN YOURSELF TODAY!



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