

My House

We want you to compare your self to a house, outside and inside.

First, draw or describe your life as if it where a house. Be specific. Note color size, style and condition of your "house." What is around it? Does it stand alone or in a community?



Now, think about the inside of your "house." Describe what it looks like. Is it cozy and inviting, or modern and cold? Are the rooms messy or organized?

Keeping in mind the eating disorder and the effects it may have on your body, what type of repairs does your "house" need?

How do you feel about your "house"?

How would you change your house if you could change anything you wanted to?

How did you feel about doing the assignment?