

# RADICAL CLIENT-CENTERED (RCC) FRAMEWORK WORKSHEET

Eating problems, disordered eating or eating disorders (DE/ED) don't happen by themselves. Many factors, including biology, society, culture, personal experiences and personality traits influence the development of DE/ED. These factors work together to cause and keep eating problems going. It's important to consider all these factors when assessing and exploring the problem and planning support and treatment.

This worksheet is designed for use by individuals to better understand their experiences and plan the support they need. This can either be done independently as a reflection tool or in session with their healthcare providers.

There is no right or wrong way to use this tool. You could use it as a written worksheet or a conversation prompt. Use it in whatever way feels helpful to you.

Note: If reflecting on these ideas makes you feel unsafe or activated at any point, it is okay to stop and move away. Find what you need in that moment to help calm yourself. This may include making yourself a cup of tea, having a shower, reaching out to a friend or putting on a favorite TV show.

It may feel safer to do this work in a supported environment, like with your trusted health practitioner. Reflecting with them about the point where you became activated may be helpful.

If this content causes you distress when you are not with a trusted person please reach out to one of the below hotlines for support:

## **Lifeline**

24 hours per day

Phone 13 11 14 or Text: 0477 14 11 14

## **Eating Disorders Victoria**

Weekdays 9.30am to 4:30pm

1300 550 236

## **Butterfly Foundation**

7 days per week 8 am - 12 am

1800 33 4673

EAT LOVE LIVE  

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EDUCATION

# RADICAL CLIENT-CENTERED (RCC) FRAMEWORK WORKSHEET

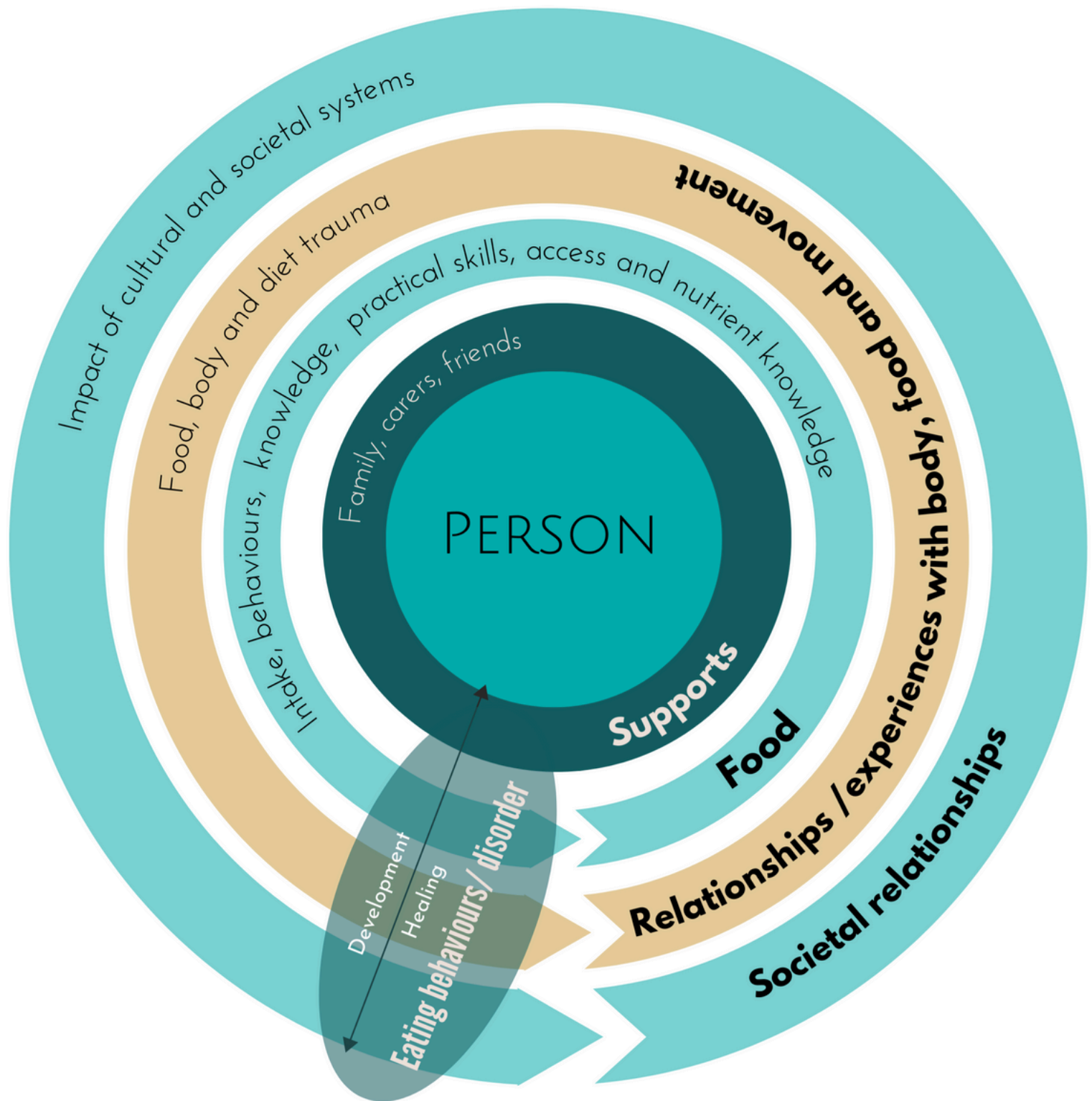
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The Radical Client Centred (RCC) Framework is a tool designed with input from people who have lived experience of DE/ED. It helps people think about and better understand their relationship with food and their body.

The RCC Framework is a visual guide that encourages reflection on the different factors—within yourself, your relationships, and society—that can affect how you feel about food and your body. These influences can sometimes cause struggles that lead to DE/ED.

The RCC Framework looks like a set of rings with you at the center. Each ring shows an area of life that plays a role in both the development of and recovery from eating problems.

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## What is your experience?

Considering the RCC Framework, let's take the time to consider that you are the person at the centre of this work. Your experiences and environment have provided both positive and negative elements that have influenced your relationship with food and your body.

There is no pressure to write something for every prompt - or to write anything at all! You may just choose to discuss with your health professional any thoughts, feelings and reactions you have in regards to reading these prompts. Respond to the ones that feel meaningful to you.

## PERSON

Who are you?

Identity is a collection of attributes, beliefs, and experiences that shape how you see yourself and how others see you. It encompasses personal, social, and cultural components that are constantly evolving.

### **Identities may include:**

Gender

Sex

Race

Ethnicity

Social class

Ability and disability

Neurotype

Profession

Relationship status

Sexual orientation

Religion

Family and family relationship  
e.g. parent, child, sibling

Values and beliefs

Citizenship and nationality

Hobbies

Skills

Ancestry

Physical appearance

Related to body size - such as identifying as fat

Birth order

Languages spoken

Political views

Personality

Reflect on the above list of identities and write down the ones that you feel help to describe you and how you see yourself in the world. (Lines to write)

How do you think that any of these identities have a direct impact, positive or negative, on your relationship with food and body?

Not sure? This is an opportunity to ask your practitioner if they have any reflections.

## SUPPORTS

Supports are the people and communities who are there for you. They are able to step up emotionally and practically when you need support. These supports can be very important to help aid build your capacity to make positive changes.

These reflections are provided to prompt you and your practitioner to look at some practical and creative ways to help you have the support you need.

What supports do you have in place? What professional support do you have? Family members and friends? Also this may be programs or funds that help access supports such as NDIS or Medicare? Any community groups you are a part of?

Who are your supporters and how can they provide support? This may be family, chosen family, friends or professional support.

How do you think they could provide support for you that they are not at the moment?

Are there any barriers to accessing this support? This may include financial barriers, lack of time, lack of accommodations for your needs.

In an ideal world, what would you like these supports to look like? Knowing that we are unable to change others or access in reality, if you had a magic wand what supports may be helpful.

Are there any current supports that may be impacting your relationship with food and body negatively?

How are your current supports protective of your relationship with food and body?

## FOOD

Let's think about your practical knowledge and skills about food. How this may be negatively impacting your thoughts, feelings, choices and behaviours around food and body? Our knowledge and skills about food and moving our bodies can come from many different places and it may be helpful to reflect on where or who this information has come from.

What do you think your skills are like in planning what to buy and buying food?

Who do you think your skills and knowledge are like in knowing how to prepare foods; including meals and snacks.

What do you think has helped you develop these practical skills in acquiring and preparing food?

Were there any barriers to developing these skills?

Do you have any sensory preferences that impact your preferences, choices, skills and knowledge around food?

We all have different knowledge about food that has come from many different places. It may have felt helpful or very unhelpful at the time. It may have been picked up from school, friends, media or health professionals. This reflection is intended to help you think about where you have learned what you know from!

There are no right or wrong responses or expectations.

What knowledge do you have about the health qualities of foods? Does it feel like more or less than others around you? Where have you learned about the healthfulness of foods?



Are there any foods that you feel are healthful for others but not for you? Healthful foods that can contribute to positive health outcomes and we choose to use it as the word 'healthy' may have negative connotations.

Do you have any cultural or religious beliefs or practices associated with food?

Do you ever struggle to access enough food to eat?  
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What do you think contributes to your decision-making about what to eat when?

What do you think is a reasonable amount of movement for your body? Is this different for you than for others? Where did this knowledge come from?

Are there any times when you have felt unable to trust your body? This may include times that you felt you couldn't trust the messages it was telling you or were told to not trust them or ignore them.

Are there any times when you have felt disconnected from your body? This may include feeling that you aren't able to detect internal signals.

Have there been times when you were told to change what you were eating or how you were eating?

Have you tried to change your body in some way by changing your eating habits?  
What contributed to you making this decision?

## SOCIAL RELATIONSHIPS

Exploring the impact of cultural and societal relationships may link the identities you recorded in the first part of the worksheet

Are there any specific identities that resonate with you, and you feel have been impacted by the society we live in? This may be positive or negative. You may feel that you are afforded privilege in some areas while feeling pressure to conform in others.

This pressure may be about aesthetics (how you look), or may feel more like having to withhold thoughts, feelings, opinions, or cultural practices.

Some examples might include:

- Society does not support you and may actively harm you and the fat phobia that exists in our culture prevents you moving through the world with ease
- You are gender non-conforming and find that your appearance can be used by others to categorise you into binary gender groups
- Your family comes from a culture or generation that has a very different way of talking about food and bodies, which you have found to be harmful
- You go to a movement space (gym, pool, yoga or Pilates studio) that has a culture of changing body shape and size, sometimes using extreme and unsustainable methods

- You are a neurodivergent person who feels pressured to blend in with societal norms, including appearance and behaviour
- You are aware that you do not currently fit into societal expectations of appearance and behaviour, and feel pressured to work towards meeting these expectations
- You are overwhelmed by constant messaging on bodies and size across social media, advertising, news media channels and existing as a person in the world

## ZOOMING OUT

What has this reflection activity shown you that you may or may not have seen previously?

Is there something that surprised you?

Is there something that feels uncomfortable?

What do you think may have been some of the things that interrupted your relationship with food or your body?

Are there things that make it hard to feel safe and connected to your body that are out of your control?

What things have you identified that you have control over exploring and possibly changing?