

You are the AUTHOR... of Your Own Life Story

RECOVERY or RECOVERING from an eating disorder is a CHOICE. It happens when you start making different choices, taking different actions, responding differently to situations, events, people and feelings in new, healthier ways.

1. Recovery is a process.

Once you understand this, it will help take the pressure off of “getting to a certain point.”

2. Own your recovery. Be Accountable to yourself.

Make your life what YOU want.

Nothing changes until you own it for yourself. Dream it. Determine if it's realistically achievable. Figure out what steps/actions you can do to achieve it. And turn it into a goal – what is the “outcome” you want to strive for?

3. Recognize the step/s you take. Baby steps add up to big successes.

Start with 1 new change. Practice it daily. Integrate it into your daily routine.

Practice being a kind friend to yourself. Would you constantly berate a friend and put her/him down because they are struggling to find their place in life? Can you be as good to yourself as you are to your friend/s?

Practice saying “*Good for me!*” as you work hard to make a difference in your life choices, decisions, and direction.

When you encounter a roadblock or barrier (either in your behaviors or in your thoughts). See if you can identify and then strategize a new response.

Possible strategies when you are road-blocked or struggling to make changes/respond to your life differently:

1. First identify where you get stuck or struggle. Understand your triggers/red flags.

Becoming self-aware increases your self-knowledge, which helps you make better and different choices in recovery/life.

2. What category does your roadblock fall under? Is it fatigue? Is it a feeling? Is it worry of failing?

1. Replace “can’t” with “I choose to” or “I choose not to.”
2. Identify the feeling. (Identifying emotions will tell you if it’s an unmet need)
3. Reframe the meaning of failure into a positive definition.

3. If you identify a FEAR, ask yourself:

Is this fear based on my current reality or a feared consequence? (continued next page...)

Is my fear based on a past experience rather than my present situation and desired outcome?

Am I physically tired? (Not enough sleep. Not enough food.).

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For More Information: Contact: cindybitter@hopelines.com 1.585.329.6317

Am I mentally exhausted? (Worry, depression).

Is my worry of failing (not doing it perfectly) a need in disguise? (Identify the need)

4. Respond DIFFERENTLY.

Do not use an eating disorder behavior in response to situations, feelings and triggers.

- Stay with the feeling and move through it. You will come out on the other side.

5. Identify a support system.

Have people/individuals that you can call, email or meet when you are struggling or having trouble. Reach out to them when you need support/encouragement

6. It's not just about the behaviors.

- Recovery is also about the way we think and how we feel.

7. Know your "habits."

- Sometimes, many times, it will simply be easier to engage in your old, familiar behaviors. The most important thing is to keep trying. Get back on track and pick up again using healthy responses and behaviors whenever you can.

8. Create a new brain path."

- Strengthen and walk your new path as much as possible, every day.

Consistency and with repetition (doing it over and over and over) is how your "new way" will become ingrained in your brain (brain path) familiar, comfortable and routine.

9. Tools that help:

- Write out what you want, what is working, what is helpful for you.

- Affirmations/Journaling: Keep a list of positive phrases, your achievements (Yes, you ARE achieving and being successful).

- Talk! (Identify your support people and reach out to them)

- Practice regular eating every day, every meal. Make it routine.

10. Create a life.

"Having a life is a great antidote to an eating disorder."

- An eating disorder is an illness that gives "false and empty meaning" to your life. It is NOT a life.

- While an eating disorder took up a lot of your time, it also wastes your time. It wastes your life. It is "superficial" living. It doesn't allow you to focus on the meaning of life and what is really important to you.

11. Create "positive wants"

- Challenge yourself to feel good about what you want even if you don't yet know how to get it. Feeling more positive will increase your energy and motivation to move forward TOWARD your goal and what you want.

12. Believe you can and you will.

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- **YOU** hold the power to create and fill your life with all that you desire.
- **YOU** have a whole lifetime to shape your life to be your best, your happiest and most successful.
- **YOU** are the one who will get yourself “better.” Describe it, visualize it, believe it and go for it.



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