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## RECOVERING FROM AN EATING DISORDER

Accept that you have an eating disorder, and explore its role in your life. Talking to others about your eating disorder helps to demystify it, helps the recovery process and allows people to help you.

Take responsibility for your own recovery. Work with people and in situations where you feel good about yourself, and detach yourself from people and situations where you don't.

Listen to and honour your inner voice. Learn to listen to your feelings and emotions, especially before, after, or during times that you restrict, binge or purge.

Make your own choices, set realistic goals and take risks. Celebrate your victories, no matter how small.

Take care of yourself, nurture yourself and have fun.

Work with others who have recovered and can provide hope. Try not to isolate yourself - keep reaching out.

Become aware of the signals that can cause you to focus on your body and weight as if that were the enemy. Working on discovering the underlying issues that are distressing you.

Let go of perfection. Focus on the present and on the positive. Don't compare yourself to others or to an ideal.

Maintain your courage and hope. Recovery is possible.

