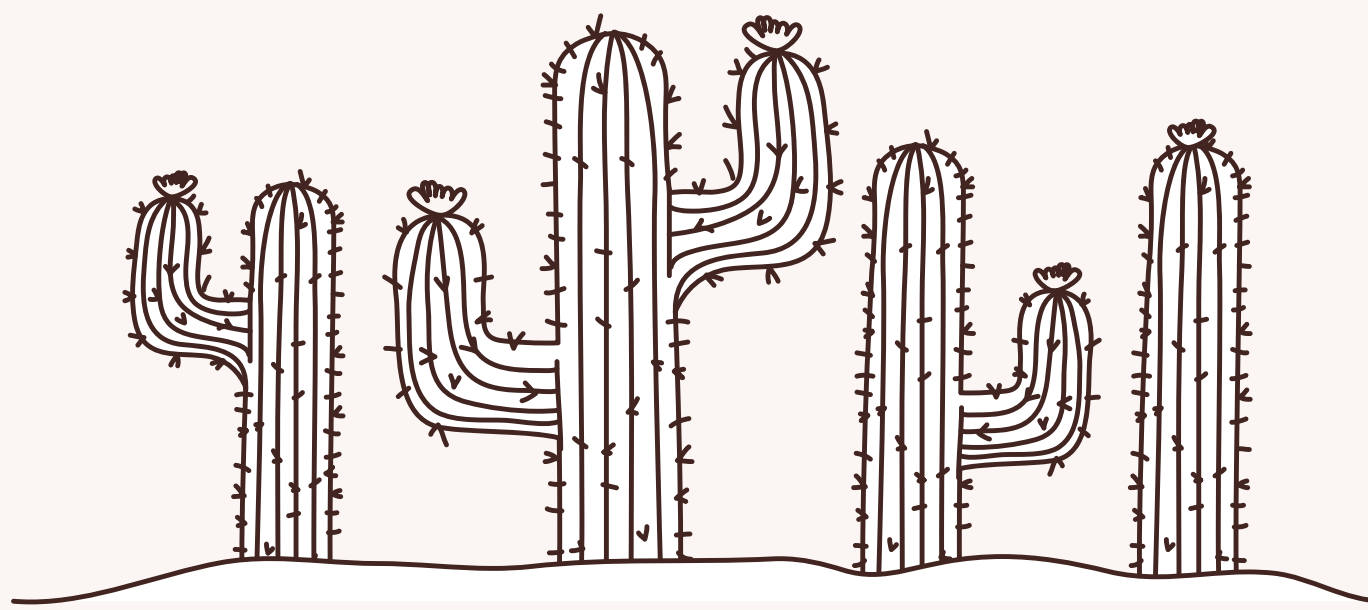




Recovery  
**JOURNAL**

# RECOVERY RULES



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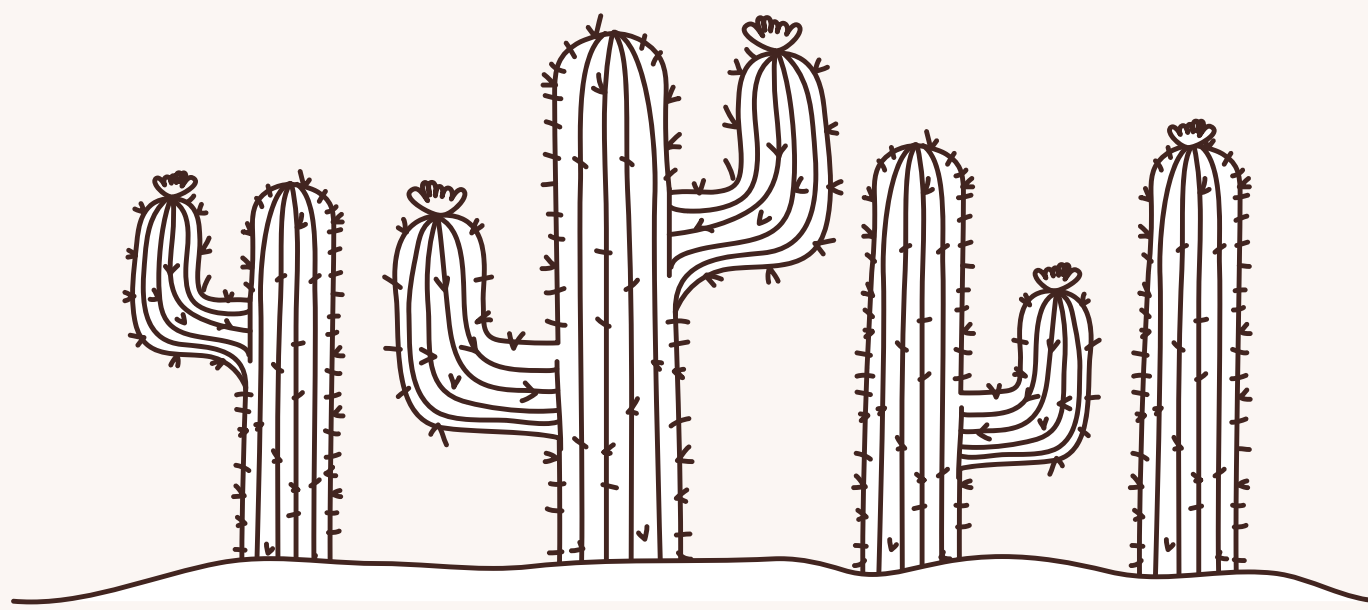
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# RECOVERY RULES



**6**

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**10**

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**Recovery is a battle.**

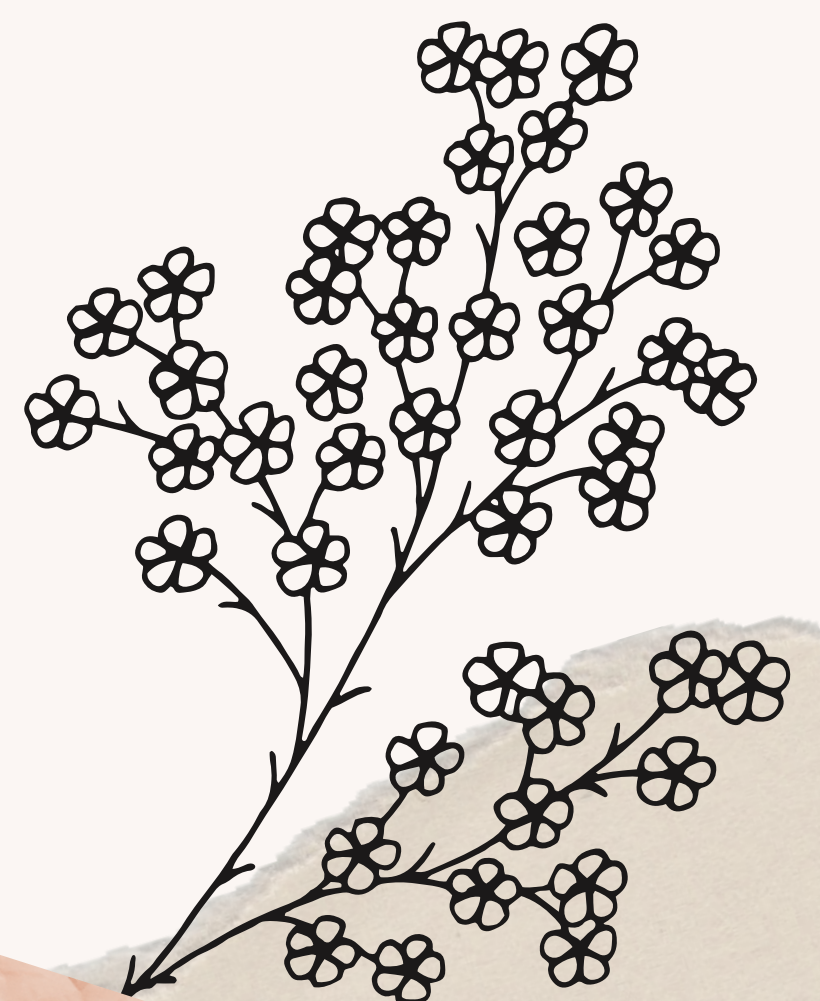
**Labeling it as anything else  
would diminish it's stronghold  
in our lives.**

**But battling with God will  
start to release that  
stronghold that the enemy  
has made in your mind.**


**Slowly, overtime, the battles  
will start getting easier.**

**Just hold on. Just keep  
fighting.**

**- unknown**

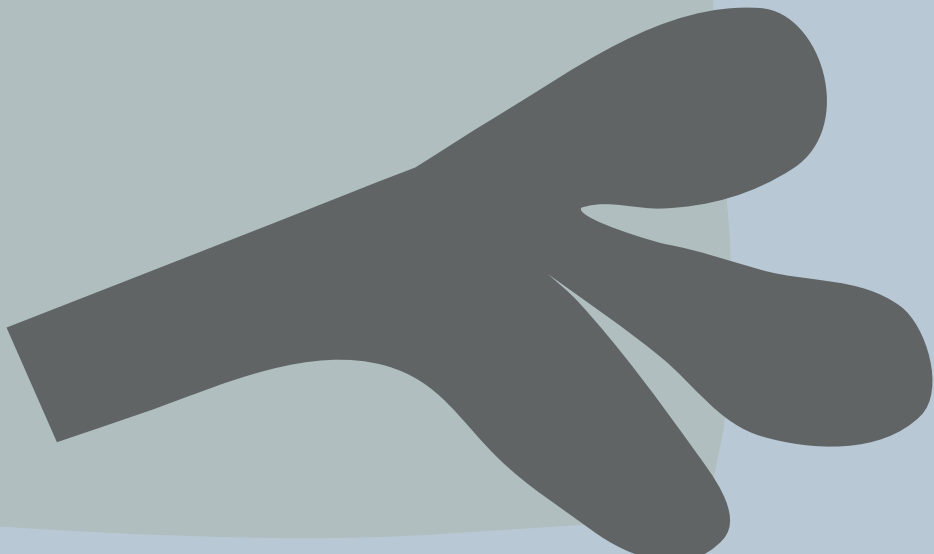


# BIBLE VERSES FOR ROUGH DAYS!




Philippians 1:6  
"Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus."

Psalms 139:13-16  
"For you created my inmost being; you knit me together in my mothers womb. I praise you because I am fearfully and wonderfully made; your works are wonderful I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."



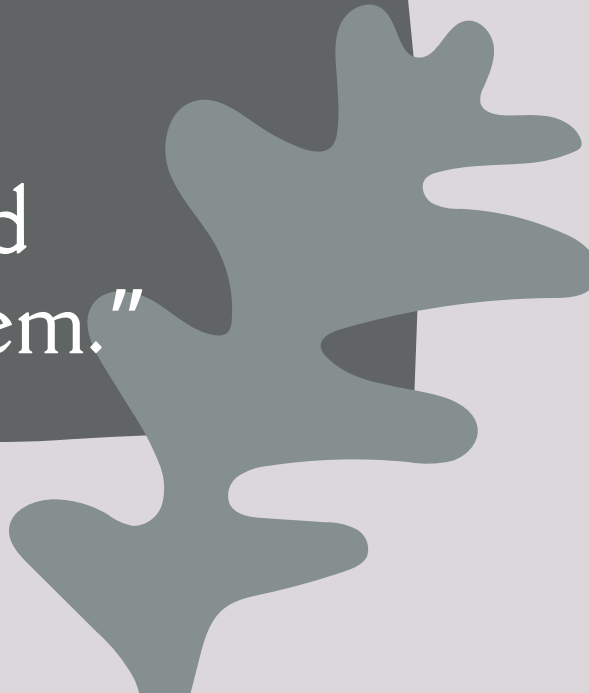
1 Corinthians 6: 19- 20  
"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; You were bought at a price. Therefore honor God with your bodies."




Romans 8:38-39  
"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, Will be able to separate us from the love of God that is in Christ Jesus our Lord."




Genesis 1:27  
"So God created mankind in His own image, in the image of God He created them; male and female He created them."



James 4:7  
"Submit yourselves, then, to God. Resist the devil, and he will flee from you."




# BIBLE VERSES FOR ROUGH DAYS!




Psalms 34:18  
"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Matthew 10:29-31  
"Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs on your head are all numbered. So don't be afraid; you are worth more than many sparrows."




Romans 12: 1-2  
"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - he's good, pleasing and perfect will."




Ephesians 2:10  
"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

2 Corinthians 12:9-10  
"But He said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardship, in persecutions, and difficulties. For when I am weak, then I am strong."



Hebrews 2:18  
"Because He himself suffered when He was tempted, He is able to help those who are being tempted."









# OH NO! RELAPSE

**RECOVERY IS NOT LINEAR.**

**THERE ARE LONG TRUDGES UP THE MOUNTAINS TO THE PEAKS OF RECOVERY WHERE LIFE FEELS NORMAL AND THEN THERE ARE LONG SLIDES DOWN THE OTHER SIDE WHERE RELAPSES OCCUR. AND THEN THERE ARE PLATEAUS WHERE THINGS JUST SEEM STATIC.**

**THIS CAN BE SO INCREDIBLY FRUSTRATING WHEN IT FEELS LIKE EVERY TWO STEPS FORWARD IS MET WITH FIVE STEPS BACKWARDS. SO HOW DO YOU KEEP GOING WHEN THE JOURNEY CAN BECOME SO DISCOURAGING?**

**SOME SAY SEEK MEDICAL HELP AND THERAPISTS. SOME SAY TRY DIFFERENT MEDICATIONS THAT CAN HELP BALANCE EMOTIONS. SOME SAY TO JUST KEEP PUSHING THROUGH AND THE LIGHT AT THE END OF THE TUNNEL WILL BE REACHED.**

**NOW BEFORE I CONTINUE, I WANT TO BE CLEAR THAT NONE OF THESE ARE BAD. BUT... IF MY FIVE YEARS OF BATTLING MY EATING DISORDER HAS TAUGHT ME ANYTHING IT IS THIS: FIRST SEEK AND CLING TO GOD.**

## **1. IN YOUR WEAKNESS GOD'S STRENGTH SHINES THROUGH EVEN STRONGER. (2 CORINTHIANS 12:9-10)**

**SEE, THERE ARE DAYS IN RECOVERY YOU WILL WAKE UP FEELING SO INCREDIBLY FRAGILE THAT YOU WILL DOUBT YOU WILL BE ABLE TO EVEN LEAVE YOUR BED THAT DAY. AND THAT IS OK. THIS DOES NOT LESSEN GOD'S LOVE FOR YOU OR MAKE HIM DOUBT YOU CAN ACHIEVE HIS PLAN FOR YOUR LIFE. INSTEAD, ON THESE DAYS ALL YOU HAVE TO DO IS ASK AND HE WILL WALK BESIDE YOU AND EVEN CARRY YOU THROUGH UNTIL YOU ARE ABLE TO WALK ON YOUR OWN TWO FEET AGAIN. GOD'S GOT YOU.**

## **2. PLACING YOUR TRUST IN HIM LEADS TO HOPE FOR THE FUTURE. (JEREMIAH 29:11 + ROMANS 8:28)**

**IN LIFE WE CAN PLACE OUR HOPE IN MEDICAL DOCTORS AND THERAPISTS, IN MEDICATIONS AND FRIENDS, IN OURSELVES... BUT PLACING OUR HOPE IN GOD IS THE ONLY WAY TO ASSURE THE AVOIDANCE OF DISAPPOINTMENT. WHY? BECAUSE THIS FAITH IS FOUNDED ON SOMEONE WHO IS ETERNAL, ALL-ENCOMPASSING, PROMISE KEEPING, AND FAITHFUL TO HIS CORE. PLACING OUR HOPE IN HIM DOES NOT DISAPPOINT FOR EVERYTHING GOD SAID WILL COME TO FRUITION AND IN DEATH WE WILL BE ABLE TO ENTER PARADISE WHERE ALL PAIN AND SUFFERING AND HARDSHIPS CEASE. AND SO, WE MUST LEARN TO PLACE OUR HOPE IN THINGS OF ETERNAL VALUE AND IN THE ONE WHO HOLDS ETERNITY IN HIS HANDS. FOR THIS HOPE DOES NOT DISAPPOINT.**

## **3. THIRD, WHILE RECOVERY IS UNSTABLE GOD IS CONSTANT. (HEBREWS 13:8)**

**EATING DISORDERS OFTEN ACT AS A WAY TO FEEL IN CONTROL OF ONE'S LIFE. A COPING MECHANISM WHEN THINGS BECOME CHAOTIC AND OUT-OF-CONTROL, AND YET, WHILE IT IS INCREDIBLY HARD WE SHOULD SURRENDER TO GOD, LETTING HIM HAVE CONTROL. HE NEVER LEAVES US, NEVER FORSAKES US, AND HE UNDERSTANDS US BETTER THAN ANYONE EVER COULD. WHEN WE TURN THIS PART OF OUR LIVES OVER TO HIS CONTROL, WHILE TERRIBLY FRIGHTENING, OUR LIVES ARE NOW IN BETTER, STRONGER HANDS.**

## **4. OTHER PRACTICAL STEPS DURING RELAPSE**

**WHILE GOD IS THE BEST RESOURCE, HE HAS PROVIDED US WITH OTHER VALUABLE RESOURCESHE HAS PROVIDED US WITH OTHER VALUABLE RESOURCES ON THIS EARTH TO ADD US IN RECOVERY.**

**A. TELL SOMEONE YOU TRUST ABOUT YOUR RELAPSE. I KNOW YOU'RE EATING DISORDER WILL TRY TO CONVINCE YOU TO HANDLE EVERYTHING ALONE, BUT YOU ARE WEAKEST IN ISOLATION. LETTING SOMEONE ELSE IN GIVES YOU SUPPORT AND ACCOUNTABILITY, SOMEONE YOU CAN LEAN ON IN TOUGH TIMES.**

**B. KEEP CHOOSING RECOVERY. WHILE IT IS EASY TO REVERT TO THE HABITS THAT CALM YOUR EATING DISORDER NOISE I ENCOURAGE YOU TO KEEP FOLLOWING YOUR MEAL PLAN, KEEP RESTRICTING EXERCISE, AND KEEP WEARING THE UNCOMFORTABLE CLOTHES. WHILE RELAPSE MAY NOT LEAD TO LEAPS AND BOUNDS IN YOUR RECOVERY, EVERY STEP FORWARD COUNTS. DON'T LET ED WIN.**

**C. REMEMBER THE WHY. REMEMBER THOSE PAGES YOU FILLED OUT EARLIER IN THE JOURNAL WITH LISTS OF REASONS YOU WANT TO RECOVER? FLIP TO THOSE PAGES AND READ THEM EVERY DAY DURING YOUR RELAPSE TO REMIND YOU WHY YOU ARE FIGHTING THIS FIGHT.**

**D. LOOK TO MEDICAL RESOURCES. WHILE SOME PEOPLE MAY BE ABLE TO FIGHT EATING DISORDERS ON THEIR OWN, THERE ARE MEDICAL SPECIALISTS, RECOVERY CENTERS, AND MEDICATION'S THAT CAN BE USED TO ASSIST INDIVIDUALS IN RECOVERY. USING THESE RESOURCES AND SEEKING TREATMENT DOES NOT MAKE YOU WEAK, IT MAKES YOU WISE.**

**THE ROAD TO RECOVERY IS HARD. NOT ONLY IS IT HARD TO START DOWN THIS PATH WITH YOUR EATING DISORDER BEGGING YOU NOT TOO, IT IS UNCOMFORTABLE AND UNPREDICTABLE. BUT WHEN PLACED IN THE HANDS OF GOD HEALING OCCURS. IT IS NOT ALWAYS THE HEALING WE EXPECT IT TO BE, BUT THERE IS HEALING AND A STRENGTHENING OF FAITH THAT COMES ONLY THROUGH HARDSHIP. SO, TO ALL OF MY RECOVERY WARRIORS OUT THERE...**

**KEEP FIGHTING EVEN THOUGH IT MAY FEEL LIKE YOU ARE LOSING AT TIMES. KEEP FIGHTING AND LEAN ON GOD BECAUSE HE WILL GO BEFORE YOU AND BEHIND YOU IN BATTLE AND WITH HIM YOU CANNOT LOSE. BECAUSE NO MATTER WHAT HAPPENS IN THIS LIFE, THROUGH CHRIST YOU WILL CLAIM VICTORY IN ETERNITY AND YOU WILL BE HEALED. SO, DON'T GIVE UP! HE HAS GOT YOU.**

# Daily Check In

## Daily Recovery Goals

- 1.
- 2.
- 3.

Date:

## Daily Recovery Challenge

## Today's Body Positive Thought



## Fuel & Fluids Check In

breakfast:

snack 1:

lunch:

snack 2:

dinner:

snack 3:

8oz



## Day's End Reflection

Mood:

ED Severity:

Recovery Wins:

Challenges:

Were You Kind To Your Body?

yes

no

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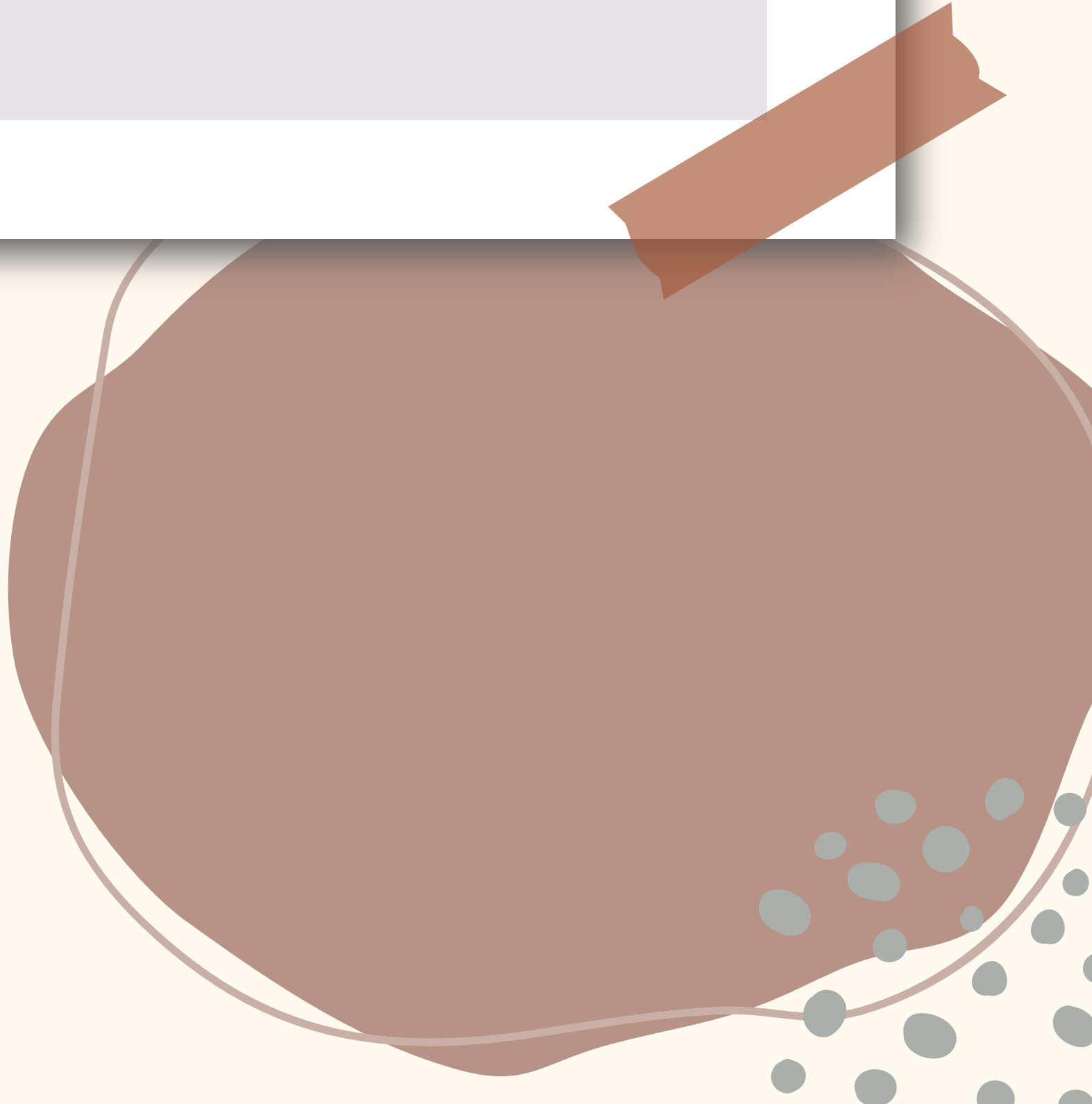
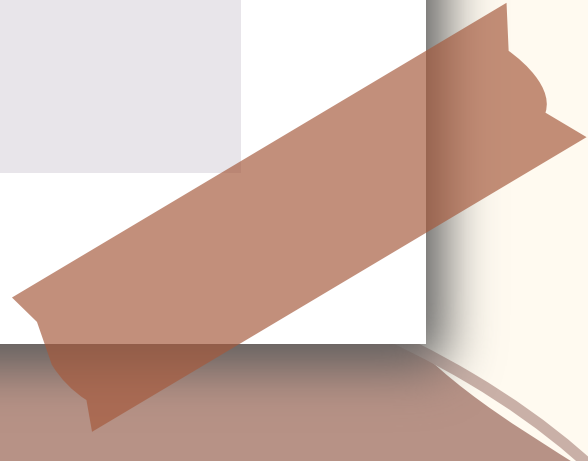
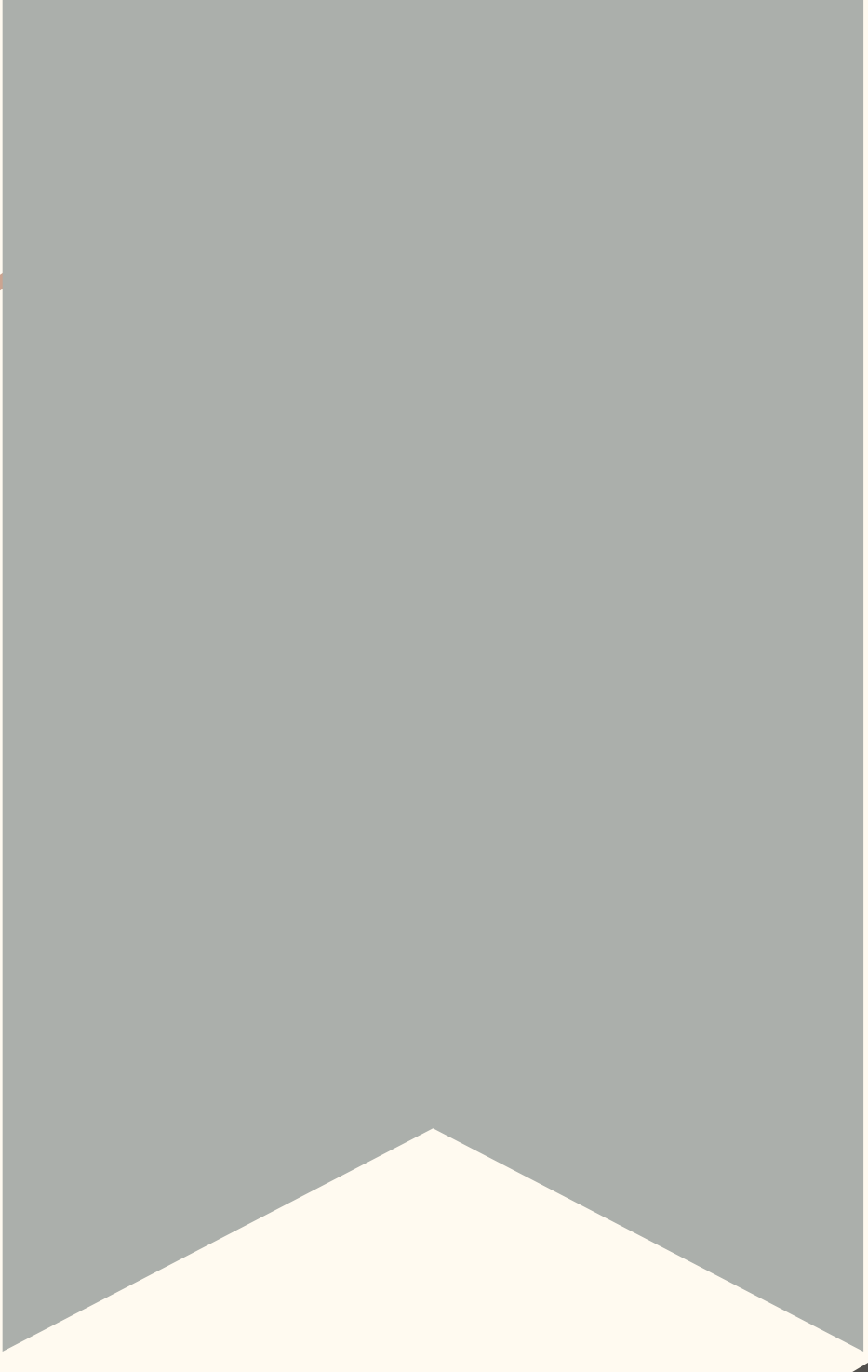
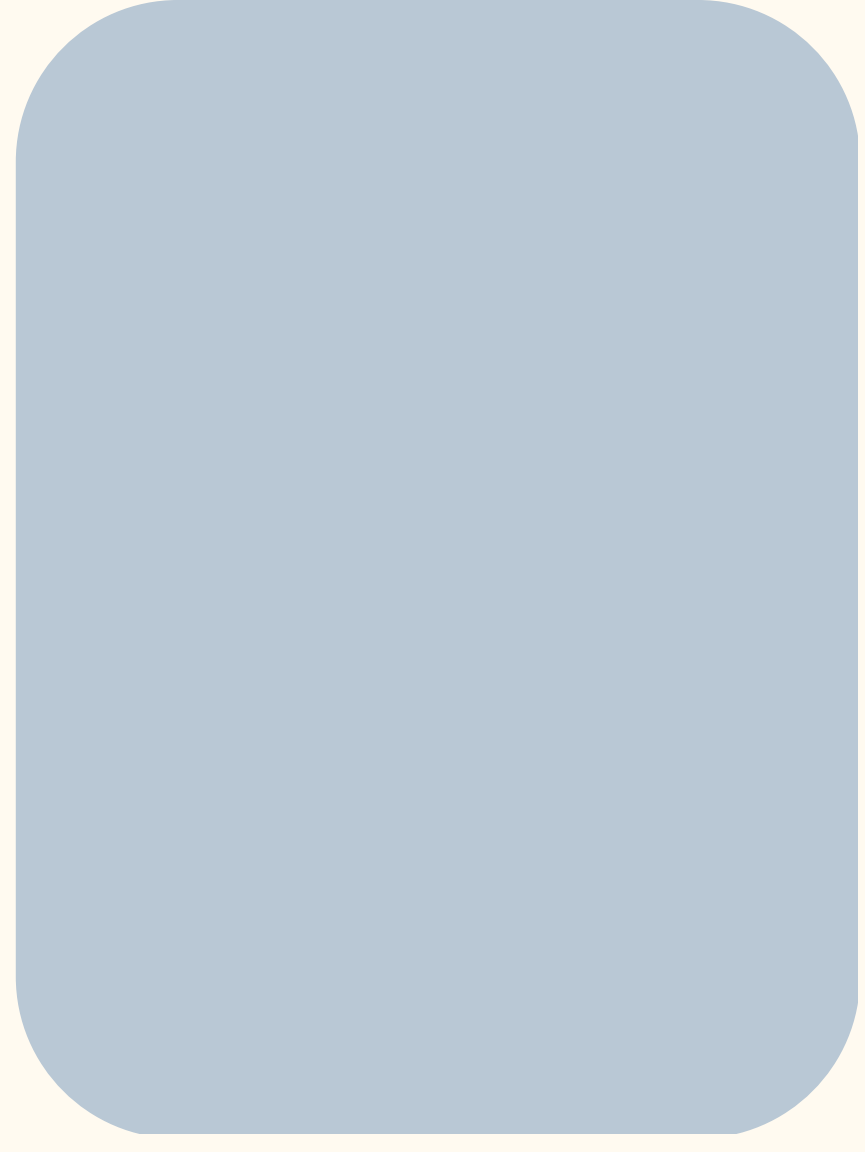


Your Weight  
≠  
Your Worth

# AFFIRMATIONS

- I am loved and my life has purpose.
- I am worthy because God says so, the world does not define me.
- I believe full recovery is possible.
- Even small steps are steps in the right direction.
- I am beautifully, fearfully, and wonderfully made.
- Transforming my world starts with transforming my words.
- If I make a mistake, it does not mean I am a failure, just human.
- My weight does NOT define my worth.
- I am never alone. My God is always with me.
- My body is capable of the most amazing things. I love my body.
- Today I have hope for my future for I know the author is good.
- I am giving myself permission to disobey my eating disorder.
- I have the right to eat simply because I am human.
- Numbers do not define me, they could never do me justice.

# POSITIVITY Corner





## BODY IMAGE IS INCREDIBLY COMPLEX.

ACCORDING TO ANNA SWEENEY (MS, RD, LDN, CEDRD-S), THIS IDEA IS PROCESSED IN NINE DIFFERENT REGIONS OF YOUR BRAIN. THIS MEANS THAT BODY IMAGE WILL NEVER BE STATIC AND CHANGES HUNDREDS OF TIMES THROUGHOUT THE DAY.

BODY IMAGE ITSELF IS NOT ONLY A RISK FACTOR, BUT IS A MAJOR PART OF EATING DISORDER CULTURE. WHILE THE ILLNESS MAY NOT ALWAYS BEGIN WITH THE IDEA OF LOSING WEIGHT OR ATTAINING A PERFECT SHAPE, THERE IS OFTEN A POINT WHERE SHAME AND GUILT OVER ONE'S BODY APPEARS (AS ALWAYS, I CANNOT SPEAK FOR EVERYONE AS EACH DISORDER IS FAIRLY UNIQUE TO THE PERSON SUFFERING BASED ON DIFFERING RISK FACTORS, GENETICS, AND LIFE EXPERIENCES). ASSOCIATED WITH CONSTANT NEGATIVE THOUGHTS REGARDING BODILY "IMPERFECTIONS," THERE IS OFTEN EMOTIONAL DISTRESS, ISOLATION, AND ENGAGEMENT IN BEHAVIORS THAT ARE THOUGHT TO ELIMINATE, MINIMIZE, OR HIDE THE PERCEIVED FLAW.

FOR ME, THE "FLAW" I NOTICED WAS MY WEIGHT AND SHAPE AND THE OBSESSIONS FOLLOWED. I HAD ALREADY FALLEN INTO MY EATING DISORDER PATTERNS, HOWEVER, MANY OF THESE WORSENERD WHEN MY FOCUS SHIFTED FROM FOOD ALONE TO FOOD AND IMAGE. I RESTRICTED MORE AND EXERCISED MORE. HOWEVER, THE IMPORTANT THING TO NOTE IS THAT NOTHING I DID, NO BEHAVIOR I TRIED, ACTUALLY WORKED TO MAKE MY BODY DYSMORPHIA OR EATING DISORDER GO AWAY. THERE WAS NO IDEAL I COULD ACTUALLY REACH THAT WOULD SATISFY EITHER ILLNESS, LEAVING ME TRAPPED IN A CYCLE OF DESTRUCTIVE AND DANGEROUS BEHAVIORS.

SO, HOW ON EARTH CAN SOMEONE MANAGE LIFE AND AVOID ISOLATING WHEN THEY WAKE UP FEELING INSECURE AND UNCOMFORTABLE IN THEIR BODY? WELL I DEFINITELY HAVEN'T FIGURED OUT A CURE, BUT I HAVE FOUND SOME PRETTY GOOD COPING MECHANISMS OVER THE YEARS THAT HAVE HELPED ME TACKLE DAYS LIKE TODAY: THE DAYS WHERE YOU JUST DON'T FEEL GREAT IN YOUR OWN SKIN:

FIRST, I KNOW WAKING UP FEELING DISGUSTING OR UNCOMFY IN YOUR BODY IS THE ABSOLUTE WORST! IT MAKES YOU WANT TO AVOID SOCIAL INTERACTION AND JUST SIT IN BED ALL DAY IN YOUR PAJAMAS. AND AS MUCH AS YOU FEEL THE PULL TO CANCEL E.V.E.R.Y.T.H.I.N.G. DON'T DO IT. OFTEN TIMES, GETTING UP AND GETTING INTO YOUR ROUTINE WILL LOOSEN THOSE FEELINGS AND DISTRACT YOUR MIND. IT ALSO PROTECTS YOU FROM THE MORE INTENSE THOUGHTS AND INFLUENCE YOUR DISORDER SEEMS TO HAVE WHEN YOU ARE ISOLATED FROM THOSE WHO LOVE YOU AND WANT TO HELP YOU.

SECOND, WHEN YOU GET READY FOR THE DAY DON'T JUST GET INTO THE FIRST OUTFIT YOU SEE. TAKE THE TIME TO FIND AN OUTFIT THAT OFTEN MAKES YOU FEEL CONFIDENT.... SEXY EVEN... OR DARE I SAY IT.. BEAUTIFUL! THIS MAY MEAN JEANS AND A T-SHIRT SOME DAYS, OR A DRESS OTHERS, BUT PUT THAT CUTE THING ON. DO YOUR HAIR, PUT ON A LITTLE MAKEUP IF THAT'S YOUR THING, AND ADD THE ACCESSORIES THAT JUST MAKE YOU FEEL LIKE A CATCH, BECAUSE YOU ARE NO MATTER WHAT ED IS TRYING TO TELL YOU TODAY.

DO NOT PUT ON CHILL OR SAD VIBE MUSIC. GET THAT STUFF OUTTA HERE. INSTEAD, PUT ON SOMETHING UPBEAT THAT MAKES YOU FEEL LIKE AN ABSOLUTE BOSS. SOMETHING THAT CAUSES YOU TO DANCE AROUND YOUR BATHROOM AND SING INTO YOUR HAIRBRUSH. IT WILL HELP WITH CREATING POSITIVE ENERGY SURROUNDING THE DAY AND DANCING IS A THERAPY IN AND OF ITSELF! BELT OUT THOSE WORDS ABOUT BEING ABSOLUTELY GORGEOUS, EVEN IF YOU MAY NOT FEEL IT IN THE MOMENT.

THIS ONE IS VERY IMPORTANT: EAT. JUST BECAUSE YOU MAY FEEL A BIT BIGGER, OR A BIT MORE UNCOMFORTABLE, OR A BIT FURTHER AWAY FROM WHAT YOU THINK IS THE IDEAL YOUR BODY NEEDS FOOD. AND MAYBE THIS MEANS YOU THINK OF CALORIES AS ENERGY (WHICH IS ACTUALLY WHAT IT IS :) ) OR WATCH A MOVIE WHILE YOU EAT, OR USE ONE OF YOUR MINDFULNESS TECHNIQUES. BUT, NEVER FORGET ON THESE DAYS THAT EATING IS NOT A LUXURY FOR THE DAYS WHERE YOU ARE SKINNY ENOUGH, IT IS A NECESSITY AND BASIC RIGHT FOR LIFE!

POSITIVE SELF TALK... THIS ONE HAS ALWAYS BEEN SUPER HARD FOR ME. ON DAYS LIKE TODAY WE HAVE TO FIGHT BACK AGAINST THAT CONSTANT STREAM OF NEGATIVITY IN OUR HEADS. SCREAM IN YOUR CAR HOW FREAKING BEAUTIFUL YOU ARE! LOOK IN THE MIRROR AND HYPE YOURSELF UP! REMIND YOURSELF THAT YOU'RE A HOT, SEXY, ATTRACTIVE PERSON AND OWN YOUR BODY! BECAUSE IT MAY FEEL WEIRD COMING FROM YOUR MOUTH...BUT IT'S ALSO TRUE. NO MATTER HOW YOU THINK YOU LOOK, WHAT YOU'RE WEARING, OR WHAT YOUR DISORDER IS TELLING YOU, YOU ARE ABSOLUTELY STUNNING AND DON'T LET ANYONE CONVINCING YOU OTHERWISE.

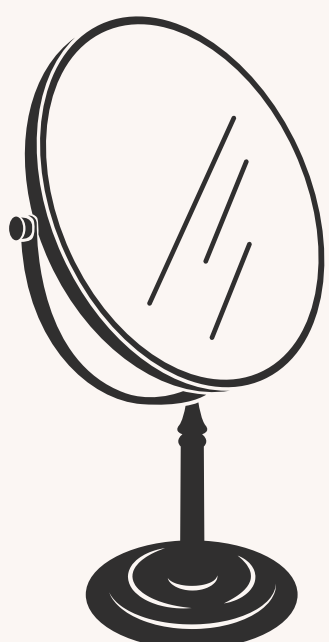
FINALLY, AS ALWAYS, PULL OPEN THE BIBLE. BECAUSE EVEN IF YOU CAN'T DECIDE WHETHER YOU WANT TO BELIEVE WHAT OTHER PEOPLE ARE TELLING YOU, OR WHAT YOUR HEAD IS TELLING YOU, GOD IS ALWAYS TELLING THE TRUTH SO YOU CAN TRUST HIM.

- EPHESIANS 2:10 "FOR WE ARE GOD'S HANDIWORK, CREATED IN CHRIST JESUS TO DO GOOD WORKS, WHICH GOD PREPARED IN ADVANCE FOR US TO DO."

- GENESIS 1:27 "SO GOD CREATED MANKIND IN HIS OWN IMAGE, IN THE IMAGE OF GOD HE CREATED THEM: MALE AND FEMALE HE CREATED THEM."

-PSALM 139:14 "I PRAISE YOU BECAUSE I AM FEARFULLY AND WONDERFULLY MADE: YOUR WORKS ARE WONDERFUL, I KNOW THAT FULL WELL.

I HOPE YOU FIND THESE SUGGESTIONS HELP YOU IF YOU ARE STRUGGLING WITH YOUR APPEARANCE OR JUST HAVING A NOT SO GOOD DAY... AND IF ANYTHING REMEMBER THIS: OUR BEST BODY SHAPE AND WEIGHT IS NOT THE ONE WHERE YOU LOOK LIKE THE EDITED GIRLS IN THE MAGAZINE OR ON TELEVISION (EVEN THOUGH I KNOW ITS HARD TO THINK OTHERWISE). OUR BEST BODY WEIGHT IS THE ONE WHERE WE CAN GO GET ICE CREAM WITH FRIENDS WITHOUT THINKING ABOUT CALORIES OR WONDERING HOW YOU WILL BURN THEM OFF. IT IS THE ONE WHERE WE CAN LAUGH WITH OUR FAMILY LATE AT NIGHT AS WE WATCH FUNNY MOVIES AND CHUCK POPCORN AT EACH OTHER. IT'S THE WEIGHT WHERE WE CAN ENJOY THE LITTLE THINGS IN LIFE AND JUST LIVE IN THE MOMENT. YOU CANNOT LIVE A FULL LIFE ON AN EMPTY STOMACH. YOU WON'T HAVE THE ENERGY, THE MIND-SPACE, OR THE DESIRE. SO AS HARD AS IT IS, KEEP FIGHTING MY LOVE, ON THE GOOD DAYS AND THE BAD BECAUSE ONE DAY YOU WILL FALL IN LOVE WITH YOUR BODY THE WAY IT IS AND FULLY REALIZE JUST HOW BEAUTIFUL YOU ARE.



*Let's Talk  
Body Image*

# CARING FOR ALL OF YOU

am i fully  
engaging in  
recovery?

IF NOT HERE ARE SOME WAYS  
I CAN START...

MIND

SPIRIT

BODY

struggling?  
ask God how He wants you to proceed!



MY  
*Wings*



# VACATION Survival Guide

**VACATIONS IN RECOVERY ARE HARD.**

**YOU'RE AWAY FROM HOME FOR AN EXTENDED PERIOD OF TIME, WHICH LIMITS YOUR ACCESS TO YOUR USUAL FOODS AND OFTEN ALTERS YOUR ROUTINE. RATHER THAN BEING ABLE TO EAT ON YOUR TIMETABLE OR EAT SOME FOODS THAT BRING YOU COMFORT, QUITE OFTEN YOU ARE LIMITED TO WHAT YOUR FAMILY AGREES TO EAT FOR ANY GIVEN MEAL. PLUS, YOU OFTEN EAT OUT QUITE A BIT MORE THAN NORMAL WHICH CAN BE TRIGGERING IN AND OF ITSELF.**

**THERE'S JUST A GENERAL FEELING OF A LACK OF CONTROL. LIKE THE RAFT YOU HAD CRAFTED TO HOLD YOU AFLOAT IN THE CHAOS OF NORMAL LIFE WAS RIPPED OUT FROM UNDERNEATH YOU AND NOW YOU ARE JUST DRIFTING IN THE WAVES.**

**AND OF COURSE, ALL DISORDERS ARE SLIGHTLY DIFFERENT- PRESENTING DIFFERENTLY, HAVING DIFFERENT CAUSES - BUT I FEEL LIKE A LOT OF THOSE I HAVE TALKED TO RELY ON ROUTINE TO SURVIVE THE DAY AND THE CLUTTER IN OUR BRAINS SO THE LACK OF STABILITY CAN BE SHOCKING AND PAINFUL. IT TAKES TIME FOR US TO ADJUST AND WE WILL NEED PATIENCE AND LOTS OF SUPPORT TO GET THROUGH THE WEEK.**

**WHILE NOT FOOLPROOF I FIGURED I WOULD SHARE A FEW THAT HAVE HELPED ME CONQUER PAST VACATIONS!**

## **1. IF YOU ARE ABLE PACK SOME SAFE FOODS FROM HOME OR PICK SOME UP AT THE STORE WHEN YOU REACH YOUR DESTINATION.**

**WITH ALL THE CHALLENGE FOODS YOU ENCOUNTER DURING THE ONE-WEEK TIME PERIOD THINGS CAN BEGIN TO FEEL VERY OVERWHELMING VERY QUICKLY. HAVING EVEN ONE OR TWO FOODS THAT DON'T SEND ED INTO A TIZZY CAN BE VERY COMFORTING TO HAVE AROUND WHEN YOU NEED SOME EXTRA CALORIES OR JUST CAN'T HANDLE ONE OF THE MEALS. I HAVE USED THIS ON NEARLY EVERY TRIP I HAVE BEEN ON SINCE I WAS DIAGNOSED WITH ANOREXIA NERVOSA. IT HAS ALLOWED ME TO CHALLENGE MYSELF WHEN I FEEL STRONG ENOUGH TO HANDLE ED, BUT HAS ALSO ALLOWED ME TO TAKE A BREAK FROM THE NOISE AND RELAX MY NERVES. THIS HAS BEEN SUPER HELPFUL IN ALLOWING ME ENJOY VACATION WHILE ALSO CONTINUING IN MY RECOVERY BY CHALLENGING ED WITH BOTH BIG AND SMALL BATTLES.**

## **2. BRING THINGS THAT HAVE HELPED YOU COPE WITH MEALS IN THE PAST!**

**FOR ME PLAY DOUGH, MUSIC, AND CARD GAMES HAVE BEEN IDEAL IN DISTRACTING ME FROM THE NOISE FOLLOWING A CHALLENGING MEAL. ON VACATION THE POSITIVE IS THE DISTRACTION OF HAVING FAMILY AROUND AND CONSTANT CONVERSATION, HOWEVER, IF IT GETS TOO BAD YOU ALSO HAVE SOME TRIED AND TRUE METHODS OF DISTRACTION TO FALL BACK ON.**

## **3. DON'T BE AFRAID TO ASK YOUR FAMILY FOR HELP!**

**NOW THIS ONE CAN BE DIFFICULT BECAUSE ON VACATION THEY ARE OUT OF THEIR ELEMENT FOR HELPING YOU HANDLE ED AS WELL. HOWEVER, FAMILY IS A GREAT RESOURCE FOR HELPING YOU PIECE TOGETHER COMFORTING MEALS, CHALLENGE MEALS, AND FINDING BALANCE BETWEEN THE TWO. THEY ARE ALSO A GREAT WAY TO HOLD YOURSELF ACCOUNTABLE FOR GETTING IN THE APPROPRIATE AMOUNT OF FOOD BASED ON THE ACTIVITIES OF THE DAY.**

## **4. IF ALL ELSE FAILS TAKE IT UP!**

**GOD HAS A GREAT WAY OF BRINGING PEACE INTO SITUATIONS WHERE YOU DID NOT THINK PEACE WAS ABLE TO APPEAR AND CAN EASILY DEFEAT ED IN ALL CIRCUMSTANCES. SO, IF NOTHING ELSE WORKS PRAY. ASK GOD TO BE WITH YOU AS YOU GO THROUGHOUT YOUR DAY, AS YOU FACE CHALLENGING OUTFITS AND SCARY FOODS, AND HE WILL. IT MAY NOT GET ANY EASIER, BUT HE WILL GIVE YOU THE STRENGTH TO ACCOMPLISH EVERYTHING YOU NEED TO GET THROUGH AND ENJOY THE TIME YOU GET TO SPEND WITH YOUR FAMILY MAKING MEMORIES.**

**GOALS**

GOALS

GOALS

Imagine  
Life  
Without ED





























## A N O T E F R O M T H E A U T H O R

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To the girl who defines herself by a number:

I see you.

I was you.

I spent years reducing myself to nothing more than the digits that flashed across the bathroom scale in the morning. It became what enveloped my mind, so naturally I thought this was what others cared for too: someone in a body that fit a specific number on a scale.

But my love, you are so much more than a number.

A number does not describe the pinched face you make as you try to hold in a laugh until the sound bursts forth from behind closed lips.

It does not do justice to the sunny glow in your smile and the matching beam in your eyes.

It fails to capture the warm and deep brown, the serene calming blue, or the dazzling rich green of your gaze.

Your intelligence and creativity cannot be defined by a number.

Neither can your wit or humor.

It won't cover the kindness of your heart.

Your determination.

Your hard-work.

You are too deep. Too complex. Too full of life.

A number will NEVER do you justice.