

What Can Increase My Chances of Eating Disorder Recovery?

It can be common for individuals with eating disorders to reach partial recovery, where they go through the motions of treatment, but are not fully ready to give up their eating disorder. To give yourself the best chance of fully recovering, here are a few important steps you can take: *(Adapted from The National Eating Disorder Association)*

1. Don't be afraid to ask for support

- ▶ Your treatment team will be there during every step of your eating disorder recovery. However, it is important that you also feel comfortable reaching out to supportive family members or friends whom you can talk to during your recovery process. Asking for help is not a sign of weakness; it is a sign of strength.

2. Expect that you are going to feel uncomfortable

- ▶ Your eating disorder was a safety net that may have made you feel in control and safe at one point. Letting go of disordered eating can often bring up painful emotions and make you feel physically uncomfortable. Working through your emotions and the discomfort are important parts of the healing process. Learning how to express your emotions and cope with them is essential.

3. Celebrate small successes and learn from setbacks

- ▶ Whether it's being able to eat out at a restaurant or take a bite of a "challenge" food, it's important to give yourself credit for your efforts and acknowledge that small successes bring you closer to recovery. On the other hand, know that setbacks are inevitable. Learning what may have led to a setback and how you can deal with triggers in the future can help you refocus your energy.

What does this mean for me?

While everyone's journey through eating disorder recovery is different, encountering some bumps along the way is common. It is important to remember that a setback (or relapse) is not a sign of failure. In fact, setbacks are a *valuable* part of recovery, allowing you to face challenges and grow stronger because of them. Recovery can be frustrating, scary, and uncomfortable at times, but with patience, support, and persistence, full recovery is possible.

Questions to ask yourself:

1. What additional steps in your eating disorder recovery do you feel ready to make right now?
2. What part of your eating disorder recovery is or will be the most challenging for you?
3. How can your treatment team (i.e., medical provider, therapist, nutritionist) best support you?

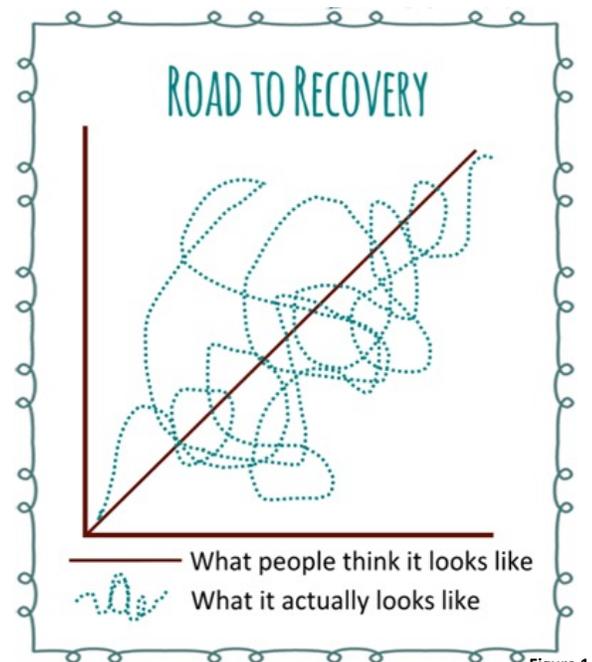


Figure 1