



Recovery Now!

12 Mantras of Eating Disorder Recovery

1. Remember that you are a special and unique human being
2. Your happiness and self-image is worth more than your reflection in the mirror
3. You can and do deserve to live a life of freedom and purpose without being consumed by food and weight
4. Remember that recovery is a long and windy road filled with opportunities to grow as a person, and fill your life with joy
5. Trust the process, and your support and treatment team
6. Notice at least one good thing a day that you are doing for yourself
7. Stretch your emotional muscle, and don't be afraid to be authentic
8. Commit to living in truth, and being honest with those who are trying to help you
9. Do something positive for yourself. You deserve it.
10. Remember that your voice matters! Be an active participant in support groups.
11. Be kind to your body: Refrain from using the words fat, weight, calories, or negative terms to describe your body
12. Take one day at a time and do the next best thing for recovery!