



Independence from ED (Eating Disorder)

I, _____, hereby declare a renewed commitment to abstinence from eating disorder behaviors and a life of recovery. In doing so I intend to create a life of (Choose one: Freedom, Joy, Happiness, (other: _____)). I agree that I am committed to creating a life in which I:

- ❖ Invite the presence of support towards recovery, and allows me to reach out for help
- ❖ Concentrate on building self-esteem and self-worth
- ❖ Focuses on self-forgiveness, while taking responsibility for my actions
- ❖ Choose to respect others and myself on the qualities of their character.
- ❖ Find comfortable ways to express how I feel without using food to self-medicate.
- ❖ Challenge myself to accept nutrients and food for healthy living
- ❖ Treat my body with respect. Give it enough rest, exercise moderately, fuel it with energy, and listen to what it needs.
- ❖ Participate in activities I enjoy, regardless of what my body image is like.
- ❖ Take one day at a time, and do the next best thing.
- ❖ Focus on creating balanced relationships
- ❖ Revisit this contract as often as necessary

Don't wait for recovery to happen to you. Make recovery happen!

SIGNATURE: _____ DATE: _____