

Saying Goodbye to Your Eating Disorder

A key part to preparing to getting rid of your eating disorder is being able to say goodbye to it. If you are able at least on paper to say goodbye, then you are on your way to living a life free of your eating disorder.

How to say goodbye:

1. Thank the eating disorder for helping you cope when you knew no other ways to cope through difficult times. Then list the new ways that you plan to cope (i.e.: your coping skills—drawing a bath, reading a book, calling a friend, watching television, journaling, listening to music, etc...anything but eating disordered behavior).
2. Let the eating disorder know that your identity is NOT that of an eating disordered person. You are your OWN person separate from the eating disorder, and ready to take control of your life. You realize now that an eating disorder is filled only with false promises and does not truly give you self confidence and improve your self esteem. Let the eating disorder know that it has planted seeds of doubt in your head for the last time. No longer will you compare yourself to others or consider yourself unworthy of praise.
3. Acknowledge that this is a difficult decision, but it is the right decision. You are ready to regain your health and vitality. Your eating disorder has taken you away from the things and people that you love.

This is not an ending; this is the rebirth of your life!