



# Writing a Letter to Self

Write a letter from your current self (the part of you who is engaged in treatment and wants something better) to a future version of you who may be struggling, doubting recovery, or feeling overwhelmed. It is for you, by you, to be used as a supportive tool in real moments of difficulty. You could focus on one of the following topics (or something else): What I know to be true about me (beyond the ED), What I want for my life, What makes recovery hard (and why it's still worth it), What I want to remember when I feel pulled back into the ED. If you notice that it is difficult to be compassionate to yourself, you can try taking the perspective of a friend of someone who is recovery from an ED, how would you write to them?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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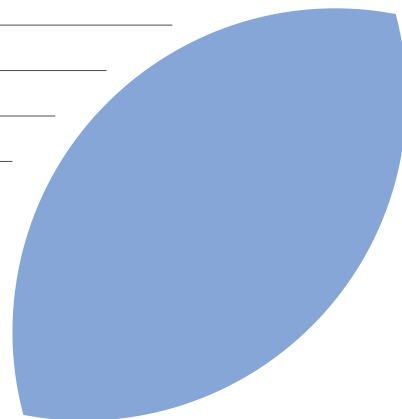
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