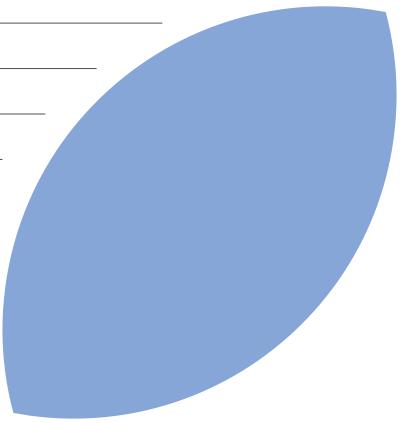




Writing a Letter to Self

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?



CREATED BY MONTE NIDO.
FOR EDUCATIONAL USE ONLY. NOT FOR REPRODUCTION.

Evidenced-based eating disorder care for every body.
Learn more at montenido.com or 888-228-1253.