

## Recovery: My Way

Recovery is personal and rarely perfectly linear. Your goals can focus on freedom, connection, health, flexibility, energy and living more fully.

What would recovery mean to me?

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What would I like to have more space for in my life?

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What has the eating disorder taken time or energy away from?

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What strengths am I already bringing to recovery?

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What feels frightening about change?

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What could help change feel safer?

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What would I like my future relationship with food to feel like?

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One small recovery-focused step is...

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