

LETTER TO THE SUFFERER

FROM ME TO YOU...

Whether you know it or not, by reading my story you have taken a step towards understanding your illness and making a conscious decision to improve your health.

My hope is that you read something that resonates with you and encourages you to step back and assess your own situation. Maybe it's helping you realize that your eating disorder is attached to an emotion which is stemmed from a particular life event. Or showing you that others do shameful things throughout their illness too. You are not alone. There are many like us that have struggled and are continuing to struggle along the same path. But it's important to highlight how much we can learn from those that have come before us. And in my case, through sharing my own experience, I want to help those that follow. That includes you.

It's important for you to know that I firmly believe that if I had talked to a professional, and have implemented all that I have, I would have likely gotten through my years of recovery more quickly. The reason I didn't, was because of my lack of trust based off one uneducated doctor all those years ago.

It took a lot of trial and error trying to do it on my own. It only slowed my recovery. It almost destroyed my marriage. I felt like a shadow of my former self, and I was miserable for 20 years of my life.

Healing physically, emotionally, and psychologically are the key factors to obtaining a balanced and healthy life after enduring our darkest time. I do believe this. I'm not saying that if you follow the same steps as I did during my recovery, that you're going to be better

immediately. It takes hard work and time. But what I can say is that during my research on treatment centres and therapists that treat patients with eating disorders, their treatment plans are well rounded and include most of what I implemented. There is something in it. Trust me.

If there's even a little part of you that is tired of continuing down this destructive path, day in and day out, then I urge you to start your own journey, now!

There is hope and as you can see, there are steps you can take to aid in your recovery.

Start the healing process from any trauma you've experienced and be open to forgiveness. It will help you move on.

If you don't, it can manifest into anxiety and depression. You may feel like you're ok, that you're handling it, but if you look closely to your personality traits, you may see that you have changed.

Are you more reactive, aggressive? Your trauma may be the contributory factor.

I know it's hard but confront your guilt. Stand head on with your anger and fight back against all your frustrations.

The feeling of shame, self-disgust, lack of self-esteem and self-worth is a shared feeling amongst sufferers. It's ok to acknowledge that you feel this way and why, but you don't need to stay in this space.

Repetition takes power away from your story. So, start by opening up to someone you trust and continue to talk about it. It works.

Be vulnerable, acknowledge the feelings, own it, and let it go.

If you'd like to start your journey by confiding in me, I'm here to listen. As someone that has walked in your shoes.