

PROCLAMATION

FOR A SUCCESSFUL RECOVERY

I have an eating disorder, but I am not an eating disorder.

I am separate from my eating disorder, and I accept the responsibility to do whatever it takes to maintain that separation.

I have the ability and the responsibility to recognize the voice of my eating disorder and to disagree with it when it tells me what I should do.

I accept full responsibility for continuing to develop my personal vision of emotional and physical health in specific terms, and for focusing my attention toward that positive vision.

When I stumble or slip in my recovery, I respond with compassion and firmness like a strong, loving parent who accepts her child unconditionally.

I know that perfection is not an option, and I disagree when old programming tells me that it is.

I support myself by acknowledging my efforts and my progress all along the way.

When I fall short of my expectations, I remember that I am only human and that I don't deserve to be attacked for being less than perfect.

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Thom Rutledge is a psychotherapist and author of several books including *Embracing Fear*, *The Self-Forgiveness Handbook*. He is the co-author (with Jenni Schaefer) of *Life Without Ed*. Thom's latest book is *The Greater Possibilities: 125 Reflections on the Method & Meaning of Genuine Success*.

Visit Thom's website at WWW.THOMRUTLEDGE.COM. On his FREE DOWNLOAD page you will find several articles about eating disorder recovery.