
EATING DISORDER AFTERCARE

Ed can only have the authority that I give him.
From now on I am in charge!

Leaving the safety, security and yes, even control of residential treatment can be terrifying. As you step back into your day-to-day life you will be in a state of simultaneous celebration, grief and fear. That is a very sane response to the challenges that lie ahead. You have your aftercare plan. You have made and shared your commitments to taking excellent care of yourself. You don't need me for all of that.

I am here to make only one very important point, a point that may well be the difference between success and relapse. It is time to double-down on everything you are doing and/or need to be doing to support your recovery. Ed does not go quietly into the night. If you have done well in treatment, he is mad. And if he is not already breathing down your neck, he will be soon. This is your opportunity to put everything you have been learning into play. Surround yourself with loving support and always remember that recovery is not about being rid of Ed; it is about taking your power back, reclaiming your authority. Kick ass!

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